



What We Will Do:

In the SJE Running Club, participants will have the opportunity to learn physical fitness and running strategies while also developing confidence in themselves.

Each week, we will complete a proper warm-up prior to running. Running time and distances will increase during the sessions of the running club, helping all levels of runners improve. We will be running in the SJE parking lot and around the parish campus. Running club will be from 3:00-4:00 every Thursday.

One goal of the SJE Running Club is to have a group of participants represent SJE in the Streamwood Stride on Saturday, June 8th. (More information to come about the Streamwood Stride)

Mr. Binder, Mrs. Guindon, and Mrs. Wennerstrom along with other SJE teachers will be helping with the running club.

Communication:

All communication to parents once running club begins will be done through the REMIND app. Information regarding cancellations of Running Club will be sent with enough notice before the end of the school day.

remind.com/join/runsje

If you have any information that needs to be sent, please email Mr. Binder - rbinder@mystjohns.org

Fee:

There will be a fee of \$20 to participate in running club. Included in the fee will be an SJE Running Club Tshirt



What to wear/bring:

Students should bring appropriate clothes to change into for running club. They may bring their SJE PE uniform or other clothes to run in. Students should also have a pair of gym shoes to run in.

Students may bring headphones to listen to music while running. Any electronic device that they bring to school must be kept in their bags during the school day. Any electronic device that is seen by any teacher during school hours will be sent to the office and must be picked up by parents from Mrs. Billmeyer.

Students should also bring extra water to drink while we are outside

Pick-up:

Pick up for running club will be in the main parking lot at door 7. Any student who is going to aftercare will be taken to Kyle Hall and signed in to aftercare.

Any child who is not picked up by 4:10 will be taken to aftercare.

Weather:

We are hoping for great weather for everyday with running club. In the event of poor weather, parents will be notified on the status of running club. There may be times when there is inclement weather where running club may be moved to another location in the school.