

# START A LET ME RUN TEAM TODAY

**WE RUN TO  
LEARN SKILLS**

**FOR LIFE'S  
GREATEST RACES.**



7 WEEK RUNNING AND  
WELLNESS PROGRAM FOR  
3RD-8TH GRADE BOYS



COMPREHENSIVE COACH  
TRAINING AND  
CURRICULUM PROVIDED



NEED BASED REDUCED  
TUITION AVAILABLE



TEAMWORK  
STRESS MANAGEMENT  
EMPATHY  
SELF-LOVE  
HEALTHY HABITS  
POSITIVE ATTITUDE  
COMMITMENT  
PERSERVERANCE

**LET ME RUN BOYS RESPECT OTHERS, ENCOURAGE OTHERS,  
AND LIVE UP TO THEIR FULL POTENTIAL.**



## No running or coaching experience needed

The Let Me Run 2 hour Coach Training program can be completed anytime virtually or at one of our in person sessions. Certification lasts for 2 years.



## Flexible practice locations

We know space can be limited so we will work with you to find a location that meets the team's needs. Safety is always our top priority!



## Teams can be school or community based

Let Me Run will give you the tools that you need to start a team. Teachers, parents, businesses, running groups, school faculty members and community members have all started teams and made a difference.



## Multiple coaches per team are welcome

Each team will have 2 (or more!) coaches. Ask a friend to coach with you OR we can help match you with a team in need or an available co-coach.



# IT IS EASY TO START A TEAM

## INTENTIONAL CURRICULUM

### FOCUS ON SOCIAL AND EMOTIONAL GROWTH

UNITY LAP

DYNAMIC STRETCHES

RUN

STRENGTH AND AGILITY

POST RUN STRETCHES

LESSON AND ACTIVITY

POSITIVE PEER CARDS

CLOSING HUDDLE



**WE RUN TO CHANGE LIVES AND CHANGE THE FUTURE.  
SCAN THE QR CODE TO LEARN MORE.**