

Schwegler Elementary School Marathon Club

2024-2025 Information Sheet

Welcome to the Schwegler Elementary School Marathon Club! We are excited to offer this program and are looking forward to a safe and fun year! Marathon Club will run from **Friday, September 6 - November 15**. We will then take a break and resume after Spring Break.

The goal of Marathon Club is to provide a sustainable fitness opportunity for Schwegler students and their families. It encourages kids to challenge themselves to complete the goal of walking or running a mile or more once per week throughout the remainder of the school year. All mileage is tracked when students attend. After a student completes a full marathon, they earn a Marathon Club t-shirt, have their name read with the morning announcements, and get their picture posted on a wall in the gym. In addition to these tangible awards, Marathon Club hopes to:

*Promote lifelong wellness *Provide students a sense of accomplishment * Improve concentration in the classroom *Create a fun, non-competitive atmosphere for all participants

Important Details

- Weather permitting, Marathon Club will be held on Friday mornings from 7:45-8:30am.
- Students will be running/walking on the inside perimeter of the Schwegler school grounds (outside). Each time a student passes the starting point, he/she will receive a mark on a sticker indicating completion of one lap. The total number of laps completed will be recorded during the check-out process.
- All students K-5 are encouraged to participate. Children enrolled in the Boys & Girls club program will participate.
- All students who participate must have a signed consent form to participate. Students will not be able to begin without this form on file with the club. Please return a signed consent form with your child to school, or have your child submit to Marathon Club on the first day your child participates so we can get them entered in our records.
- Our weather policy is as follows: We will not cancel Marathon Club, but please don't send your child if you feel the weather/transportation conditions are not appropriate. If you drop your child off for Marathon Club, they will be participating regardless of the temperature or if it is raining outside. If the gym is available, we could potentially move inside.
- Please have students dress appropriately, including proper shoes. It might be cold and windy on some Marathon Club days, so send a hat and/or gloves when needed. A water bottle is always advisable.
- Marathon Club members will be required to maintain appropriate behavior. There will be no pushing, throwing rocks, bullying, name-calling, cheating, etc. Kids who exhibit this behavior will not have their mileage recorded for the day. If the behavior persists, they will not be able to participate in Marathon Club
- There will be no supervision of or responsibility for children who are dropped off and who do not participate in Marathon Club (on playground or other school grounds).
- Volunteers are needed to help with the check-in and check-out process and to help track completed laps. We'd love to have you as a Marathon Club volunteer. If you are able to help regularly or just from time to time, please check the box on the consent form and we will contact you with more details.
- Parents and/or guardians are welcome to join their child during Marathon Club.

Questions/ Concerns can be sent to schweglermarathonclub@gmail.com

Make sure to join our facebook page for updates: www.facebook.com/groups/schweglermarathonclub

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Student Name	Grade	Teacher	T-Shirt Size

The student(s) listed above have my permission to participate in the Schwegler Elementary School Marathon Club. By signing below, I am verifying that my student(s) is/are physically fit to participate in this activity. I agree to remove my child/ren if at any time my student(s) become physically ineligible to participate.

I understand that Marathon Club is held outside of the school day and I will not hold Schwegler Elementary, the Schwegler PTA, USD 497 (including its employees, the board, or any volunteers), or Boys & Girls Club responsible for accidents, injury, or illness my student(s) may incur as a result of his/her/their participation. I authorize the club coordinators to act for me in an emergency situation and provide for appropriate medical care as deemed necessary and I accept full financial responsibility for any costs associated with such medical care.

I understand that this is a voluntary program with guidelines. I have read thee guidelines and if my student(s) is/are not following them, I understand that my student(s) could be removed from the program. I also authorize the club to use any photograph(s) taken of participants (while participating in the program) for marketing purposes.

Parent /Guardian Signature:	Date:
Parent/Guardian Name:	Email (required):
Phone Number (required)*	
Additional Contact Name (for emergencies):	Phone Number (required)*

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I am interested in volunteering on club days. Please contact me at the email listed above.