

SUMMER RUNNING CLUB 2019

Marian Catholic High School
700 S. Ashland Avenue
Chicago Heights, IL. 60411
(708) 755-7565



WHO: Boys & Girls grades 6-8 (fall of 2019); 9th graders registered at Marian; current Marian students (grades 10-12)

WHEN: See Schedule below

WHERE: We meet at the Marian track at the west end of the student parking lot on Joe Orr Road

COST: \$50.00 for entire Summer (includes t-shirt)

(PLEASE COMPLETE Registration Form)

2019 SUMMER RUNNING CLUB SCHEDULE:

(Mon. Thurs.: 6-7:30 p.m./Fri.: 6-8:00 p.m.)

Mon., Thurs., Fri.	June 3, 6, 7
Mon., Thurs., Fri.	June 10, 13, 14
Mon., Thurs., Fri.	June 17, 20, 21
Mon., Thurs., Fri.	June 24, 27, 28
<i>[July 1-5: --OFF WEEK—as required by IHSA]</i>	
Mon., Thurs., Fri.	July 8, 11, 12
Mon., Thurs., Fri.	July 15, 18, 19
Mon., Thurs., Fri.	July 22, 25, 26
Mon., Wed.	July 29, 31



Sessions will include the basic fundamentals of stretching, including "Dynamic Stretching." Emphasis of the program will be on DISTANCE running but there will be some SPEED workouts and also STRENGTH training in the Weight Room. Students entering Marian this fall and joining Cross Country: participation in Summer Running Club is not "required" but it is "strongly recommended." However decisions regarding your status on the team will NOT be based on participation in Summer Running Club.

(NOTE: the Summer Running Club follows the rules set forth by the IHSA for Summer Pre-Conditioning Programs).

MARIAN CATHOLIC HIGH SCHOOL
SUMMER RUNNING CLUB 2019



REGISTRATION FORM

COST: \$50.00 for entire Summer, includes a t-shirt, if paying by check make check payable to MARIAN CATHOLIC HIGH SCHOOL. Please complete this registration form and submit to Coach Sovereign when you arrive for the first session OR mail to:

Marian Catholic High School
700 S. Ashland Avenue
Chicago Heights, IL. 60411
(Please Print: "Attention Coach Sovereign" on the envelope)



NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ **ZIP CODE:** _____

PHONE: _____

Parents email address: _____

GRADE (fall of 2019): _____

T-shirt size: _____

(All t-shirts will be "adult" sizes)

I understand that all students who participate in Marian Catholic High School Summer Camps MUST carry Medical Insurance. Parents are responsible for any medical expenses incurred while their son/daughter participates in the camps.

PARENT SIGNATURE:
