

# Lester Fit Girls



Fit Girls is for any 5<sup>th</sup> or 6<sup>th</sup> grade girl attending Lester School for the 2022/2023 school year.

We will have non-competitive workouts designed to gradually and safely build endurance to run or walk a 5k (3.1 miles). The training season will lead up to the....

**Running of the Leopards Fun Run on Sunday, September 25<sup>th</sup>, 2022!**



**Training Starts Thursday, August 18<sup>th</sup> | Lester School (East Field) | 3pm-4pm**

Practices will be held, primarily on Mondays and Thursdays after school, when school is in session, however, some weeks are different, so note the specific dates below!

Date	Time	Location
Thursday, August 18th	3-4pm	Lester School (East Field)
Thursday, August 25th	3-4pm	Lester School (East Field)
Monday, August 29th	2-3pm	Lester School (East Field)
Thursday, Sept. 1st	3-4pm	Lester School (East Field)
<b>Tuesday</b> , September 6th	3-4pm	Lester School (East Field)
Thursday, Sept. 8th	3-4pm	Lester School (East Field)
Monday, Sept. 12th	2-3pm	Lester School (East Field)
<b>Friday</b> , Sept. 16th	3-4pm	Lester School (East Field)
Monday, Sept. 19th	2-3pm	Lester School (East Field)
Thursday, Sept. 22nd	3-4pm	Lester School (East Field)

Girls are expected to have running shoes and a water bottle!

If you have any questions, please contact Candice Richmond at thezan12@yahoo.com or 773-710-1218.

**Please have your child bring the completed form to the first practice session they attend.**

Student Name: \_\_\_\_\_

Classroom Teacher: TBD / \_\_\_\_\_ Grade: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_ Cell # \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_