

Hello Soldotna Montessori Families of 4th-6th grade students,

My name is Mrs. Boonstra and I am the PE teacher for Soldotna Montessori. I am starting a running club after school which will take place Monday and Wednesday each week starting September 3rd and ending Sept. 17th (the first week due to Labor Day practice will be Wednesday and Thursday Sept. 3rd and 4th). The running club will run for 3 weeks and will take place from 3:45-4:40 each Mon. and Wed. (except the first week). Students must be picked up promptly from each running practice at 4:40. We will be running both on school grounds and possibly doing some practices off school grounds. In order to be able to run in other places besides our playground area, I am looking for a couple parent volunteers that have done their background check to help me with practices. Joining this club is optional but if your student signs up it is expected they will try to make as many of the practices as possible. Students taking part in this running club will have the opportunity to run in 3 races with students from other schools in our district if they desire. These races will take place on Saturday the 6th, 13, and 20th. I will be conducting the running practices after school, but the races that take place are the parent's responsibility to provide transportation to and from the run and stay with your child till they finish their run. I will provide all the information about the 3 different Running Races and provide you with the paperwork for your child to compete in these races. This club will focus on fun with exercise, increasing each student's fitness, working on endurance, and doing different types of running (sprints, obstacles, distance, and relays). If your student joins the running club they will get a complimentary running t-shirt to have for practices and the running races on Saturdays. The running club is open to 15 students (or 20 if I get parent volunteers to help). If we have more than this number of kids interested, we will draw names from those interested to fill our spots. If you have any questions about this club or would like to volunteer to help me with this club please email me at: kboonstra@kpbsd.k12.ak.us or call my office number at 907-260-5190. We have a short turn-around time so if your child would like to participate, I need their **permission slip signed and turned in by next Tuesday September 2nd. I also need the CO-Curricular District Participation Form signed as well.**

Running Races-Distance Approx. 3 KM

Sept. 6th North Road Run @ the Nikiski Rec. Center- Race Begins 11:00 Girls/11:05 Boys

Sept. 13th Color Run @ Nikiski Middle/HS Trails-Race Begins 11:00

Sept. 20th Elem. XC Invitational @ Tsalteshi Trails-Race Begins 11:00

Thank You!

Kelli Boonstra

Cross Country Running Permission Slip

I give permission for my child, _____ (Child's Full Name), to participate in the SMCS Cross Country Running Program beginning Sept. 3rd.

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Parent/Guardian phone number: _____

Child's Shirt size (circle one) **Youth** S M L XL OR **Adult** S M L

Today's Date: _____

Emergency Name and Contact: _____

Please return this form by Tuesday September 2nd if your child would like to join the run club.