

THE CARDIAC CLUB

The Cardiac Club will begin Monday, Sept. 13, and will meet from 7:30-8:00 AM every Monday, Wednesday and Friday morning. This is a Running/Jogging/Walking Club. The purpose of this club is to promote and develop physical fitness and a healthy lifestyle. This club is open to Mark Twain students/family/staff. Those participating will meet on the playground (weather permitting) or in the gym at Mark Twain. Participants will develop cardiovascular endurance and strength, flexibility, math skills, build self-esteem and learn the value of working with others.

In order to become a member of The Cardiac Club, participants will have to run/jog/walk at least 10 miles. Data will be recorded and the progression of the participants will be posted. There is no cost involved. This is not a child-care service. Good behavior is expected. Those choosing to make poor decisions will be dismissed from the club. Gym shoes must be worn to participate. The Cardiac Club permission slip must be signed and returned to Coach Ryser before a student will be allowed to participate. Please have your child at Mark Twain no earlier than 7:30, and no later than 7:45. Any and all help would be greatly appreciated. If you have any questions contact Coach Ryser at 671-4270. We look forward to you and your child joining THE CARDIAC CLUB.

Sincerely,

Coach Ryser
Mrs. Miller
THE CARDIAC CLUB Sponsors

THE CARDIAC CLUB
Permission Slip

I give my child permission to participate in THE CARDIAC CLUB.

Parent Signature _____

Student Signature _____

MARK TWAIN



CARDIAC CLUB



PARTICIPANTS NAME

MILES

PRINCIPAL

SPONSOR

SPONSOR