

## 6th Grade Spring Running Club

### Who:

Any 6th grader interested in running is welcome to come and join our group to work on their stamina, technique, and a positive attitude towards running. While the primary goal is having fun running, there is also a focus on preparing students for 7th grade cross country and/or track. Students do not have to join 7th grade cross country or track to join 6th grade running club, though.

### Practice Schedule:

All Tuesday and Thursday practices are after school from 3-4pm. Pick up is at 5W.

Tuesday	Thursday	Sunday
March 11th	March 13th	
March 18th	March 20th	
April 1st	April 3rd	April 6th Track Meet 2pm @ TBD
April 8th	April 10th	April 13th Track Meet 2pm @ TBD
April 15th	April 17th	No Meet due to Easter
April 22nd	April 24th	April 27th Track Meet 2pm @ TBD
April 29th	May 1st	(May 4th championship meet for ages 10 and under, so we will not be attending but younger siblings can)
May 6th	May 8th *Last Day of Practice - Pizza Party	May 11th Championship Track Meet 1pm @ Green HS - ages 11+

**Cost to join Running Club:** **\$25** checks made payable to Jackson Cross Country Parents

This fee is required by all runners, regardless of whether they participate in the meets. This fee goes toward T-shirts, prizes, and ribbons for races. All members will get a t-shirt.

**Registration:** Registration will open February 17th and will close on March 7th. Please complete the online form found on Coach Billig's website. Money can be paid in cash (in a sealed, labeled envelope) or Check made out to "*Jackson Cross Country Parents*" on the first day of practice. Registration will be limited to the first 40 sign-ups.

### Where (practice):

We meet inside the doors at the 5W entrance then practice on the field next to Sauder Elementary. We also utilize the MS/HS cross country course for practice.

**What to bring:**

First day of practice, please bring a completed medical form and the club fee of \$25. A water bottle (please label), a snack to eat before practice (think graham crackers, banana, something easily digestible), running clothes and shoes (change into after school). Spring weather can be very unpredictable, so please be prepared. Also, appropriate running shoes are very important to avoid injuries. No sandals, slippers, high-tops, or basketball shoes.

**Pick-Up:**

Pick up will be at door 5W, parent-pick up style, so please wait in the pick-up line, not in the parking lot.

**Communication:** Communication will primarily be through email, so please look for 6RC emails regularly.

**What if it rains/snows:**

We will be utilizing both indoor and outdoor facilities, so if the weather is too bad to run outside, we will run in the halls.

**Meet Information**

Meets are optional but highly encouraged. Running events include 100m dash, 100m hurdles, and 4x100m relay; 200m dash, 200m hurdles, and 4x200m relay; 400m dash, 4x400m relay; 800m run, and 1600m run. Field events include long jump, standing long jump, shot put, discuss, and high jump. Participating in the meets costs \$15 per single meet, \$20 for only the championship race, or \$45 for the entire season (all 4 meets). Please pay in cash (in a sealed, labeled envelope) or checks made payable to "Jackson Cross Country Parents".

**Contact information:** Please email Coach Billig at [snb3jc@jackson.sparcc.org](mailto:snb3jc@jackson.sparcc.org) with any questions or concerns.

**Parent Volunteers:**

I welcome anyone who is able to help. This is the second year of spring running club, with a focus on track, and if any parents or family members (aunts/uncles/older siblings) have experience in hurdles or field events, please reach out if you are able to help at a few practices or meets. The main thing is we want the kids to have fun, but if we can give them a head start in MS and HS track, that would also be a plus! I will also be in need of snack volunteers for the meets. Thank you!

**Thank you for allowing your runner to begin on their life long journey.**

**Mrs. Billig - 330-830-8034 ex 3267**

# Go 6RC

