



Illini Middle School

1101 S. Liberty St.
Jerseyville, IL 62052
(618) 498-5527



Jason Brunaugh, Principal

Dan Diamond, Assistant Principal
Scott Tonsor, Athletic Director

Panther Running Team

The Panther Running Team (PR Team) is a 5K training team in partnership with the Wellness Center for up to 50 4th-7th grade boys. PR Team members will train for 7 weeks in order to participate in the 2017 Heart and Sole race in Jerseyville, IL. Students will learn about physical fitness, nutrition, and how to keep themselves mentally fit as well. Typical practices will follow the format of a timed or distance run, stretching and exercise, and a lesson taught by coaches or guest speakers. Practices will be on Mondays and Thursdays (no practice on Monday, September 4 due to Labor Day) from 3:45-5:15 at Illini. **Cost for this program is \$12.** This cost is for the required team shirt. The PR Team will be able to run in the Heart and Sole 5K for free. There will be no other costs for PR Team members.

Please note that most team runs will take place off Illini campus. We will run the sidewalks down local streets, which means we will cross roads. 4th graders may take the bus to Illini, but must arrange this with the JCUSD 100 transportation department.

I give my child _____ (please print student's first and last name) permission to join the Panther Running Team.

Parent's printed name _____

Parent's signature _____ date _____

Student's t-shirt size _____

Student's shoes size _____

Emergency contacts:

Name _____ phone number _____

Name _____ phone number _____

Name _____ phone number _____

Name _____ phone number _____

Medical concerns:

This permission slip and \$12 are due at Illini on or before 8-24-17—the first practice