



## Parks & Recreation



Welcome to the Club West Youth Running Clinic for 10 to 15 year olds from June 10-14, 2013. 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 program hours for the week are 9AM to noon.

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.**

Look for Coach Kevin Young outside on the patio next to the Grill Restaurant.

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 1118 East Cabrillo Blvd.** Training Theory: The training year, distance versus speed, cross country vs track. Plyometrics guest speaker/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.

### **Wednesday and Thursday Day 3 and 4 – NEW LOCATION – Arroyo Burro County Beach (Hendry's Beach), 2981 Cliff Dr.**

Day 3 Meet at the park benches on the grass 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 in running.

**Thursday Day 4 – Arroyo Burro Beach:** Today we are introduced to speedwork on the ocean front Douglas Family Preserve. We'll be making running form suggestions today. We'll also practice racing techniques such as drinking from cups on the run, drafting and mental toughness. Yoga teacher at 11:30 (parents invited).

**Friday Day 5 – Arroyo Burro Beach:** Friday Day 5 – Arroyo Burro Beach: 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.

Space is still available so if any friends would like to sign up for Club West Running Camp. Please follow the link to our Summer Fun Running page at <http://www.santabarbaraca.gov/summerfun/running.html> or sign up 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 H2O 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.

Led by Kevin Young, a USATF level 1 Track and Field coach, who over the last 40 years, has run high school and college XC and track, and more recently road and trail races from 5K to 100 Miles.



**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 Supervisor Terry Brown at (805) 560-7552 or speak to Kevin Young, Program Director at 637-2048 or [keviny42@hotmail.com](mailto:keviny42@hotmail.com).