



Lake Orienta Elementary

Healthy Penguin Programs

Friday Fun Run, Walk & Roll and Cross Country

Come and join the
Lake Orienta Elementary Penguins
as we participate in:

Friday Fun Run - Starts September 20th at 8:05am-8:20am and will take place each Friday till May 2nd. During this time kids will be able to walk, hop, skip, jump, or jog around the PE field. For every mile a student completes, they will receive an incentive.

Walk & Roll - Starts October 2nd and will take place the 1st Wednesday of each month. During this event, families are encouraged to get out of their cars and walk or bike to school. Incentives are given for monthly participation.

Cross Country - Starts Saturday, December 7th. Our team will have the opportunity to participate in approximately six meets on select Saturdays. During these events elementary students from across Seminole County come together and run at different locations. Team shirts will be given to participants at the time of their first cross country meet.

You do not have to be an experienced runner in order to join cross country.
We welcome students at all fitness levels.



To get credit for participation, your student **must** return the attached form. Participant cards will be issued and used for tracking mileage.

Please make sure socks and sneakers are worn during all events. Because the field can be wet, it is suggested your child bring an extra pair of dry socks. We also suggest your child bring a name labeled water bottle to every running session.

These programs are ~~FREE~~ and open to all students, Pre-k - 5th grade at no cost to you!!

Family Members - Are you looking for a quick and easy volunteer opportunity? We are looking for committed parents who would be willing to help as little as 30 minutes per month from 7:55am to 8:25am.

If you have any questions or would like to volunteer, contact Colleen Gonzalez, Lake Orienta Family Liaison
colleen_gonzalez@scps.k12.fl.us

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Participant Name: _____

Grade: _____ Teacher: _____

Please check off what you child will be participating in:

Friday Fun Run

Walk & Roll

Cross Country

Informed Consent Form For Cross Country Only

- All participants must have medical insurance in order to participate in Cross Country.
- The school and the district are not responsible for sports related accidents / injuries.
- Parents / guardians are responsible for their students supervision during the Cross Country Events.

Medical Insurance can be purchased for as little as \$38. through Seminole Country Schools / School Insurance of Florida.
For further information, stop by the front office or visit www.schoolinsuranceofflora.com.

Circle T-shirt size: youth sm. / youth med. / youth lg. / youth xl. / adult sm. / adult med. / adult lg.

Home address: _____ Home Phone: _____

City: _____ State: FL Zip Code: _____

Gender: M F Age: _____ Date of Birth: (MM/DD/YYYY): _____

Mother/Guardian's Name: _____ Work Phone: _____ Cell Phone: _____

Father's/ Guardian's Name: _____ Work Phone: _____ Cell Phone: _____

E-mail address: (PLEASE write very clearly): _____

(This is required)—Information about practices, meets, etc. is shared via e-mail ONLY).

Emergency Contacts: (Contacted only after efforts to reach parent/guardian fail):

Contact #1: _____ Work Phone: _____ Cell Phone: _____

Relationship to Participant: _____

Contact #2 _____ Work Phone: _____ Cell Phone: _____

Relationship to Participant: _____

MEDICAL INFORMATION (required to participate in Cross Country):

Insurance Carrier Name: _____

Policy #: _____ Group #: _____

Name of Insured: _____ Relationship to Participant: _____

Preferred Hospital Provider: _____

Physician's Name: _____ Phone #: _____

Dentist's Name: _____ Phone #: _____