



KIDS RUN THE OC TRAINING PROGRAM INFORMATION FOR COORDINATORS SATURDAY - 05.06.2017

Thank you for your interest in being an official participant of *The OC Marathon Kids Run the OC Training Program*. The following information is an overview of the program and the commitment level required by each participating school.

The goal of the *Kids Run the OC 10-week Training Program* is to combat the onset of childhood obesity by helping our youth develop active and healthy lifestyles, promote good nutrition, and increase physical activity in our schools and communities – all while having fun!

Our on-campus program will accomplish these goals by engaging your schools participants in various fitness games and exercises 2 times per week. These games and exercises will foster self-esteem and a sense of accomplishment, while incorporating physical activity into their daily routines. The written curriculum for the participants will also include information on healthy eating habits and good nutrition.

By the end of the 10-week program each student will have accumulated the equivalent of 25.2 miles through various games and activities and hopefully have increased knowledge regarding healthy food choices and good eating habits. They will also be ready to finish their “marathon” by participating in The OC Marathon Kids Run the OC 1-Mile Run on May 6, 2017. (\$29.00 Fee).

KIDS RUN THE OC PROGRAM RECOMMENDATIONS

- Participants should be in grades 3-8 (younger children are welcome if staff is available to accommodate and you are willing to manage the younger age groups).
- 25-30 participants per one volunteer coach. Group sizes have been as large as 450+ and we welcome that, just ensure you have a good coach to participant ratio for safety and positive experience.
- School provided training group t-shirt to increase camaraderie.
- Participation in the fundraising component. Suggest designating another parent volunteer to be fundraising liaison/coordinator for the program.
- Incorporation of educational materials on healthy eating habits and good nutrition to be into the training sessions via games or other activities. Ideas and examples will be provided in final curriculum.
- Participation in Kids Run the OC 1-Mile Run on Saturday, May 6th, 2017 at the OC Fair & Event Center, 88 Fair Drive, Costa Mesa, CA. (\$29.00 Fee)

KIDS RUN THE OC PROGRAM IMPLEMENTATION, TRAININGS, APPROVAL AND TIMELINE

- **NEW SCHOOLS/NEW COACHES** must attend one New School Information Night (October 19, November 8, November 17, or December 7, 2016) from 5-6 PM at various locations AND a Mandatory Coach Training on December 10 or December 17, 2016, or January 7, 2017) from 8AM – 2PM at the OC Marathon Office.
- **RETURNING SCHOOLS AND COACHES** must attend one Mandatory Coach Training on December 10, December 17, 2016, or January 7 or January 21, 2017) from 8AM – 2PM.
- Receive permission of host school to conduct the 10-week training program to be held either during school by paid school staff or as a before/after school program by school approved volunteer parent/teacher coaches.
- Commit to the OC Marathon Foundation by indicating number of flyers required **by November 21, 2016**.
- Select a teacher or parent representative from each participating school as the Program Coordinator.

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KIDS RUN THE OC PROGRAM REGISTRATION REQUIREMENTS & TARGET DATES

- Participating schools will be provided posters to hang around the school and a recruitment postcard for each student in grades 3-8, unless previous arrangements have been made to allow lower grade levels to participate.
- The school program coordinator must provide participation commitment to the OC Marathon staff by **November 21, 2016**. This commitment should include approximate number of kids in the program.
- The posters and recruiting postcards will be available for pick up by **confirmed** participating schools beginning in **December**. This will allow for distribution either prior to the winter break or immediately upon return from the winter break, as well as accommodate those schools on a year round program.
- We highly recommend that all schools begin their training program by **the week of February 6, 2017**. This allows for regularly scheduled school holidays to not interfere with the 10-week training program. All training programs must begin no later than the week of **February 20, 2017**.
- Online registration will remain open through midnight on **March 1, 2017**. **Once a 30 participant minimum has been reached**, all participants that register online and identify their school in the space provided online, \$5.00 of the race registration fee will be returned to the participating school's designated fund. We must have you on our list as a participating school to be included in the online registration drop down menu.
- If you want to create your own registration forms and collect them in paper format with checks, you may do so. However, the Participating School must enter all the registrations into an OC Marathon Foundation provided spreadsheet & submit it along with ONE CHECK payable to the OC Marathon Foundation by **COB March 1, 2017**.
- OC Marathon rosters including online and spreadsheet participants will be provided to participating schools the week of **March 6, 2017**. We encourage participating schools to keep your own roster as well.
- Participating schools should review their rosters for accuracy between **March 6 and March 13, 2017**. Corrections to the rosters will be accepted up through **March 13, 2017**.
- **MANDATORY EVENT DAY TRAINING AND BIB PICK UP FOR ALL COACHES** will take place on **Saturday, April 22, 2017 from 9 am to 11 am** at OCDE Room D-1001/2 or **Monday, April 24, 2017 or Wednesday, April 26, 2017 from 5pm to 7pm** at OCDE Room D-1001/2. Hard copies of all waivers must be provided to receive the participant's bibs.
- *The OC Marathon Kids Run the OC 1-Mile Run* will take place on **Saturday, May 6, 2017 from 8:30am - Noon**.

KIDS RUN THE OC PROGRAM COACH'S MANUAL

Each coaching staff will be provided with a Kid's Run the OC Training Box to begin their 2016 *Kids Run the OC Training Program*. Each coach will need to attend training on **December 10 or December 17, 2016, January 7 or January 21, 2017 from 8am – 2pm at various locations in the OCDE (please see Key Dates)**. The coach's manual will include a detailed schedule outlining each training session and the proper steps to complete each of the routines over the ten weeks. It will also include educational materials on healthy eating habits and good nutrition to be incorporated into the training sessions if possible. All necessary printed program materials will be printed and all trainings will be provided by The OC Marathon Foundation in conjunction with the Orange County Department of Education, at no cost to the schools.

KIDS RUN THE OC PROGRAM FUNDRAISING

In addition to the \$5.00 online registration rebate, The OC Marathon will allow the participating schools to fundraise through their participation in the *Kids Run the OC Training Program*. 100% of the funds collected will go directly to your child's school. The OC Marathon Foundation partners with crowdrise.com for these purposes. If you are interested in more information about the fundraising potential event, please contact Vicki Wintrode, Kids Run the OC Event Director and she will meet with you separately.

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