



SNEAKERS

Running Club 

Hosted by Father Andrew White Elementary

- When** **Tuesday** from Sep. 19th - Oct. 31st, following dismissal, 2:45 - 4:00. The season finale will be the **"Slack and Field Fun Run" Sunday, November 5th.**
- Who:** Open to runners of all abilities in grades 3 - 6 with team instruction. "Buddy" runners encouraged to join us at the race!
- What:** Sneakers Running Club is a 5K training program designed to teach young people self-confidence and personal empowerment through health and fitness. We believe that the sport of running is not just about racing or competing. It's a great teaching tool for life skills like personal commitment, individual growth, goal setting, teamwork and sportsmanship. And, it's a sport that can be done anytime, anywhere - for life! All that's needed is a pair of SNEAKERS!

Sneakers Running Club provides 7 weekly training sessions that will include:

- Individual and group coaching by seasoned, certified coaches.
- Interactive games and drills to introduce and reinforce concepts needed for trail running such as balance, strength and agility. **New Trail Run Curriculum!**
- Introduction to major muscle groups most important to runners and key exercises to strengthen them.
- Team warm up, increasing mileage workouts and team cool-down/stretch.
- Tips and tricks for successfully navigating a 5K trail race from start to finish.

Parent volunteers are invited to participate at practice sessions and are highly encouraged to register for the "Slack and Field 5K" in support of See the Ability Non-profit. (www.seetheability.org)

Open to Grades 3 through 6. Tuition includes: 7 training sessions, mileage tokens, 5K registration, personalized race shirt, medal, and post-race refreshments.

No previous experience is necessary. Registration now open!

**Tuition: \$90 postmarked by Sep. 9th (extended registration due to later SMCPs start)
\$100 postmarked after Sep. 9th*
*Registration Closes Sep. 15th**

For registration application email us at SneakersRC@gmail.com