

RUNNING CLUB

2018.19 EXTRACURRICULAR INFO SHEET



THE GIFTED CHOICE™

NAME: Running Club

DESCRIPTION: The SAA Running Club is designed to instill in students a love for running and improve running technique, strength and stamina to become more effective runners, better overall athletes, and higher-performing students. The club promotes the importance of individual goal-setting, perseverance, and sportsmanship that students will apply to their athletics, academics and lives. Additionally, the club can be a valuable segue for students interested in competing on SAA's middle school cross country team, and a key resource in cross-training for other sports activities. In the last decade, there has been a boom in younger children running for fun, fitness, and competition that was once limited to older teens and adults, and extensive research reveals that running in a safe and age-appropriate environment can have a positive impact on health and academics outcomes.

Examples of elements to be incorporated into the club include: warm up activities, running games, plyometrics, conditioning exercises, chart runs, cumulative distance chart with awards, and preparation for kid-friendly timed and untimed local events.

LEADER(S):

- Edward McDougal (SAA parent) - houseofcinema@yahoo.com
- Zach Elkin (SAA staff sponsor) - zelkin@scienceandartsacademy.org
- **Adult volunteers requested! Please contact the leaders if interested.**

ELIGIBILITY: Kindergarten - 8th grade, co-ed, regardless of running ability. Families of interested Junior Kindergarten students should contact Zach Elkin. Additionally, Middle School students are welcome to participate in a volunteer capacity if that is of greater interest.

MEETING DETAILS:

- Fall and Spring season
- Day - Tuesday for Fall season (Spring season day TBD)
- Time - After school for one hour
- Frequency - 1x a week

REGISTRATION:

- Online registration required - <https://scienceandartsacademy.campbrainregistration.com/>
- A participation fee of \$25 due by the first meeting
- Registration on a first come, first served basis

ADDITIONAL INFORMATION:

- **Parents are strongly encouraged to attend the first meeting on September 25!**
- See school calendar for dates/times/location - <http://www.scienceandartsacademy.org/calendar>
- Until further notice, all activities will take place on the SAA campus
- Read more about the benefits of running at an early age:
<http://www.justrun.org/sites/default/files/JR%20Promo%20Packet%202017.pdf>
<https://www.runnersworld.com/high-school/should-kids-run-long>
<http://www.health.com/health/article/0,,20411921,00.html>