



[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 again this year! 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 fun **5K color run in May**. There will also be opportunities to register for local 5k runs. The cost of the club is \$20 and includes your child's running club t-shirt.

To join, please return the completed permission slip below no later than September 4, 2026.

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

Ms. Amy Sewell

SPN Jesters Running Club
asewell@spnmd.org

Google Classroom Code:

<https://classroom.google.com/c/ODAyNDg5MTI5MzI0?cjc=ktlfd2h>

Girls' Running Club Permission Slip

Student Name: _____

Homeroom : _____ Shirt Size (included in registration fee) _____

Parent/Guardian Name: _____

Phone Number: _____

Would you like to order a shirt for \$15? _____ If yes, size _____

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 4, 2026. **NO LATE FORMS WILL BE ACCEPTED!**

Meeting Dates

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

- September: 11, 26
- October: 16, 23
- November: 6, 13
- December: 4, 11
- January: 8, 22
- February: 12, 19
- March: 12, 19
- April: 23, 30
- May: 7, 21

May 21 will be our running club family 5k color run around the SPN Campus