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OUR CHILDREN. OUR COMMITMENT. O.C.

March 2017

Dear OC Families:

Believe it or not, it is time for "Get Fit for Bloomsday" training! Our first day will be Tuesday, March 21st. We will be meeting Tuesday and Thursday afternoons through the first week of May, with the exception of Spring Break. We will train from 3:40 PM until 4:30 PM. at Orchard Center. **There is no bussing provided for this program. Families will need to arrange transportation. If a student is not picked up by a parent or guardian for 2 practices, that student can no longer participate in Get Fit for Bloomsday.**

This training program is open to all students at OC and their parents. Parents are encouraged to join the training- regardless of one's pace. Weather permitting, our training course will be around the interior perimeter of the school playground. On extremely cold or nasty weather days, we will train in the gymnasium. We will be outside as much as possible, so please make sure you have appropriate clothing for our chilly afternoons (hat, light gloves, sweat suit...) Layered clothing works best. Please make sure that all clothing is labeled with the child's name as it is often "shed" while running.

Our goals are to encourage regular physical exercise as part of a lifestyle and to have FUN!

Thanks, and we hope to see you out there with us!

(Please return this part to show your approval)

I approve of my child's participation in Bloomsday Training at Orchard Center Elementary. I will assume all financial responsibilities not covered by my child's insurance (if he/she has school insurance) for injuries received while training in the Bloomsday Training Program or any school related running activity. I give my permission for emergency treatment of an injury by any physician or hospital designated by a school official.

I understand that if my child is not picked up for 2 practices, my child will no longer be allowed to participate in Get Fit for Bloomsday.

Student's Name: _____

Parent Signature _____