

CAT PACK RUNNING CLUB

This fall, the Kalida Wildcat Cross Country Program is starting a new elementary program club called the “Cat Pack” running club. This program is being created to introduce the youth of Kalida to the sport of cross country and the lifelong activity of running. Our goal is to teach runners at a young age the proper running form, follow a basic training program, have them compete in cross country races, and of course have fun. The information below will go over more details about the running club.

Cat Pack Running Program:

- Duration: August 1st - September 27th.
- Practice: Meet with the Cat Pack club two days a week. During the school year Coach King will walk the runners from the elementary to the high school for practice.
 - Practice will last approx. 1 hr. or after school to 4:30.
 - Practice will include warm-ups, stretching, workout, and cool down.
 - The varsity girls and boys teams will be helping with practices.
- Cost: \$20.00. This includes a Cat Pack t-shirt and the entry fee for the four races.
- Cat Pack Racing Series
 - The Cat Pack Running Club will compete in 4 races throughout the season. The runners will earn points based on meets attended, finish place, and goals reached for each race. At the end of the series there will be awards by age and gender to those that earned the most points.
 - Tentative Races:
 - Delphos Blue Jay Invitational August 23
 - Kalida Pioneer 5K & Fun Run September 7
 - Liberty Center Invitational September 20
 - Kalida Wildcat Invitational September 27

This letter is to introduce the club and see who is interested. The start of the club will begin prior to school starting (Aug. 4). If your son/daughter is interested please fill out the attached form so we are able to contact you during the summer.

If you have any other questions please email Coach Miller (ka_miller@kalida.k12.oh.us) or Coach King (ka_king@kalida.k12.oh.us).

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Please complete the following form and return it to Ms. King or the elementary office by May 16th.

Interest Form:

Runner's Name: _____

Parents' Name: _____

Address: _____

Phone/Cell: _____

Email Address: _____

Entering Grade _____