

# Quail Run Elementary

## Track Club 2023-2024

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**WHO:** QUAIL RUN ELEMENTARY STUDENTS!

**WHAT:** Quail Run Track Club! - a volunteer-run organization!

**WHEN:** Tuesday/Thursday mornings – 8-8:30 a.m.

**WHERE:** Check in and warm up - Quail Run Gymnasium  
Route – on and around the McGrew Nature trail about 1.24 miles

**WHY:** Exercise is crucial in keeping young minds and bodies healthy. It helps kids feel calmer and happier. Kids will get to connect with peers and burn off energy running/walking/jumping/skipping resulting in improved concentration, confidence, and connection making it easier to focus in school! Join us when you can! We hope to see you! The overall goal is to **HAVE FUN!**



### ADDITIONAL DETAILS!

- Fall Session: September 5 - November 2
- Gym if rain/lightning
- Chaperones/Parental Oversight:
  - Students in grades K-2 will **NEED** to be accompanied by an adult in the first few sessions, so we can determine their self safety
  - 3rd, 4th and 5th may participate without an adult
- CONSENT FORM:** ALL adults and students **MUST** submit the consent form before participating.
- GOAL is to **HAVE FUN** and be safe!

# Quail Run Elementary

## TRACK CLUB CONSENT FORM

Student(s):

Name \_\_\_\_\_ Grade \_\_\_\_\_

Name \_\_\_\_\_ Grade \_\_\_\_\_

Name \_\_\_\_\_ Grade \_\_\_\_\_

My Student(s) listed above has/have my permission to participate in the Quail Run Track Club and is/are physically fit to participate in this activity. I understand that it is outside the school day, therefore, I will not hold Quail Run Elementary, USD 497 or any volunteers responsible for accidents or illness. I authorize the club Coordinator to act for me in an emergency situation. Furthermore, I understand this is a voluntary program with guidelines and if my child is not following the guidelines, they could be removed from the program.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Signature date

Contact information, *please print clearly*:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Student T-Shirt, write name next to size:

Youth Small \_\_\_\_\_

Youth Large \_\_\_\_\_

Adult Medium \_\_\_\_\_

Youth Medium \_\_\_\_\_

Adult Small \_\_\_\_\_

\*Please note that email addresses will be used only for communication regarding the program and community activities related to physical fitness.