



Spring RUN CLUB

Instructors: Coach Paul Economos & Coach Pete Arena

The HMS Run Club will provide new and returning HMS runners with a safe and productive outlet for physical activity, peer interaction (socially distanced), camaraderie and personal growth. This experience will be recreational only and appropriate for runners of all levels. Students should dress accordingly for outdoor weather. Wear layers, hats & gloves. Students should come to school prepared to participate to limit locker room usage.

DATES

Mondays
3/15, 3/22, 3/29, 4/5

Tuesdays
3/16, 3/23, 3/30, 4/6

Thursdays
3/18, 3/25, 4/1, 4/8

Fridays
3/19, 3/26, 4/9

At this time, there are no plans for meets, or weekly time-keeping.

PRACTICES

One Day:
Monday, Tuesday, Thursday, or Friday

Two Days:
Monday/Tuesday or Thursday/Friday

Time: 2:30pm – 3:30pm
Grades: 5th – 8th

One Day:
Monday-Thursday \$45
Friday \$35

Two Days:
Monday/Tuesday \$75
Thursday/Friday: \$65

Cost includes an HMS Run Club Shirt.

Maximum of 45 students per day.

Students should be prepared to run in all conditions. If practice must be canceled due to weather, families will receive an email notification no later than 1:00pm on their respective practice day.

All students in grades 6th – 8th must complete Impact Testing in accordance with the Hanover School Committee Policy.

Students must complete the testing virtually at home.

A unique link will be included in the Run Club confirmation email for any student needing to meet this requirement. No student will be allowed to participate until this requirement has been met.

**FAMILIES MUST COMPLETE A RUN CLUB
REGISTRATION FORM AND TOWN OF
HANOVER COVID WAIVER.**