



RUNNING BRUSHY MIDDLE SCHOOL

A DESTINATION SCHOOL IN LEANDER ISD

Jim Rose, Principal

2303 N Lakeline Blvd • Cedar Park, TX • 78613

Phone: 512 • 570 • 3300

RBMS BORN TO RUN 2016-2017 INFORMATION

WHAT TO BRING TO PRACTICE:

- athletic wear and shoes (must follow school dress code)
- sweats or jacket if needed for cold weather
- a positive attitude!

WEATHER

In case of inclement weather, we will usually hold practice inside or cancel. Should practice be cancelled, an announcement will be made and/or sent via Remind app.

EXPECTATIONS

You are representing RBMS and must follow our school-wide expectations.

- Be Prepared: Wear appropriate athletic wear and shoes.
- Be Productive: No horseplay. We participate in Born to Run to improve ourselves.
- Be Respectful: Support and encourage one other. Listen to and obey your coaches.
- Be Responsible: Communicate with your parents about Born to Run information, pick up times, etc. Take care of your belongings.

Participating in Born to Run is a privilege. Failure to uphold expectations can result in removal from the program and other consequences.

ROAD-RUNNING SAFETY

Most of our practices will be spent running through neighborhoods close to RBMS. We will mostly be running on sidewalks, but there are times we will be crossing the roads. You must run responsibly and follow all 'rules of the road.'

-NEVER assume that a car will stop for you! Do not dart out in the road! Wait until there is a break in traffic before crossing if there is no crossing guard or stop light.

-ALWAYS use the cross walks and stop with the crossing guards. They are very respectful of our workouts and will quickly stop traffic so that we may cross.

-Run on the 'inside' of the sidewalk (the part furthest from the street) with no more than two runners side by side. Stay as far away from the traffic as possible!

MONDAY AFTERNOON PRACTICE:

-SIGN IN on the attendance sheets, and then quickly get changed in the bathrooms.

-Be dressed and in room B212 by 4:15pm.

-Lock up valuables in your locker or plan to leave them in B212. Mrs. Mossman will lock the room when we are out for our run.

-Ensure that you have collected all your personal belongings before leaving at the end of the run.

PARENT PARTICIPATION

-Parent participants must be approved volunteers. For more information, visit <https://volunteer.leanderisd.org/pub/Services.aspx>.

FALL DATES 2016 (subject to change):

Tuesday, October 11 (info mtg)
Monday, October 17
Monday, October 24

Monday, November 7
Monday, November 14
Monday, November 28

SPRING 2017 DATES (subject to change):

Monday, March 20
Monday, April 3
Monday, April 10

Monday, April 17
Monday, May 1
Monday, May 8

SIGN UP FOR REMIND

Stay connected through Remind notifications. Text @btr1617 to 81010.

TO CONTACT MRS. MOSSMAN: tashia.mossman@leanderisd.org or 512-570-3300