



Come learn and enjoy the benefits of running through a positive and rewarding experience!



Up and Running is proud to offer a JUNIORS running program this summer for children entering K-8. The program is designed to inspire the runner in each child by offering fun, dynamic training along with running related games to increase fitness.

PROGRAM DATES: Monday and Wednesday evenings from 6:45/7:00 – 8:00 pm.

First session is Monday, June 3rd @ 7 pm and last session is Wednesday, July 17th

Culminating Race on evening of Wednesday, July 17th

RAINDATE for Culminating Race on evening of Thursday, July 18th

COST: \$60 for 1st child \$30 for additional child

PROGRAM WILL TAKE PLACE AT FORREST FIELD PARK

Frequently Asked Questions

What does a typical practice look like? Warm up with dynamic and static exercises and stretching. Each week will have a “teaching point” that will build on previous learning. Running related games will be used to easily encourage participation. Cool down including light stretching.

Should I drop off my child or should I stay? Parents are welcome to stay and observe the entire session but feel free to take advantage of a nearby grocery, a shaded trail for a run/walk, or whatever suits you.

What does my child need? Your child should be clothed in comfortable clothing for exercise. Please bring a water bottle for your child. Lastly, appropriate footwear for running is also necessary. Contact Up and Running at 432-9210 with questions or come by our store at 6123 Far Hills Ave.

This sounds great! Can I help? Absolutely! We will need some volunteer coaches and help during the culminating race. Just let one of the coaching staff know.

How will my child be grouped? Your child will be grouped by ability to meet in individual needs of your child. We have created three fun groups that we hope will suit your children’s needs based on their varying degree of development. The three groups are...

- * **Lynx** - My child can run but needs frequent walking breaks during running. They can run less than 2:00 before needing a break. Sustained running for distance is new for my child. (Past experience says these are our 5-7 year olds)
- * **Servals** - My child can run about a mile or 8-12 min. without requiring a break. My child has attempted sustained running for distance in a practice, race, or for fun. (Past experience says that kids 8 and older can handle this group)
- * **Ocelot** – My child has successfully sustained running a 5K during the past year and likely could do so on the first day of Juniors.

Remind App: The Juniors program will again be using the Remind App to communicate necessary messages regarding weather, announcements, etc. for 2019. Sign up by simply texting @JARJR2019 to 81010.

Weather: The Juniors program is dedicating to trying to make as many practices happen as possible through the Ohio summer weather. We will use our best discretion in all cases and communicate through the Remind App discussed above. Please be sure to sign up.

Prorated: The Juniors program does not prorate the cost due for sessions missed either by cancellation or conflict.

2019 Up and Running Juniors Registration Form

Child's Name _____

T-Shirt Size Youth **S M L** or Adult **S M L**

Last

First

(circle one)

Gender _____ Grade (entering) _____ Age _____

Parents' Names _____ Email _____ @ _____

Phone Number (home) _____ (emergency/work/cell) _____

My Child Can Best be Described as a: (circle one) **LYNX** **SERVAL** **OCELOT** (descriptions above and under FAQ's)

In consideration of my child's participation in Up and Running Jr's, I release Up and Running, Up and Running Jr's coaches and volunteers, and all sponsors from any and all liability claims, actions, demands and judgments arising out of injury or loss sustained by me or my child. I acknowledge that liability for such loss or injury lies solely with the participant.

Parent/Guardian Signature _____

Date _____

Paid

RETURN TO Up and Running 6123 Far Hills Avenue Centerville, OH 45459

Make checks payable to: Up and Running

CONTACT: Jr's Coach - David Dobson @ 902-9058 or dobsonda@sbcglobal.net

Jr's Coach - Brian Bucher @ 232-6892 or bbucher6@gmail.com

Date Rec.

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Athletic Release Agreement

I hereby, for myself and/or my child understand the risks involved and hereby consent for myself and/or my child to participate in activities and/or use the facilities of the Centerville-Washington Park District. I hereby release, indemnify, and hold harmless the Centerville-Washington Park District, its Commissioners, Agents, Employees and Assignees from any and all liability claims, actions, demands and judgments arising out of injury or loss sustained by me or my child while participating in activities or using facilities of the Centerville-Washington Park District.

Signature (parent or guardian if under age 18)

Date

Participant's Name

Parent or Guardian

Street

City, Zip

Sport

Coach