

# How to Start a New Team



## ✓ Register for Coach Training

Let Me Run requires two coaches per team, and require only one to attend training.

Our coach certifications last two years.

Register here: [Coach Training](#)

## ✓ Complete a Site Application

Anyone affiliated with the site can complete a Site Application and it only needs to be done once. The program can be hosted at schools and some community sites. Each site must provide a safe outdoor place for running (a track isn't required) as well as a "rainy day" indoor site (classroom, gym, etc.).

Complete a Site Application here: [Site Application](#)

## ✓ Complete a Principal Acknowledgement Form

This form confirms that your principal is aware of the program and provides us with necessary background check and CPR policy compliance. You only need to complete the Principal Acknowledgement once, unless you get a new principal.

Complete the Principal Acknowledgment Form here: [Principal Acknowledgement](#)

## ✓ Register as a Coach

Once your site application is approved and acknowledged by your principal, you will be able to select your site and register.

Register here: [Coach Registration](#)

## ✓ Plan

Identify the 5K Race your team will participate in.

The final 5k should be no later than one week after the program has ended

Need help finding one? We're happy to help!

Determine the season start date and practice days & times

- The season is 7 weeks long.
- Remember to consider school holidays, teacher workdays, and the date of the 5k.
- Practices should not be held on consecutive days

Keep us updated with your logistics here: [Season Information](#)

## ✓ Promote

Advertise the program using the materials in your [Coach Toolkit](#)

## ✓ Ask Questions!

Reach out to Juliane Kilcoyne, National Director of Expansion [Julianek@letmerun.org](mailto:Julianek@letmerun.org)