

# SVES Girls Running Club

Sponsored by the SVES PTA



**Girls Running Club starts March 4<sup>th</sup>!**

**Starting Monday, March 4<sup>th</sup>**, the Sunrise Valley Elementary School Girls Running Club welcomes **female runners in grades 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>** to meet from **8:15 to 9:10 in the gym on Mondays and Thursdays** with coaches Emily St. Jacques and Hannah Kozik. Training will culminate at the **5k Hope Cam Race on Sunday, May 5<sup>th</sup>**. Parents should expect to volunteer throughout the training season, either to support students at the start and finish line or to run with students on training runs and during the race. The **program cost is \$90 per student**, which includes the race fee for the student runner. Payment for GRC can be made at <http://tinyurl.com/SVES2019GRC>.

Please fill out the attached sheet and return to the office by February 28<sup>th</sup>. Club size is limited to 15. New parent volunteers will need to be fingerprinted. If you have any questions prior to signing up, please email Hannah Kozik at [hkkozik@fcps.edu](mailto:hkkozik@fcps.edu) or Emily St. Jacques at [Emily.stube@gmail.com](mailto:Emily.stube@gmail.com).

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

Teacher: \_\_\_\_\_

Parents/Guardians: \_\_\_\_\_



Phone: \_\_\_\_\_ Home Cell Work

Phone: \_\_\_\_\_ Home Cell Work

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

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

Please check when you are available to volunteer!

Monday	Thursday
March 4 <sup>th</sup> <input type="checkbox"/> Run <input type="checkbox"/> Ground Control	March 7 <sup>th</sup> <input type="checkbox"/> Run <input type="checkbox"/> Ground Control
March 11 <sup>th</sup> <input type="checkbox"/> Run <input type="checkbox"/> Ground Control	March 14 <sup>th</sup> <input type="checkbox"/> Run <input type="checkbox"/> Ground Control
March 18 <sup>th</sup> <input type="checkbox"/> Run <input type="checkbox"/> Ground Control	March 21 <sup>st</sup> <input type="checkbox"/> Run <input type="checkbox"/> Ground Control
March 25 <sup>th</sup> <input type="checkbox"/> Run <input type="checkbox"/> Ground Control	March 28 <sup>th</sup> <input type="checkbox"/> Run <input type="checkbox"/> Ground Control
April 1 <sup>st</sup> <input type="checkbox"/> Run <input type="checkbox"/> Ground Control	April 4 <sup>th</sup> <input type="checkbox"/> Run <input type="checkbox"/> Ground Control
April 8 <sup>th</sup> <input type="checkbox"/> Run <input type="checkbox"/> Ground Control	April 11 <sup>th</sup> <input type="checkbox"/> Run <input type="checkbox"/> Ground Control
April 22 <sup>nd</sup> <input type="checkbox"/> Run <input type="checkbox"/> Ground Control	April 25 <sup>th</sup> <input type="checkbox"/> Run <input type="checkbox"/> Ground Control
April 29 <sup>th</sup> <input type="checkbox"/> Run <input type="checkbox"/> Ground Control	May 2 <sup>nd</sup> <input type="checkbox"/> Run <input type="checkbox"/> Ground Control