

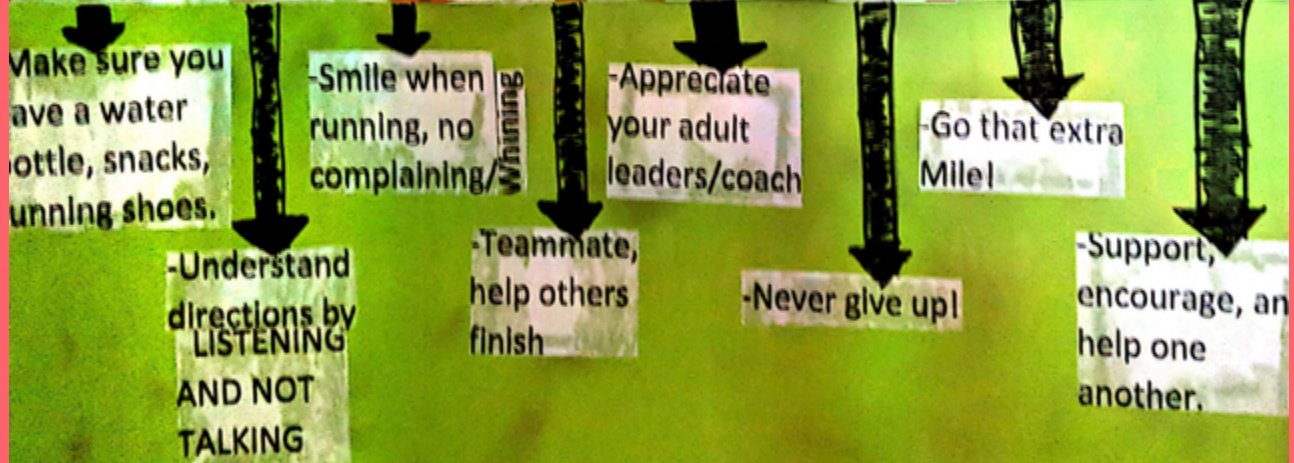


***RH Run Club
Kid's
Orientation***

How To Be A Mighty Mustang

YEAH

MUSTANGS



Follow these and win points for your
grade to try

to get your punch card punched.
Whoever gets 10 punches first wins a
Silly Slime Party



Scanned with
CamScanner

NEW LAP SYSTEM FOR YOUR PAST & NEW RUN CLUB RUNNERS

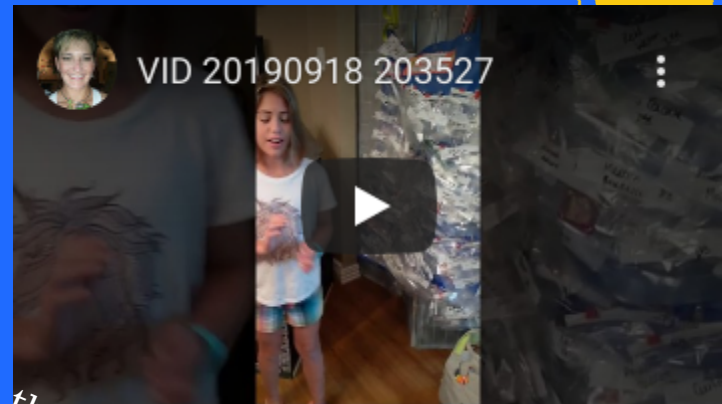
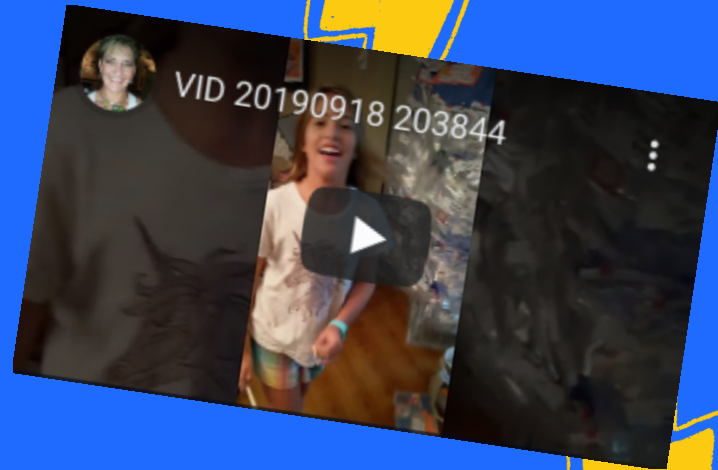
You will get rubber bands every run lap (that means no marker marks or being sneaky about adding marks)

You will get a popsicle stick for every 8 laps. Turn in your 8 rubber bands for the stick.

