

Welcome to Topsail Middle School Run Club!

The purpose of this club is to promote a love for running while adding some essential training and tips along the way! Each runner will set their personal goals for their time with the club. This club is not meant for competition, although friendly rivalries are welcome.

Questions? Contact:

Mrs. Baer -- lindsay_baer@pender.k12.nc.us



Practices:

- Tuesdays 2:45-3:30
- Runners are expected to be changed and ready to run by 2:45. We will meet at the track.

Proper Gear:

- WATER BOTTLE (or two)
- Running shoes, socks, shorts/pants, and t-shirt..Tank tops can be worn but must be at least two finger length wide.(Girls: no spaghetti straps or just sports bras, Boys: must keep shirt on.

Athletic Forms

- Every participant must have a current physical on file with TMS. The link to the physical form can be found on our school website. There will be no exceptions, especially on the first day of practice.

Student Pick Up

- Pick up after practices is at 3:30 in the parent parking lot by the gyms. If your child is picked up later than 3:30 once, it will be excused.
- The second time they are picked up late, they will be excused from the club.



I give permission for my child _____ to participate in the TMS Run Club on Tuesdays from 2:45-3:30. I understand that if my child is picked up later than 3:30 more than once, they will no longer be able to participate.

The best way to contact me is:

Name: _____ Contact Info: _____

Emergency contact: _____

Parent Signature: _____