



Parents: Volunteer for the Dashing Dolphins Running Club!

Dashing Dolphins is an afterschool program for students in 3rd, 4th and 5th grades. The program teaches fitness and health and will prepare students to run the Beech Tree Elementary School 5k Run on December 10th. Dashing Dolphins is run by volunteer teachers with help from parents. We need lots of help to make this season a success!

WHAT

Join a team of 3-5 other parent volunteers to assist the teachers during practice. You will be directed to help with tasks such as handing out snacks, taking attendance, helping students track their number of laps, and encouraging the students throughout practice. Parents can run or walk with students as well if they wish.

WHEN

October 3rd- December 12th
Mondays and Wednesdays 3:45-5pm

WHERE

Meet in cafeteria, run on school grounds (gym when raining).

My student isn't in the program. Can I still volunteer?

Yes! Any parent can volunteer. When you volunteer, your students and siblings may attend and participate with you.

Do I have to sign up for the whole season?

No! Even if you can only attend ONCE or a handful of times, every bit helps. We have a lot of practices to cover, please be a part of our team!

Do I have to run to help out?

No! Parents can run or walk with the students OR just assist with tasks throughout practice.

Can I be a part of the 5k race even if I can't help at practice?

Yes! We will participate in the Beech Tree ES 5k on Saturday, 12/10. Buddy runners needed, register on your own and run with us! More information to follow this fall.

Sign Up Here- <http://bit.ly/2cxepUQ>

Questions? Contact Jenna Van Hook jennavanhook3@gmail.com 703.863.3604