

2018 Gator Gallop Running Club

Grades 3rd-5th

The DES Running Club is back for the fourth year! We are looking for kids who are interested in training for the **Gator Gallop 5K** or who just want to be active!

March 22, 2018 - May 7, 2018

Time: 3:55 to 4:45 pm

Days: Mondays and Thursdays

The Gator Gallop Training Program focuses on teaching children proper running technique along with building endurance, strength, and flexibility leading up to the Gator Gallop on May 12th.

Parents are welcome to come run and train with your child.

The number of children in the club depends on the number of parent volunteers we have.

Interested in having your child participate? If so, send in the permission form with a \$10 snack fee (cash or checks made out to Abby Glenn) to the attention of [Gator Gallop Running Club](#).

Please email abby.glenn@gmail.com with any questions!

Gator Gallop After School Training Registration Form

Program Dates March 22 -May 7

Student's Name _____

Running Experience? _____

Grade _____

Teacher _____

Parent/Guardian Name _____

Address _____

Phone (Cell) _____ (Work or Home) _____

Email _____

In case of emergency or cancellation what is the best way to reach you:

Where will your child be dismissed to? Aftercare____ Picked Up ____

Parents are welcome to attend all practices. No skills required. :) We will assign you a task upon arrival (i.e., running with kids, cheering on kids, helping with snack distribution, etc.).

Please mark the days you can volunteer:

Mondays _____

Thursdays _____

Both _____

Are there any medical issues we should be aware of? Examples include asthma, bee allergies, food allergies. We hope to provide healthy snacks at the end of some practices, so we want to make sure that your child can have them.