

# Gamble Rogers Middle School

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Greg Bergamasco  
Principal

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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 13<sup>th</sup> year beginning Tuesday, September 15, 2020 at 2:00pm. 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 located behind the school. **The season begins September 15<sup>th</sup> and ends Nov. 19<sup>th</sup> of 2020.**

Students **MUST** provide their own transportation. While the club will meet two days a week, your son or daughter does not have to be there every day. 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 3:00pm. Students may change in the PE locker rooms at 2:00pm but they need to bring their belongings with them outside 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 \_\_\_\_\_  
(Student's Name)

has 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.

\_\_\_\_\_  
**Parent/guardian signature** **Date** \_\_\_\_\_

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](mailto:Kevin.Gamble@stjohns.k12.fl.us) or 547-8700 ext. 27852