

BC Winter Running Club Form

Coaches:

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Website: <http://www.mrozeni.com/bc-running/winter-running>

Winter Running Club is a club open to everyone from 6th grade to 8th grade who are looking to get a head start on preparing for the Spring Track season or wanting to get in shape for a spring sport. The focus of the running club is to build strength and conditioning. Practice will be held every Tuesday and Thursday and will run from 3:15 - 4:20. We will finish in time for the students to ride the 4:30 bus. Winter running club can be high intensity training so athletes should be prepared to work extremely hard. Students who are unable to run 15 min straight will need to have a conversation with Mr. Ozeni prior to starting. **Practice will start on Tuesday, December 3rd.** The typical practice schedule will be:

- Tuesday: Hill Work/Speed work - Intervals of Long Hill runs (about 60 sec) followed by Hill Sprints
- Thursday: Crossfit Endurance - Strength Endurance Training (running, push ups, lunges, squats, burpees)

We run in all types of weather. We will be running outside around the neighborhood of BC so it will be important that students bring the proper gear for the weather conditions. Such gear should be:

- A knit hat
- Gloves
- Running Jacket / Hoodie
- Pants or Leggings/Tights

Safety is the utmost importance. If the weather or road conditions affect the safety of the students, we will stay indoors. With that being said, my goal is to run outdoors as much as possible. Therefore all runners should prepare to run outdoors at each practice.

Two Forms **MUST** be completed and turned in to participate:

1. CIPPE form - If a student participated in a fall sport, only section 7 of the CIPPE needs to be filled out. Students will not be allowed to participate until a full CIPPE or section 7 is turned in.
2. BC Winter Running Form Signed

If you have any questions or concerns, please feel free to contact me.

I have read the information on the front page and look forward to an excellent Winter Running season.

Please place an X through one of the following transportation methods following practice

☐ I will be taking the bus home

☐ I will be walking home

Runner Name:

Runner Signature:

Parent/Guardian Cell Phone:

Parent/Guardian Email(s):

Parent/Guardian Signature:

Emergency Contact Name and Phone