You get a toe token for every 8 miles.

You get a spirit bracelet for every completed race.

You will put all your rubber bands/sticks in your name labeled baggie hanging up on the pocket organizer. No miles will be recorded by the coach if she cannot find your baggie with your stuff in it!



there will be two pocket charts, one for 2nd/3rd and the other for 4th/5th

When you see one of these hats on Coach Brooke's head, what does it mean?



Red Hat- 5th grade takes a 4 min break,

Green Hat- 4th grade takes a 4 min break

Yellow Hat- 3rd grade takes a 4 min break,

Pink Hat- 2nd grade takes a 4 min break

Orange Hat- put your rubber bands, popsicle sticks, punch cards, or bracelets in your Plastic baggie with your name, then place your baggie in your grade pocket.

Blue Grumpy Cat Hat- someone(s) or the whole group is not doing what they are Supposed to do. The coach will go to the person(s) who are in trouble. Continue Doing what you are supposed to do if you the coach is not heading your way.

Purple Meowlogical Hat- Everyone or a certain age group is doing an excellent job and gets a treat, an extra break, or a choice of a game.

Mustangs blue pin striped Hat- Everyone gather up in a large circle around the coach for dismissal.

**MON
DAY**

Seize the opportunity
for a fresh start this
week! Drink Water!



**M-Make sure you bring your
water bottles**



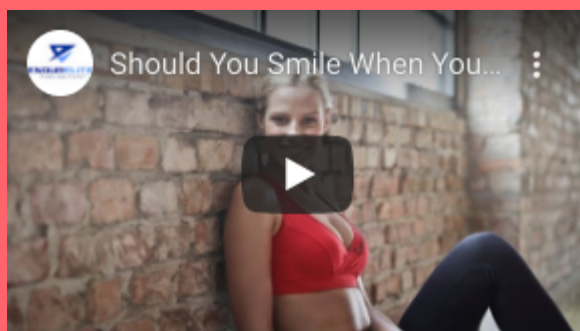
Just a silly vid, watch if
you have time.



