

COACH'S CHECKLIST



- Register your school or group at www.kidsrunclub.ca
- Go to Coach's Corner at 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 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)

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