

BRENER RUNNING CLUB REGISTRATION FORM

OPEN TO ALL SHAWANO STUDENTS IN GRADES 3 - 5

Mon, Wed, Fri @ 3:30 pm - 4:30 pm
\$23 PER STUDENT FEE w/T-shirt
\$13 PER STUDENT FEE w/out T-shirt



September 6 - October 13
\*no running Sept 22 & Oct 2
Maximum: 40 enrolled runners

Location: Field just north of Olga Brener Intermediate School (Brener gym in case of inclement weather)

Our mission is to help kids develop a lifetime love for running and a healthy lifestyle. The boost in self-esteem is a natural spin off and runners of all abilities leave the program with a greater belief in themselves. The program will emphasize the fun of running and focus on conditioning and technique at all levels. Runners will learn stretching and strengthening exercises to improve running technique and avoid injury.

The Brener Running Club program promotes youth running with games, workouts and competition in local races including: Shawano Invite - Monday, Sept 25th; Great Bear Run - Tuesday, Oct 3rd, Shawano Homecoming 5K - Saturday, Oct 7th and Oconto Falls Run - Thursday, Oct 12th.

The two basic principles we want the kids to know are to "HAVE FUN, AND GIVE IT YOUR BEST". We promote teamwork, fellowship, fun and respect for one another. Furthermore, living healthy lifestyles during these early years are the building blocks to living a healthy lifestyle in later years.



(Cut here and keep the top half for your reference.)

Brener Running Club Registration Form:

Parent First/Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: (required) \_\_\_\_\_

Phone (home): \_\_\_\_\_ Phone (cell): \_\_\_\_\_

\$23 PER STUDENT FEE w/T-shirt --- OR --- \$13 PER STUDENT FEE w/out T-shirt

1. Child's Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_ Fee: \_\_\_\_\_

T-Shirt Size: Youth: S M L XL Adult: S M L XL (circle one)

2. Child's Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_ Fee: \_\_\_\_\_

T-Shirt Size: Youth: S M L XL Adult: S M L XL (circle one) Total Enclosed: \_\_\_\_\_

Return registration form & fee to: Shawano Community Education, 1050 S Union St, Shawano WI 54166

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

ATHLETIC CODE/EXPECTATIONS/WAIVER WILL BE HANDED OUT AT THE PARENT MEETINGS ON SEPTEMBER 6th OR 8th @ 4:15. FORMS MUST BE SIGNED AND RETURNED BY SEPTEMBER 11.

## Brener Running Club Athletic Code

1. Students must follow school and district rules during practice and events. Students who have behavioral issues may lose extracurricular privileges.
2. Students are expected to show good sportsmanship at all times.
3. Students must be willing to follow coach's instructions and training rules. Students are expected to compete in at least ONE of the three races during the season. Students are allowed up to THREE absences from practice for the season, unless excused with notes from parent.
4. Student must attend regular school day in order to participate in the after school running program. Satisfactory academic performance is expected. Teachers may inform coaches of academic concerns, which may cause student to be suspended from club.
5. Students are not allowed to use cell phones or other electronic devices DURING practice or races.
6. Students will not be allowed to participate without proper exercise gear: RUNNING shoes, shorts or exercise pants, exercise top, water bottle. Orders will be taken during first week of practice for a RED Shawano athletics short sleeve T-shirt. This is optional, but strongly encouraged to help us keep track of our runners during meets.
7. Students will be given warnings for violations of above code. At the second warning, parent must be present at all practices and races. At the third warning, student will be expelled from club for the year.

Any questions or concerns? Please contact coaches Joe Guenther 715-280-0847, Yu-Chin Fang 715-853-5739, yuchinfang@yahoo.com, or Brener principal Terri Schultz at the school office 715-524-2131.

I have read, understand, and agree to comply with the Brener Running Club Athletic Code.

Student signature \_\_\_\_\_ Date \_\_\_\_\_

Parent signature \_\_\_\_\_ Date \_\_\_\_\_

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## Athletic Waiver

I understand that participation in running club is voluntary, and that I am exposing myself to potential injuries, some may be serious.

Student name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Parent Athletic Waiver

I/We give consent for my child to participate in running club activities including bussing to/from and participation in races, with the understanding that there may be inherent risks for injuries with any sport. I give permission for coaches to seek emergency care for child as appropriate, and release any liability against coaches, school district, Shawano Community Education office, and any of the race officials.

Parent name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_