Try it, I messed up

**U-Understand the
directions by LISTENING**

S-SMILE

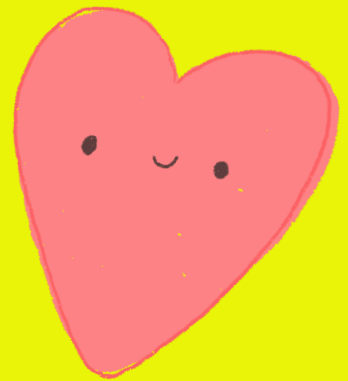


**WHEN RUNNING, NO COMPLAINING OR
NEGATIVITY!**



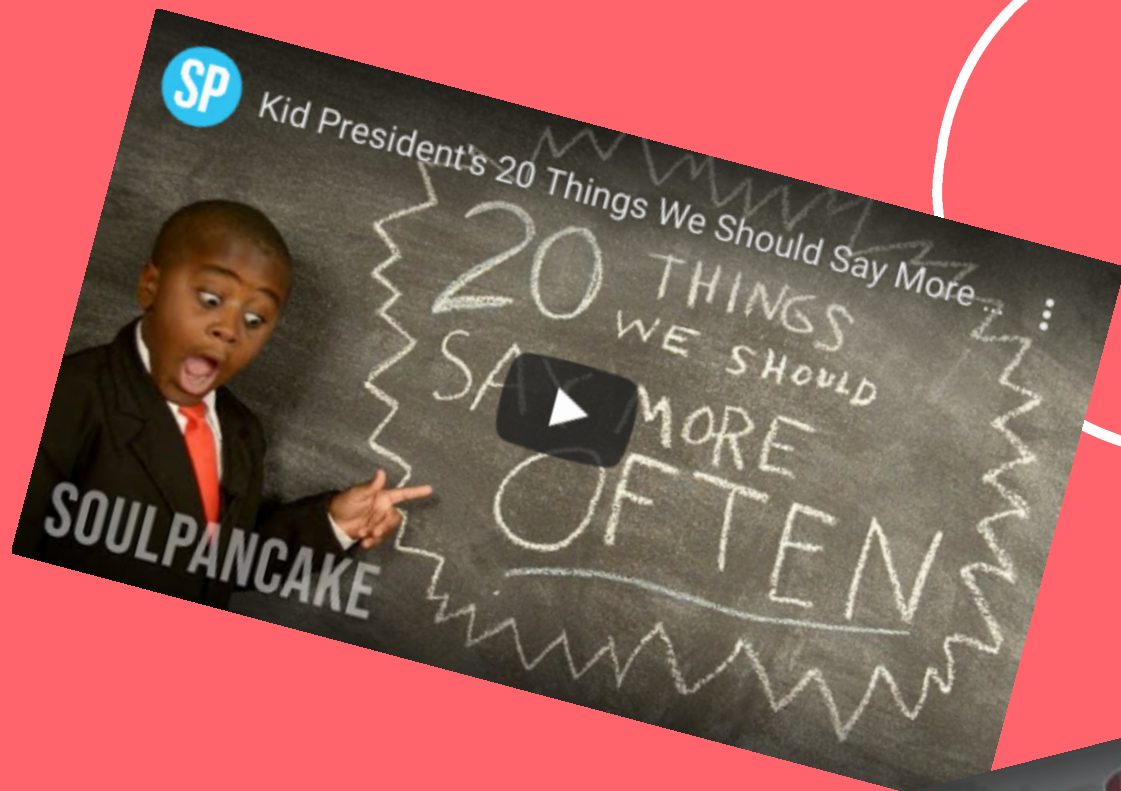


*Start the
day strong*



**T-Teammates help each
other finish. Together
we are stronger.**

A-APPRECIATE YOUR ADULT LEADERS



ROYALLY FUN TIMES

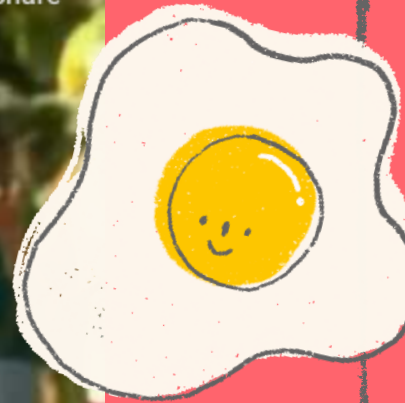
N- Never Give Up!



**RUN BECAUSE
YOU CAN
WHEN OTHERS
CAN'T**



Wear red and white and show off your Arcadia Knights pride!



*It - go that extra
mile!*



ONE OF MY FAV
RACES HELPING A
STRANGER CROSS THE
FINISH LINE WITH
ANOTHER STRANGER

**S- SUPPORT,
ENCOURAGE,
AND HELP ONE
ANOTHER**



If you see someone walking and tired, help
give them a push to keep going!


RUN RH CLUB

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Notice all the Mustang Spirit and support to help you finish that race!





**It's totally
okay to take
a break.**

TAKE TIME TO RECHARGE.
YOU NEED IT.

ARE YOU TIRED, FEELING SLOW, STOMACH ACHE, HEAD ACHE, NEED TO MAKE AN EMERGENCY PIT STOP ON A RUN?

I HAVE BEEN THROUGH MANY THESE YUCKY
MOMENTS WHEN RUNNING. THEN I LEARNED HOW
TO COMBAT THEM, TAKE A LOOK BELOW.
THERE ARE SO MANY OTHER RUNNERS TO ASK AS
WELL!

WE ARE HERE TO HELP!
COACH BROOKE

GET YOUR REST STARTING A
FEW NIGHTS BEFORE A
TRAINING RUN OR PRACTICE



BIT LONGER THAN OTHER
VIDS BUT WORTH IT


COMBAT THESE RUN MISTAKES (NEXT 3 SLIDES)

GOT A SIDE STITCH?

Next time try not to eat too much or drink too much too close to a run. Try to eat no later than 30 min before a run. Sipping your water to keep hydrated is best. Keep it light, toast, banana, fruit. Our digestion system slows down when running. I hate to say it, but a side stitch is usually just gas!

LEGS FEELING HEAVY? CRAMPING?

don't start static stretching immediately before a run... walk for 5-10 min. to get blood flow to your legs



Nathan water
bottle speed flask
is what I use when
running because it
is easy to carry
and sip on



GO TO THE BATHROOM BEFORE YOU RUN...

Nothing worse than needing to go when training or running. It takes time out of your training to go. So go before when you have that 15 min of dismissal time to change clothes, fill up water bottles, and eat a light snack before you get to the track to start run club at 3:15pm.

No bathroom breaks unless you want to stop your whole team and have all of them go with you. So don't lose Mighty Mustang points for your team grade by not following directions. Go before Run Club!



LISTENING TO YOUR BODY

Some questions to ask yourself, are you are you
feeling the usual tired after a good run?

Are you continuously feeling tired and not
improving over time?

Maybe you are feeling completely exhausted
and worn out?

