





Welcome to the Club West Youth Running Clinic for 10 to 15 year olds from June 11-15 and July 9-13, 2012. Our goals are to encourage and support youngsters physically, emotionally and socially, to improve their physical condition and self esteem, and to teach them the skills and habits needed to be runners and athletes for life. The cost is \$120 for the week, 9AM to noon (\$132 non-residents).

Each day we'll be going on "runs that aren't races in beautiful places". The pace will be appropriate for upper elementary and Junior High students. We will take breaks to enjoy the views and to stretch. We will mostly be running in parks, on trails and grass, and on hard sand at the beach. "Stronger legs, hearts and minds while improving fitness" is our motto.

Monday Day 1 – Cabrillo Bathhouse 1118 East Cabrillo Blvd. Receive pedometers, training diaries and running magazines. Running Intro: Health benefits, pacing, breathing rate, form, mental strategies. Run on the beach to the Biltmore then back via the bird refuge. Homework: cut and tape pictures and articles into your training diary.

Tuesday Day 2 - Cabrillo Bathhouse Training Theory: The training year, distance versus speed, cross country vs track, plyometrics guest teacher at 11:30 (parents invited). Today we will run to the end of the pier then back through SBCC while practicing form, pace and breathing rate. Homework: choose running magazine article to present to the group.

<u>Wednesday Day 3 – NEW LOCATION - Elings Park: 1298 Las Positas Rd</u>. Meet each day at the lower baseball fields at the park benches next to the bathrooms. Today we will run on the ocean view Elings Park plateau. Intro to single track trail running and racing. Today's Lesson: learn the importance of diet and sun protection.

Thursday Day 4 – Elings Park: Practice racing techniques such as drinking from cups on the run and walking fast up hills, drafting and mental preparation. Our 'easy day' with Yoga guest teacher to stretch (11:30 - parents invited) any sore muscles.

Friday Day 5 – Elings Park: Our long run on the beach to More Mesa and back. How to fuel. Running bars and energy jelly beans provided. Will we finish a marathon by today? End of clinic written running final exam and Ice Cream Sundae party 12 to 12:30, parents invited.

You sign up for this camp with the City of Santa Barbara Parks and Recreation department at http://www.santabarbaraca.gov/summerfun/ or signup at the at the Carrillo Rec Center 100 E. Carrillo St. or Cabrillo Bathhouse 1118 E. Cabrillo Blvd. or call the Youth Activities office at (805) 564-5495.

What To Bring:

Running Shoes, Water in a sustainable H20 bottle, Snacks (i.e. apple, granola bar) comfortable running clothes, sweats, sunglasses, visor or hat, sunscreen. Backpacks and belongings will be left in a locked car while we run.

Session 1: led by Kevin Young, a USATF level 1 Track and Field coach, who in the last 40 years has run high school and college XC and track, then road and trail races from 5K to 100K.

Session 2: led by Annie Reese a lifelong runner, race organizer and personal trainer. Contact Kevin Young at 564-3400 or kyoung@sbre.com. Contact Annie Reese at runfunannie@gmail.com. Thanks to our Dos Pueblos High School Cross Country team volunteer junior counselors.



What NOT to Bring:

Ipods/MP3 players, anything that would be a bummer to lose.

PLEASE CLEARLY LABEL BACKPACKS AND BELONGINGS RULES FOR ALL RUNNING CLINIC PARTICIPANTS

- 1. No leaving the clinic location(s) or park without being signed out by an adult. Stay with your assigned group and counselor until Clinic time is over!
- 3. Ask to use the bathroom so we know you've left the group.
- 4. ALWAYS WATCH WHERE YOU ARE GOING! Almost all running injuries occur when runners crash into each other.

We are excited about Running Clinic and look forward to providing you and your child with a fun, informative and safe running experience! If you have any questions or concerns, please call the Youth Activities Office at (805) 564-5495 or speak to Kevin Young, Program Director at 564-3400