

Gamble Rogers Middle School

Greg Bergamasco
Principal

6250 US 1 South St. Augustine Florida 32086
Telephone (904) 547-8700 Fax (904) 547-8715
www-grms.stjohns.k12.fl.us

Gina Middaugh
Assistant Principal

Gamble Rogers Middle School Running Club/ Cross Country Team

Gamble Rogers Middle School running club/cross country team will begin its tenth year beginning Tuesday, September 18, 2018 at 2pm. The club/team is designed to introduce students to distance running, goal setting, running competition, and to promote physical fitness. The club/team will meet every, Tuesday **and** Thursday from 2:00pm to 3:00pm under the big tarp and picnic tables on the PE field. The season begins September 18th and ends Nov. 29 of 2018. There will be no practice the week of November 19-21 (Thanksgiving Week).

Students **must provide** their own transportation home. While the club will meet two days a week, your son or daughter does not have to be there everyday. If you are planning on picking up your son or daughter, please pick him or her up in back, at the end of the PE field by the basketball courts, **no later** than 3pm. Students may change in the PE locker rooms at 2pm but need to bring their belongings with them out to the PE field while running.

Students **must have** a current physical on file, completed within the year, in order to participate.

My son/daughter _____ has my
(Student's Name)

permission to participate in the Gamble Rogers Middle School Running Club. This after school activity will begin at 2:00pm and end at 3:00pm.

X _____ Date _____
Parent/guardian signature

Cell Phone and Contact Numbers: _____

Please list any medical condition/s of your son or daughter that may be of concern:

Students must have a signed permission slip to participate.

Return signed to Mr. Gamble or Coach Heffner.

For questions, please contact Mr. Gamble at Kevin.Gamble@stjohns.k12.fl.us or 547-8700 ext. 27852

Cross Country Webpage <http://www-grms.stjohns.k12.fl.us/crosscountry/>

ST. JOHNS COUNTY SCHOOL DISTRICT