You may be pushing yourself too hard
You need to back off a little until your body can
catch up and heal.

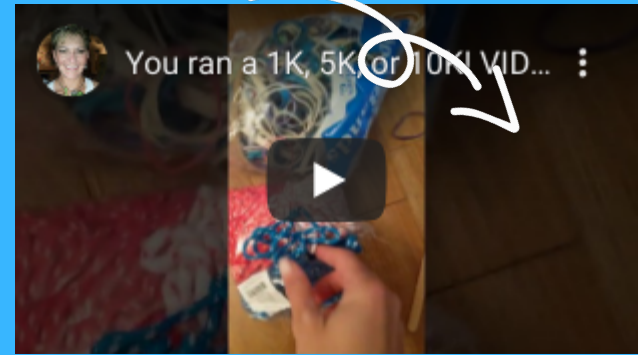
Everyone's body is different and some may be
able to push hard quickly while others may need
a bit more time.

Get more rest/sleep during run season.



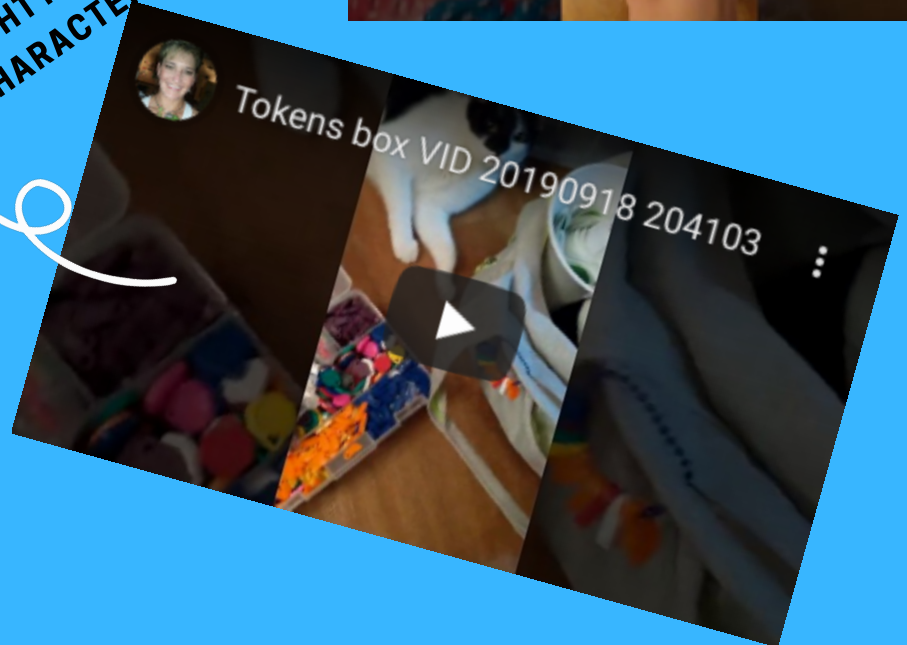
RUN LIKE A KID! (IGNORE THE QUICK ADVERTISEMENT MID VID)

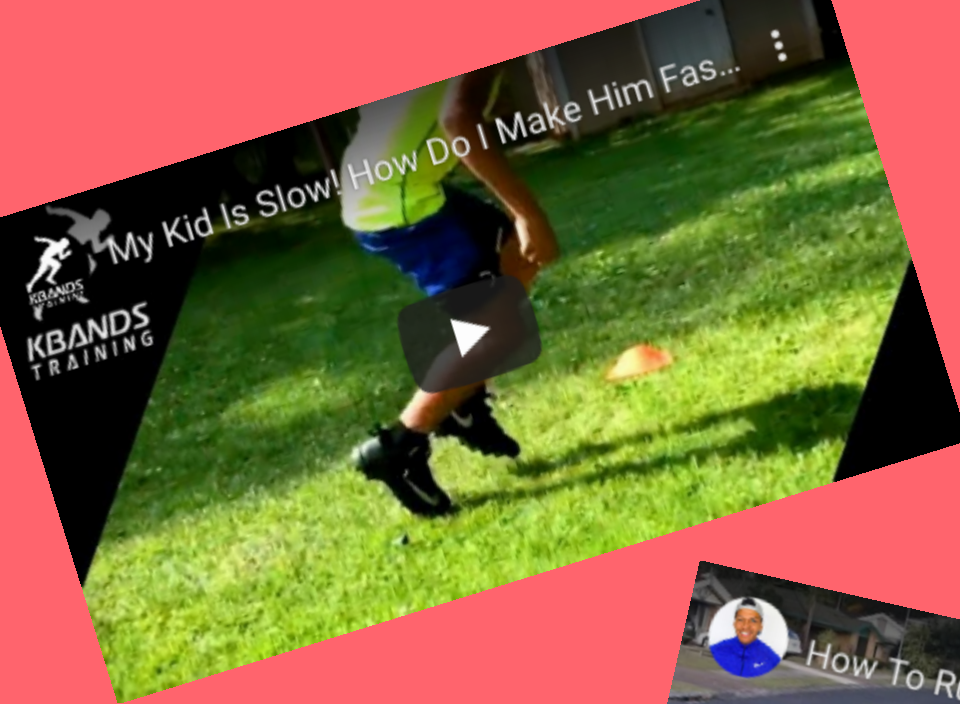
A LOOK AT RH SPIRIT COLOR BRACELET YOU GET WHEN YOU COMPLETE A RACE. IT DOESN'T HAVE TO BE A COWTOWN RACE AS LONG AS YOUR PARENTS TEXT A PIC OF YOU HOLDING YOUR MEDAL WITH THE TITLE OF THE RACE IN THE BACKGROUND



