

Start & Maintain a Youth Running Club

- Easy part is taking the kids for a run.



The Start

- Define your purpose
- Who will lead
- Find your support group



Define your purpose

- Mission Statement
 - Make simple, use it to keep focus

We will provide all youth with the opportunity to reach personal goals, be a leader, practice good sportsmanship and learn respect for self and others.



Further Define your purpose

So all involved know what to expect.

- Ages of children – youth clubs 6-14
- Developmental or Competitive or Both

Example:

Our program is a low impact low mileage program for the newer and younger runners as well as addressing and meeting the goals of more experienced and maturing runners. Our goal is to encourage runners of all abilities. The ages of our runners have ranged from 4-18 years.

The program is designed to let kids have fun while learning about running. We teach the fundamentals of the sport of running. The program stresses proper training, stretching, conditioning, teamwork, and racing. The program is open to all who have an interest in running.

The only requirements are a desire to run and a pair of shoes.

Who will lead

- Coach
 - Assistant Coaches
 - Parent Helpers
 - Parent Advisory Board



Find Your Support Group

- Adult Running Club
- Park District
- YMCA
- RRCA - Road Runner Club of America
- USA Track & Field
- AAU
- Girls or Boys Club
- Fitness Center
- School or School District



Support Group might provide...choose wisely

- Volunteers
- Insurance
- Practice sites
- Funding
- Equipment
- Other Resources



Almost time for a run...

- Framework – Bylaws
- Rules of Behavior
- Release / Waiver forms
- Cost of joining
 - Consider a trial period if program is not free.
- Website - communication
- Meeting with coaches and volunteers

Business end, never ends, be successful...delegate!

- Give to volunteers
 - Website ,roster maintenance and release forms, uniforms, etc...
- Let coaches coach

Time for a run, keep it fun.

- Youth runners show up with all levels of ability.
 - Will your program be all inclusive?
 - How will you manage?
- They come to run for a variety of reasons

Maintaining your club

- Board comprised of Parents & Coaches
- Involve parents
- Good Communication
- Goals



Rockford Wildcats Youth Running Club

- Board comprised of Parents & Coaches
 - 14 on board – 7 parents with children on team and 7 coaches who may or may not have children on team.
- Involvement of parents
 - Volunteers as parent helpers at practices
 - Volunteers for meets and events
- Good Communication
 - 400 on our email list – parents are updated ongoing
 - Website is kept current
- Goals
 - Spring, Summer, Fall sessions
 - Each session has purpose with goals for training and races – always keeping it fun!

Rockford Wildcats Youth Running Club

- Started 1997 with 2 coaches – 35 children
 - One fall session
 - Active & involved parents
 - Adult Running Club – non profit - 501c3
 - Free program – including uniforms
- 2011 – 12-14 coaches
 - 3 sessions – spring, summer, falls – different goals
 - 60-70 children at typical practice – 120+ in uniform
 - 2,000 + children given opportunity to try running over past 15 years.

