



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 - 8:00pm.

First session is Monday, June 6, 2022, @ 7:00 pm, and the last session is on Wednesday July 13, 2022.

Culminating Challenge Event on Thursday, July 14, 2022

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

Location: 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 old's)

* **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.

Weather and Absence Announcement: The Juniors program is dedicated 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. Sign-up by texting @uarjr2022 to 81010 The program will not be prorated for weather or absences.

REGISTRATION ACCEPTED ONLY USING QR CODE BELOW.

PAYMENT & PARK WAIVER DUE ON FIRST NIGHT. CASH/CHECK ONLY, PAYABLE TO UP & RUNNING





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 _____ Date: _____
(parent or guardian if under 18)

Participants name _____

Parent or Guardian _____

Street _____

City, Zip _____

Sport _____

Coach _____