Columba Runners

Information Sheet

The Columba Runner training program is designed for students of St Columba’s School to work on improving their fitness in a safe and friendly environment.

It is an ideal exercise program that parents can actively be involved with their children in, and the kids love to see Mum and Dad competing in our Family Fun Run Days. The program is designed for ages, with modified courses, our buddy system and the continued support of our Columba Runner parents.

**Dates:** Friday 6th May - Sunday 11th September

**Session Times:** Mon, Wed & Fri 3:15 - 4:00pm

You can come and train on any day from one to three sessions per week.

**Where:** All students will meet on the basketball court. After a quick warm up the runners then complete a circuit around the school boundary. The distance and route may vary from week to week, but will always be based around the school and local area. Their laps will be recorded in their running log. Younger runners will run a modified course for the first few sessions then will run/walk with parent supervision. Children in Kindy and Pre Primary are welcome but must be accompanied by an adult at all training sessions.

**Family Fun Days and end of season Wind Up:** We have several planned for this season and they are always lots of fun. The whole family will be invited to participate in our ‘fun runs’ and after the run we organise a sausage sizzle. The end of season wind up will be a BBQ and the runners are presented with their Columba Runner Participation medal.

**What to bring:**

- We ask that all runners wear appropriate running shoes.
- We prefer that sports clothes are worn.
- (We have a Columba Runners T-Shirt available for purchase. A price and order form will be available shortly).
- A water bottle.
- A hat and sunscreen.
I agree for my son/daughter ______________________ to participate in the running sessions
to be organised by Leah Marrapodi, John Murphy and supporting parents.

I am aware that all students will need to read and sign a Columba Runners training agreement and registration form.

All forms and payment can be returned to Meesha Higgins (Team Manager) or John Murphy. Payment can also be placed into P&F box in canteen area. Please clearly mark envelope.

Please find enclosed $...................... for the enrolment of my children.

*I have included my registration forms with payment.

<table>
<thead>
<tr>
<th>Name</th>
<th>Year</th>
<th>Days attending</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Name: ..................................Yr..............</td>
<td>$25.00 per term ...........................................</td>
</tr>
<tr>
<td>2.</td>
<td>Name: ..................................Yr..............</td>
<td>$20.00 per term ...........................................</td>
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<td>3.</td>
<td>Name: ..................................Yr..............</td>
<td>$15.00 per term ...........................................</td>
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<td>4.</td>
<td>Name: ..................................Yr..............</td>
<td>$15.00 per term ...........................................</td>
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<tr>
<td>5.</td>
<td>Name: ..................................Yr..............</td>
<td>$15.00 per term ...........................................</td>
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Thank you - A receipt will be issued at your first training.
Columba Runners Registration Form

Students Name:

Address:

Emergency Contact Name:

Phone Number: Mobile:

MEDICAL CONDITIONS:

Office use only:
Paid amount:
Date:

Runners Code of Conduct

I understand that for the fun and safety of other students that the rules below are to be followed. And I am aware that further action may be taken if my behaviour is considered unacceptable.

- I will respect the safety and security of other runners.
- I will encourage and help all the runners in the group.
- I will cooperate with all adults that are supervising training.
- I will respect school property.
- I am aware that if I am not running/walking or not participating at training, my parents will be called to collect me

Students Name:...........................................................................................................................

I acknowledge that it is a condition of my child participating in this program that he/she does so at his/her own risk. I accept all risks and release the event organiser, its agents, affiliates, employees, members, sponsors, promoters, volunteers and any person or body directly or indirectly associated with the event, from all claims, demands and proceedings arising out of or connected with my child's participation in this event and I indemnify them against all liability for all injury, loss or damage arising out of or connected with my child's participation in this event. This release continues forever and binds my heirs, successors, executors and personal representatives.

Name:.................................................................................................................................

Parents

Signature............................................................................................................ Date................................