



ECA JUNIOR LIONS RUNNING CLUB

Junior Lions Running Club: For Girls and Boys in 4th - 6th grade

Running Club Mission: To give opportunity for fun, growth, community, and skill in running.

Details: Open to boys and girls grades 4 - 6 grade. Our program will be designed to teach and develop runners not only physically with their form, pace, nutrition, and competition, but also to encourage fellowship, community, perseverance, character, and their spiritual walk.

We will have approximately 7 instructional practices at ECA, and runners will be expected to condition through other sports, activities, and/or a personal running schedule. We will also be participating in five junior cross-country races which will be 1 mile in length. Runners will also have the opportunity to participate in a 2-mile race at the end of the season! We have a great schedule planned this year!!

Practices will be after school from 3:15 – 4:30pm. First practice will be in Mr. Harding’s room (212). All other practices, runners will meet in CAFETERIA for the start of each practice. **Practice Dates:** (Thursdays) 8/31, 9/7, 9/14, 9/21, 9/28, 10/5, 10/12

Races will be the responsibility of parents for transportation and registration. Sign-up for races are typically the day of the race and usually cost \$0 - \$5. Coaches will be present to lead, encourage, coach, and direct. **Tentative Race Dates:** 9/09 Brookville, 9/16 Graham, 9/23 G.R. Clark, 09/30 Buck Creek, 10/07 Xenia, 10/17 Young’s [2 mile] (These races are unfortunately subject to change due to venue scheduling. We will keep you informed as the dates get closer and information is more dependable.)

Fees: \$40 (plus individual race fees that may apply) – Includes shirt (race day uniform), run club water bottle, and snacks after practices.

PLEASE BE SURE TO REGISTER BY Tuesday, AUGUST 25th

Please retain the top copy for your records and return the bottom part to: ECA Athletic Department

Questions: Jason Harding - jharding@ecaoh.com *Make Checks Payable to: ECA Runners Club

Deadline: August 25th (to receive a shirt/water bottle) All participants receiving a shirt/water bottle must order by the deadline date. Registrations received after that date will be accepted but may not receive a shirt/water bottle due to ordering logistics.

Name: _____ Age: _____ Grade: _____

Address: _____ City: _____ Zip: _____

Fee (\$40) _____ Shirt Size: _____

Parent/Guardian: _____ Phone: _____ Email _____

Address: _____

____ I would be interested in assisting the Running Club