**THE
MORE
YOU
RUN, THE
BETTER
YOU
GET!**

**TOE TOKENS ARE GIVEN FOR EVERY
8 POPSICLE STICKS (8 MILES) OR IF
YOU ARE SEEN GOING BEYOND A
MIGHTY MUSTANG
CHARACTERISTIC!**

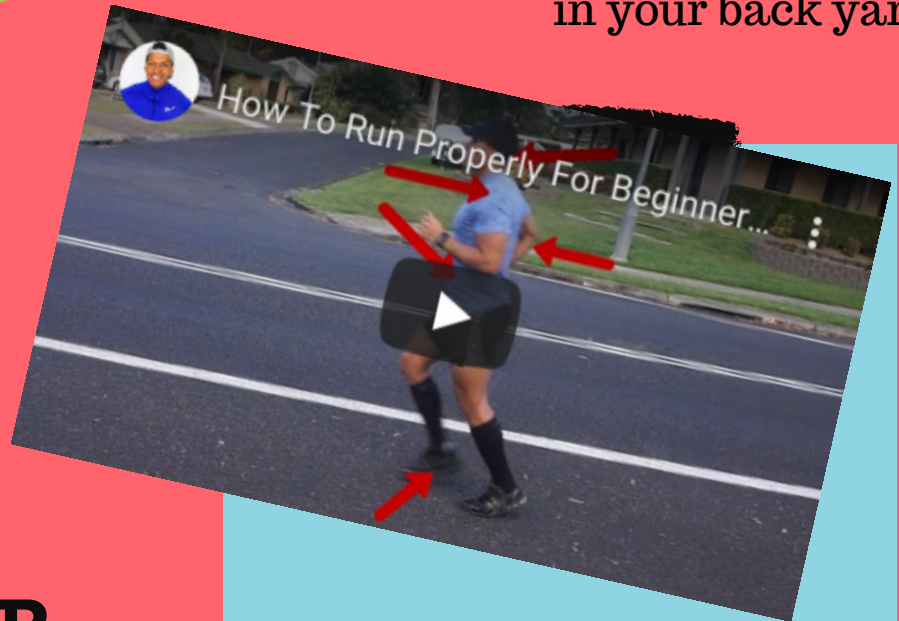




THIS TRAINING HELPS WITH YOUR SPEED

You can do it at home
in your back yard.

THIS
TRAINING
ABOVE
HELPS
WITH YOUR
RUN FORM



You can do it at home
inside while watching
media.

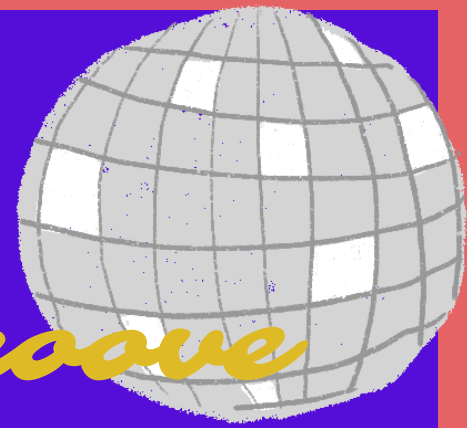


**WHAT YOU
ARE
TRAINING
FOR**

LET'S

groove

TONIGHT



EXPERIENCE THE COWTOWN RACE

**WE CAN MAKE THIS A FUN SEASON IF YOU ALL FOLLOW
THE RULES AND FOLLOW DIRECTIONS!**