



**Lorton Station**  
School and Home Partnership

# Young Men in Motion

Tuesdays

8:00 am – 9:00 am

**February 18, 2020 – April 28, 2020**

For Boys Grades 3-6

Young Men in Motion (YMIM) is a **BEFORE** school **boys'** running club that develops leadership, builds confidence, and enhances character through fitness and peer-relationships.

**Who:** Third, Fourth, Fifth, and Sixth grade **boys**

**What:** A **BEFORE** school running team working to run a 5K

**When:** Tuesday's before school from 8:00 am – 9:00 am

**Where:** We begin in the front of the building

**Why:** To build fitness, character, and confidence

The **\$35** registration fee and form must be submitted by **February 14, 2020**.

Register and pay online at [www.lortonstationshp.org](http://www.lortonstationshp.org) in our **SHP Store** by Friday, February 14, 2020.

Online registration is preferred; however, to pay with cash see **Christina Del Rio** for a paper registration form. Deliver both the completed paper registration form and the \$35 cash payment to Ms. Del Rio by the deadline. SHP and Ms. Del Rio will not be responsible for lost cash payments.

Note: Only the first 30 complete registrations will be accepted.

Please contact [cgdelrio@fcps.edu](mailto:cgdelrio@fcps.edu) with questions.

YMIM will not be held on March 3 (Student Holiday) and April 7, 2020 (Spring Break). There will be no YMIM if Fairfax County schools are closed due to inclement weather.



Please turn this page over to review Young Men in Motion Policies and Schedule.

# Young Men in Motion Policies

**Students CANNOT be dropped off before 8:00 a.m.:** There are no provisions for supervising children before 8:00 a.m., and neither the Lorton Station SHP nor the school can assume responsibility for them. After program activities, students will be supervised in the cafeteria by coaches until they are allowed to go to their classrooms at 9:05 a.m. If school opening is delayed for any reason, the YMIM will not meet on that day. There is no food consumption during class; breakfast is available through the school breakfast program immediately after class.

**Students MUST be on time:** It is important that students arrive on time on a regular basis. Children who regularly arrive late may be asked to withdraw from the Club without a refund. The Lorton Station SHP reserves the option of requiring the withdrawal without a refund of any child whose inappropriate behavior prevents the class from proceeding constructively despite the efforts of the coaches.

**Participation requires two Saturday meetings:**

It is required that participants attend the Practice 5K on **Saturday April 18th** and Race Day on **Saturday April 25th** at Falls Church H.S. Please do not join this club if you cannot make all the practices, including the Saturday Practice 5K and the Saturday Race Day.

**Dress Code:**

Please make sure to bring or wear good running clothes and shoes to each practice and a change of clothes for school.

## 2020 Spring YMIM Schedule

1. Tuesday, February 18th 8:00 am – 9:00 am
2. Tuesday, February 25th 8:00 am – 9:00 am  
Tuesday, March 10th Student Holiday – NO PRACTICE
3. Tuesday, March 10th 8:00 am – 9:00 am
4. Tuesday, March 17th 8:00 am – 9:00 am
5. Tuesday, March 24th 8:00 am – 9:00 am
6. Tuesday, March 31st 8:00 am – 9:00 am  
Tuesday, April 7th SPRING BREAK – NO PRACTICE  
Saturday, April 18th Practice 5K (Time and Location will be provided to participants)
7. Tuesday, April 21st 8:00 am – 9:00 am  
**Saturday April 25th RACE DAY!!! – Jaguar 5K – Falls Church H.S.**
8. Tuesday, April 28th 8:00 am – 9:00 am – Celebration Breakfast

Go to: our SHP Store at [www.lortonstationshp.org](http://www.lortonstationshp.org) to register by

**February 14th!**