

***Gamble Rogers Middle School Running Club/  
Cross Country Team***

Gamble Rogers Middle School running club/cross country team will begin its 15<sup>th</sup> year beginning Tuesday, September 6, 2022, 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 6<sup>th</sup> and ends Nov. 15<sup>th</sup> of 2021.

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 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 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**

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