

RALPH CHANDLER MIDDLE SCHOOL

STRIDES CLUB

Ralph Chandler Middle School 4231 Fork Shoals Road, Simpsonville SC 29681; (864) 452-0300 • FAX (864) 452-0365

"Anybody can be a runner. We were meant to move. We were meant to run. It's the easiest sport."
~ **Bill Rodgers, 8-time NYC and Boston Marathon winner**

Welcome to Strides Club! This club is designed for 6th-8th grade middle school children who are runners, run sometimes, jog often, or always meant to start running, but never have. If you like to push your limits, set new goals, and have a great time with fellow runners, this club is for YOU!

The purpose of Strides Club is to develop life-long running, health, and wellness habits that carry over through life. You will work on improving running form, technique, endurance, and stamina - all the while enjoying the fun of running!

We try to be as open to new and returning members as possible. Here are the ground rules that all members must follow:

- 1. Try to attend every meet.** If you can't make it, let me know. Don't not show up and expect me to know where you are.
- 2. Be on time.** Meets begin promptly at 3:30. If you're not here, we're leaving without you.
- 3. Listen to your coach.** Always do what is expected of you. No arguments.
- 4. Have a positive attitude.** You signed up to run, so you're going to run, even when you may not feel like it!
- 5. Complete your warm-ups.** Warm-ups are crucial. Take them seriously.
- 6. Wear proper attire.** The following are acceptable attire:

- T-shirt
- Athletic shorts (school appropriate) or sweat pants
- Socks & tennis shoes

The following are NOT acceptable attire:

- Jeans or long pants (not sweats)
- Sandals or boots
- ANY attire that violates the RCMS Dress Code (subject to my discretion)

7. BYOW – Bring Your Own Water! No trips to the fountain once we're outside. You will need plenty of water!

8. Do your best. You are judged by your effort, not speed or distance. All I ask is that you give *your* best. I don't care about what you *can't* do; show me what you *can* do.

Our meeting routine will be as follows:

- Meets are twice weekly **Mondays and Thursdays from 3:30 to 4:30.**
- Warm-up for five minutes
- Opening exercises around the school (power-walk, jog, lunges, side-to-side, suicides, etc.)
- Laps around the track at alternating speeds (power-walk, jog, run).
- Back inside for cool down, announcements, and dismissal

If you are interested in joining Strides Club, fill out the permission form on the back and return it signed by a parent to me as soon as possible. We hope to see you out at the track!

Happy running!

Mr. Ballinger
Strides Club Coach
(864)-452-0324
dballing@greenville.k12.sc.us

Responsible, Challenged & Motivated to Succeed

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RCMS STRIDES CLUB PERMISSION FORM

Name: _____ **Grade:** _____

Address: _____ **City:** _____ **Zip:** _____

Phone: _____ **Email:** _____

Mom's Name: _____ **Mom's Cell:** _____

Mom's Email: _____

Dad's Name: _____ **Dad's Cell:** _____

Dad's Email: _____

What do you want to accomplish? List your goals for Strides Club this year:

By signing below, I acknowledge that I have read and understood the rules and expectations for Strides Club and that I am physically able to participate.

Student Signature: _____

Parent Signature: _____

PLEASE RETURN THIS SIGNED FORM TO MR. BALLINGER!

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