



# Maple Dale Spring Running Club

**Dates:** Tuesdays and Thursdays; April 13 to May 20

**Time:**

- In-person practice at Maple Dale from **3:45 PM to 4:45 PM.**
- In case of inclement weather, practice is **virtual from 4:00 PM to 5:00 PM.**
  - On the day of the practices, Coach Fishbach will make the call about in-person or virtual practice, based on the weather, by **Noon via email.**

**Grades:** 4th to 8th grades

**Safety:** Athletes and coaches will be asked to wear masks during stretches, warm-up, and cool down as well as maintain social distance. During workouts, athletes can take off their masks as long as they remain physically distant from each other. It is important that we follow CDC, Health Department, and Maple Dale Covid-19 guidelines to allow our schools and the running club to remain open. **If your child is not feeling well, please DO NOT send them to practice.**

**Goal:** Coach Fishbach wants to plan an intrasquad track meet. Time, date and location are TBD.

**Eligible Events:** 100 meter, 200 meter, 400 meter, 800 meter, 1600 meter

**Ineligible Events:** Relays, Field Events (Shot Put, Long Jump, High Jump), and Hurdles - due to Covid-19 protocols/guidelines

**Practices:** Athletes will be running outside at Maple Dale and on the sidewalks/roads around Maple Dale. We will not practice inside the school. Parents/guardians must pick their child(ren) up at Maple Dale by 5:00 PM.

Parents/Guardians should sign up their child(ren) on [this GoogleForm](#).

If you have any questions, please contact Coach Fishbach at [jeff.fishbach@mapledale.k12.wi.us](mailto:jeff.fishbach@mapledale.k12.wi.us).