

## COACH'S CHECKLIST



- Register your school or group at [www.kidsrunclub.ca](http://www.kidsrunclub.ca)
- Go to Coach's Corner at [www.kidsrunclub.ca](http://www.kidsrunclub.ca) to find Coach's Handbook, training videos, form letters and other helpful info for getting KRC started
- Recruit other teachers, parents and/or peer leaders if possible
- Make copies of Coach's Handbook for other coaches
- Decide which grades to include
- Choose run day(s) and time
- Select and measure a running route
- Download and customize form letter to inform parents about Kids Run Club
- Promote KRC at an assembly or class-by-class. Have student leaders promote KRC, emphasizing the fun, non-competitive nature of the club along with the prizes!
- Check out Fun Run section on KRC site to find a run to use as your goal event (optional)
- Contact KRC rep to book a school visit
- Print off Running Logs for participants (optional)
- Have KRC healthy living & running 'Tips of the Week' ready to share with participants
- Create and post participant tracking sheets on Bristol Board (optional)
- Check out [www.fitnessfinders.net](http://www.fitnessfinders.net) for cool, inexpensive prizes (optional)
- Important info to share with participants during first session:
  - Run day(s), time, what's needed to participate (proper attire, footwear, etc.)
  - Map/description of your running route and safety guidelines while running
  - Tips on technique, pacing and pushing themselves (see coach's handbook for tips)
  - Importance of fun, individual effort, and supporting each other
  - Encourage participants to view Runner's Handbook online
  - Use of running logs by participants to track group/individual runs
  - Information about a fun run your group will use as a final event
- Toward end of program, let KRC rep know numbers for finishers' prizes
- Download certificates of achievement from KRC website (optional)

**Leah Jabbour** [leah.jabbour@kidsrunclub.ca](mailto:leah.jabbour@kidsrunclub.ca) 902-478-4230

