



## Brentwood Bobcats Relay Team Info Letter

Kids are natural runners! With positive encouragement and guidance, they will develop their running skills and through measurable results, experience pride as they progress at their own pace and achieve their personal best. This year Brentwood is excited to grow its' Running Club. Our focus is to have fun, and feel successful! Please read on for what this club is all about!

### Session activities will include:

- Learning proper stretching, breathing, pacing and running form
- Fun running drills and games
- Sprinting exercises
- Team relays (4 races)
- Indoor circuit training

**Open to:** Grades 4 to 6

**Dates:** Practices will be every Thursday morning starting in January (unless otherwise noted)

**Time:** 7:40am to 8:30am

**Location:** gym

**What to wear:** t-shirt and shorts/track pants, running shoes

**What to bring:** labeled water bottle

**Cost:** \$35.00 - This year there is a set fee for our relay team. We have moved to the set fee to ensure that all races are paid for in advance as in the past we have had difficulty ensuring that all runners and teams are paid for. This is a set fee, regardless of the number of races your child participates in. This fee will cover the cost of races, any special events or treats, and maintenance of uniforms. We will be participating in 4 races between January and June as noted below. Please pay this fee on PowerSchool. Students will not be issued a uniform until the fee is paid.

**Race Dates:** Harriers Elementary Relay Races - January 26, 2018

Running Room Indoor Games - February 20, 2019

Running Room Individuals (optional) – February 27, 2018

Klondike Relays - TBA

EIPS Relays - TBA

Please contact Don @ [don.vantour@eips.ca](mailto:don.vantour@eips.ca) if you have any questions or concerns.

Please sign and return the bottom of the form by Thursday, January 11<sup>th</sup>. Once we have received the following information, the Relay Team fee will be add to your child's fee account and will be registered for the first race on January 26, 2018.

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Parent Permission For – Relay Team

I agree to allow \_\_\_\_\_ to participate in trainins and racing with the Bobcats Relay Team.

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

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date