

RUNNING CLUB

2019-20 EXTRACURRICULAR INFO SHEET



THE GIFTED CHOICE™

TITLE: Running Club

ELIGIBILITY: JK- 4th grade, co-ed, regardless of running ability.

DESCRIPTION: SAA's 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 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.

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>

LEADERS:

Aaron Gordon (SAA parent volunteer) - sailorfe@gmail.com

Manny Perez (assistant, SAA partner)

MEETING DETAILS:

- Day - Tuesday
- Time - 3:30-4:30pm
- Frequency - Once a week for 8 weeks (spring session), starts April 7
- See school calendar for meeting dates - www.scienceandartsacademy.org/calendar

REGISTRATION:

- Online registration required - scienceandartsacademy.campbrainregistration.com
- Fee - \$40
- Registration open until all spots are filled