

Colts Get Fit

St. Catherine Run/Walk Fitness Program

Colts Get Fit will start its second year of fun and fitness on September 22nd (Thursday) after school in the back parking lot. We will start at 3pm and go until 330pm. When Colts Get Fit is on Wednesdays, we will start after the rosary which is usually around 310pm until 340pm. Please look in the Scoop every week for upcoming dates for Colts Get Fit so you can plan ahead for your child.

Colts Get Fit was started as an effort to increase awareness of the importance of physical activity in improving one's health and to provide a structured opportunity to exercise. St. Catherine started this Run/Walk program in the 2010-2011 school year and enjoyed a positive response. This is a program for students, teachers, faculty, parents, and parishioners of St. Catherine who are interested in beginning or continuing a fitness program. The focus will be on fun and personal accomplishment as we, as a school and parish, improve our health and motivate others to increase their physical activity.

Virtus-trained volunteers are needed to supervise, as well as to walk/run with the students. Colts Get Fit will meet after school a couple of times a week. There will be stretching and a review of safety rules before beginning the activity. Ideally, the students would start by walking or running a mile (which is 4 times around the school and church property) in mid-September and then increase the distance and/or intensity overtime. Parents will need to give consent for their child to participate. It is strongly recommended that children and adults meet or discuss concerns with their physician before engaging in this physical activity and review safety rules.

Inclement weather conditions will need to be identified early so that parents can plan ahead for their child's pick-up after school. Please check your e-mail during the school day if the weather looks suspicious, to see if Colt Get Fit has been cancelled in order to provide proper transportation for your child.

Please read and sign the attached permission slip (front and back) and return to the school office before your child participates in the program (start date is 9-22-11). I am looking forward to another fun year of this program. I was thrilled at the response and the kid's enthusiasm everyday. I love that many of your kids are already asking me when we will start back up again. You have some really neat children who made me smile and laugh everyday last year. They tried so hard and loved bragging about how many laps/miles they were accomplishing. Some kids even started running outside of the program and got their parents exercising with them. What an added bonus to the program! Also, some of the students ran in some of the area races (for example: Flying Pig Fun Run and the Mini Heart Marathon 5K) which was very exciting for your child. If your child does run in an outside event, let me know, so we can recognize them.

. Please let me know if you are interested in helping or have any concerns. You can e-mail me at dkglaser@fuse.net or call me at 781-6025. Thanks again for your support. I will be counting on as many volunteers again this year. The parents were great in supervising and walking with the kids and made this a success.

Thank You!!!
Kelley Glaser