



# Junior Mavericks Running Club

## Youth Running Club Ocean Knoll Elementary School

### Wednesday Club: 2:30-3:30

#### Session #1 - 7 Weeks

Dates: 9/11, 9/18, 9/25,  
10/2, 10/9, 11/6, 11/13

**Cost: \$120**

#### Session #2 - 7 Weeks

Dates: 12/4, 12/11, 12/18,  
1/8, 1/15, 1/22, 1/29

**Cost: \$120**

#### Session #3 - 7 Weeks

Dates: 2/5, 2/12, 2/19,  
2/26, 3/4, 3/11, 3/18

**Cost: \$120**

#### Session #4 - 7 Weeks

Dates: 4/22, 4/29, 5/6,  
5/13, 5/20, 5/27, 6/3

**Cost: \$120**

**You call it running, we call it fun!**

Based on age appropriate guidelines using **S.M.A.R.T.E.R.** technique  
**SPEED-MUSCLE-AEROBIC-TECHNIQUE-ENJOY- RELAX**

Please pay online at: [www.juniormavericks.com](http://www.juniormavericks.com)

Space is limited and based on a first come first served basis-registration collected until club is full.

Questions, contact Robin Missailidis at 760-525-2048 or Robin at [Rmiss2002@yahoo.com](mailto:Rmiss2002@yahoo.com).

EUSD students only • No refunds

### Ocean Knoll Elementary School Session 2019/2020

Participant name \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_

Guardian \_\_\_\_\_ Home Phone \_\_\_\_\_

Work phone \_\_\_\_\_ Cell phone \_\_\_\_\_

Emailcontact \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone Number \_\_\_\_\_

Food Allergy: \_\_\_ Yes \_\_\_ No

I give my child, \_\_\_\_\_ permission to participate in Junior Mavericks Running Club. I have arranged transportation for my child to & from the school. I release Junior Mavericks Running Club from all claims and responsibility arising from an injury to my child resulting from participation during Junior Mavericks Running Club.

Parent signature \_\_\_\_\_

Any questions or concerns should be addressed to Robin Missailidis at [Rmiss2002@yahoo.com](mailto:Rmiss2002@yahoo.com). Distribution of this flyer does not imply endorsement by the Encinitas Union School District, its schools or staff and is distributed in compliance.

**Junior Mavericks**

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