

Welcome to Girls Bee Fit 2019

We are very excited for you to be a part of this incredibly fun and important RUNNING club at the Middle School.

REGISTRATION is LIMITED to 60 girls and girls are rostered on a first come first serve basis.

Girls are **REQUIRED** to attend **BOTH** days.

Girls Bee Fit coaches this year are Mrs. Hill, Mrs. Martin, Ms. Profitt and Ms. Schwertle. We will also have parent volunteers who help us throughout the season.

We have listed Frequently Asked Questions regarding our running club. Please review the questions and answers and if you still have questions or concerns please email Ms. Profitt profitts@bbhcsd.org or Ms. Schwertle, schwertled@bbhcsd.org.

Q: What can I expect during running club on Monday and Thursday?

A: The fitness part of our club will start with a warm up, running activities on and off school site, and finally a cool down with stretching. Also, one day a week we will focus on strength exercises...and we will still run. This is a running club!

Q: What do I do after school on Girls Bee Fit days:

A: All GBF participants will meet in the cafeteria at 3:20, dressed and ready to participate. Upon arrival, girls will sign in on the attendance form. The workout part of our group will begin around 3:30 and we will finish at 4:30.

Q: What should I wear?

A: All GBF participants are encouraged to wear to school on Mon../Thurs. what they will be wearing during our GBF activities. Appropriate athletic shorts and a t-shirt or short sleeve shirt. Girls will have time to change, if needed, from dismissal until 3:20. Regarding footwear, "running shoes", it is not necessary to buy expensive shoes; however, an athletic shoe with an arch is **REQUIRED**. Girls wearing fashion tennis shoes such as Keds and/or Converse or footwear not appropriate for running will not be permitted to participate. If not participating due to footwear/clothing, the girl will be asked to call home for someone to come pick her up.

Q: When and where will I get picked up?

A: Parents should plan on picking up their daughter in the cafeteria. We will be keeping the girls moving and involved until 4:30 sharp...we will not be ending before 4:30. All GBF participants must be signed out by the parent/guardian picking her up. Girls will be listed alphabetically by last name. This is the list the girls sign in on as they enter the cafeteria before every practice. The attendance/sign out lists will be on clipboards in the cafeteria. Please send a note or an email if your daughter will be going home with an adult other than the legal parent/guardian. For security purposes, girls will not be allowed to leave before 4:30.

PLEASE make every effort to pick up promptly

Q: What about the Trick or Trot Race?

A: Trick or Trot is a race sponsored by the Brecksville Kiwanis and organized by Hermes Race System of Cleveland. You will need to complete a registration form for the race BUT you will not need to pay the registration fee as it is included in the GBF cost. Trick or Trot race registration will be completed during a GBF session. Family members and friends are encouraged to register for the event; however, individuals will need to register on-line.

Q. What if my daughter gets sick or injured at GBF?

A: One of the adults or your daughter will call and ask that you pick up your daughter ASAP.