



## [SPN Jesters Running Club](#)

### [Open to Girls in grades 3-8](#)

Hello SPN Families!,

I am so excited to announce that we will offer a GIRLS ONLY running club! This club is open to girls in grades 3rd-8th and is focused on encouraging fitness, confidence, goal-setting, and team spirit.

We'll meet twice a month on Fridays after school (see dates on the back of this form). Practices will include warm-ups, short wellness lessons, a run or walk-based workout, and cool-downs. During our workouts, students will run or walk around the school campus (weather permitting), or use the school gym or indoor space in case of inclement weather. All girls are welcome, regardless of experience—our main goal is to support each other and work toward completing a **5K run in June**.

To join, please return the completed permission slip below no later than September 5, 2025.

Please feel free to reach out if you have any questions!

Ms. Amy Sewell

SPN Jesters Running Club  
[asewell@spnmd.org](mailto:asewell@spnmd.org)

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## Girls' Running Club Permission Slip

Student Name: \_\_\_\_\_

Homeroom : \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Health Concerns or Allergies (if any): \_\_\_\_\_

\_\_\_\_\_

Emergency Contact if parent can not be reached

Name: \_\_\_\_\_ Relationship to student: \_\_\_\_\_

Phone Number: \_\_\_\_\_

After meetings my child will (Please initial one)

Be picked up immediately \_\_\_\_\_

Need to go to Extended Care \_\_\_\_\_

I give permission for my child to participate in the Girls' Running Club at St. Philip Neri Catholic School. I understand the club meets on the scheduled Fridays after school. I will ensure my child will bring running shoes and comfortable clothing with them in a labeled bag as well as a water bottle. I understand that during club meetings, students will run or walk around the school campus (weather permitting) or use the school gym or indoor space in case of bad weather.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

This form **MUST** be returned to Ms. Amy no later than September 5, 2025. **NO LATE FORMS WILL BE ACCEPTED!**

## Meeting Dates

The following Fridays after school 3:00pm-4:15pm:

- September: 12, 26
- October: 10, 24
- November: 7, 21
- December: 5, 12
- January: 9, 23
- February: 6, 20
- March: 6
- April: 17, 24
- May: 1 (*and maybe 15*)
- June: 5 (Final meeting & 5K celebration!)