



YOUth FIT Cross Country Running Program

Road Runners Club of America's "2018 National Outstanding Youth Program!"

What is YOUth FIT? The mission of YOUth FIT is to provide children with skill and fitness instruction for successful Cross Country (distance/endurance) running. YOUth FIT believes that teaching the foundations and strategies for health and fitness associated with running is an integral part of a healthy lifestyle. Fundamental knowledge, skill development, proper progression, lead-up games and seminars will provide YOUth FIT participants with an opportunity to emphasize development of cross country running skills and healthy lifestyles in a fun and stimulating environment.

Who should join? YOUth FIT is the perfect program for any male or female, 7-17 years old, who has the desire to learn the fundamentals of endurance running, challenge themselves through exercise, learn about health and well-being, practice goal-setting, make new friends, prepare for track or cross country season, or simply get involved in a healthy lifestyle sport. All levels welcome!

What is included in the sign-up fee? The fee, which is a \$35 membership to the Red River Road Runners Organization, includes the following: Age-based coaching, ability-based group workouts, weekly training, t-shirt, and participation in the 2019 Red River Road Runner summer fun run series. Participants must register online at <https://runsignup.com/Race/LA/Shreveport/SummerFunRunSeriesShreveport> (Choose option 2: YOUTH FIT ON TUESDAYS AND @ THE SUMMER FUN RUNS) Print out the confirmation receipt and bring it to the first practice on June 4th. Register early - the program caps at 100 participants.

What happens on any given training day?

Tuesdays: YOUth FIT will start each training day with a group warm-up, stretching, and move into fitness training which will include: plyometrics, drills, games, relays, trail or hill running, interval and endurance conditioning. After cooling down, YOUth FIT will provide a seminar on a health/fitness topic and hold a question-answer session and individual goal-setting assistance.

Thursdays: YOUth FIT fun runs ranging from 1mile-5K (3.1. miles). YOUth FIT participants will apply their training and goals to each run. All participants will end the program with the 5K.

What to wear and bring for training? Good running shoes are essential. Participants should wear light-weight and light-colored clothing (e.g. shorts and a white t-shirt, dri-fit or tank top). Bring a towel or yoga mat each Tuesday for stretching/strength work. Optional items are sunscreen, sunglasses, visor or hat, bug-spray, and a personal water bottle. Participants should drink plenty of water and eat a snack at least one hour before training.

The YOUTH FIT program 2019 schedule:

Days: Tuesdays and Thursdays

Time: 6:30 PM – 7:30 PM

PLEASE BE ON-TIME FOR DROP-OFF & PICK –UP and SIGN YOUR CHILD IN AT EACH SESSION

Tuesday - Training	Location	*Thursday – Fun Runs	Location/ Distance
June 4	Betty Virginia Park 3901 Fairfield Ave 71106	June 6	Stoner Ave Boat Launch (Stoner Ave and Clyde Fant Pkway) <i>1 mile/5K</i>
June 11	Betty Virginia Park	June 13	Ford Park S. Lakeshore Drive 71119 <i>1.5 miles/3.5 miles</i>
June 18	Betty Virginia Park	June 20	Bilberry Recreation Center 1902 Alabama Ave 71109 <i>1.5 miles/5K</i>
June 25	Betty Virginia Park	June 27	Hamels Memorial Park <i>2.0 miles/5K</i>
July 2	Betty Virginia Park	July 4	OFF <i>*Firecracker Option (Sportspectrum)</i>
July 9	Betty Virginia Park	July 11	Querbes Park 2.0 miles/5K 3500 Beverly Place, 71104
July 16	Betty Virginia Park	July 18	Southern Hills Park 1002 W Bert Kouns Industrial Loop <i>2.5 miles/5K</i>
July 23	Betty Virginia Park	July 25	A.C. Steere Park 4009 Youree Drive, 71105
July 30	Betty Virginia Park	Aug. 1	Betty Virginia Park <i>5K all</i>

What should I do in case of inclement weather? If YOUTH FIT is cancelled for the evening, there will be a mass email indicating so. Also, “Like” YOUTHFIT on Facebook, under Community Orgs, to stay updated: <https://www.facebook.com/YOUTHFITsummerrunning/>

Program Director:

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