

DMS Running Club

DMSRC is open to all Deerlake students in grades 6, 7, and 8.

YOU MUST HAVE AN ACTIVITY FORM ON FILE WITH CURRENT INSURANCE INFORMATION

And

A CURRENT PHYSICAL FOR THIS SCHOOL YEAR

DMSRC will meet on Mondays and Wednesdays from 4:00 to 5:00 in the afternoon. Students should change and meet, ready to run, by 4pm in **Gym Classroom**. We will begin running on **Monday, October 16th**.

Students will run one of several overlapping routes, depending on ability. Routes range from one to 4 miles. Each individual sets his or her own goals and moves up to a longer distance when ready.

The goal of the club is to have fun and to provide an opportunity for students to be involved in a sport that is part of a healthy lifestyle. All Deerlake students are welcome; new runners, experienced runners, and those that just want to stay in shape for another sport. We will also focus on road rules, running etiquette, and, last but not least, safety while running.

We will enter several 5k races in the community throughout the school year, starting with the Deer Run on November 4th!

Clothes to run in and a good pair of running shoes are the only equipment required. A watch, hat, and towel are also useful!

Deerlake Middle School Running Club is FREE! The teachers involved are all volunteers. Participants must understand and abide by the rules of the club:

Students must be picked up by 5:00 in front of the school (remember the supervising teachers are volunteers!)

We are here to run, not to play

Listen to and follow the instructions of the adults in charge

Do not dart out into the street or play games with vehicles while running

Do not run on anyone's property, stay on the road/sidewalk

Always run against traffic and dress to be seen

Stay with another runner at all times, if possible.

NO earbuds

Hydrate! Always. Not just before and during the run. Drink plenty of water daily.

Any student that does not follow the club rules will not be allowed to return.

Please fill out and return the following permission slip. No student will be allowed to run until the permission slip is returned, and receipt of activity form and physical are confirmed.

If you have any questions, please see our page on the Deerlake Website or contact us at by email at knaufp@leonschools.net.

Thank you and we look forward to running with you!

Patricia Knauf

Sponsor, DMS Running Club

850-922-6545

1. *** Both the student and his or her parents should join REMIND to receive reminders, updates, etc.:

Text to this number: **81010** then type this message: **@dmsrunn**



2016 Deerlake Middle School Running Club Permission Form

My child, _____, is a student at Deerlake Middle School and is currently in the _____ th grade and has my permission to participate in the Deerlake Middle School Running Club. His/her activity form and current physical have been turned in to the school.

By signing below, I acknowledge and understand that my child will be running on roads within the Killlearn Lakes Subdivision, around Deerlake Middle School. I also acknowledge that I have discussed the rules outlined on this form with my child(ren) and have insured that he/she/they understand them.

I understand that my child must be picked up by 5pm. I must inform the supervising teachers in writing or by email if the student is to ride home with another student.

Parent Signature: _____ Date: _____

Parent email: _____

Parent phone numbers: _____

Deerlake Middle School Running Club Member Questionnaire:

2. Student name: _____ Grade: _____
 3. Are there any relevant medical issues we should be aware of: (allergy to bee stings, fainting, etc.?)

 4. Do you participate in other sports? _____ if yes, please list them here: _____

 5. What is your personal reason for joining the DMSRC? (Stay in shape for another sport, get faster, start running, run distance, etc.)

 6. Do you have any running experience? _____ if yes, please give details: (you were a member of the cross country team, run on your own, etc.) _____

 7. How far can you currently run without stopping to walk? (remember, this club is for ALL levels so it's OK if you can't run a mile yet.. you will ☺) _____
 8. Student cell number: _____
 9. Both you and your parents should join REMIND to receive reminders, etc.: Text to this number: **81010** then type this message: **@dmsrunn**
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