

# FASKIDZ 2017

Welcome to FasKidz! This is our 9th season of the Y's youth running program. Our goal for the next six weeks is to introduce your children to a lifelong activity that will help motivate, discipline and educate them about this awesome sport! We have at least a half dozen volunteer coaches who combine for probably a century of running and racing experience! We'll make it fun and entertaining, yet challenging. Kids love to run. We'll just bring some focus to it realizing that some run just for fun and others to satisfy their competitive nature. Whatever the reason, they'll be sure to improve their fitness and hopefully get hooked!

The first few weeks of the program we'll be working on developing a cardio "base". This period is usually something that takes months to see significant results. But make no mistake; the children will indeed see improvement! Next, we'll work on some different types of training that varies the speed and distance. We will work really hard to get everyone out on time, but please be aware that sometimes we may go a bit over or under based on the workout, the weather or a combination of the two.

## Location

Our primary meeting location is the gravel parking lot across from the Mill Creek Park Golf Course. It is accessed either via route 224 or Shields Rd. The lot connects with the Hike and Bike Trail with which many of you are familiar. All practices will begin at 4:45 pm and wrap up around 5:45 pm. Following is the schedule for the six weeks. In order to keep it fresh, we'll be meeting at a few different locations and incorporate some cross country running, hill training and some speed work on the track. None of these are written in stone. But I'll make sure everyone is notified in case of a change.

<b>Date</b>	<b>Location</b>	<b>Training Type</b>
Mon April 17	Hike/Bike trail	base
Thurs, April 20	Hike/Bike trail	base/time trial
Mon, April 24	Hike/Bike trail	base
Thurs, April 27	Hike/Bike trail	base
Mon, May 1	Metroparks Bike trail	base
Thurs, May 4	Metroparks Bike trail	base
Mon, May 8	BHS XC Course	strength building
Thurs, May 11	BHS XC Course	strength building
Mon, May 15	Wick Recreation Area	hills
Thurs, May 18	Wick Recreation Area	hills
Mon, May 22	Boardman HS Track (tentative)	speed
Thurs, May 25	Boardman HS Track (tentative)	speed
Memorial Day	Memorial Mile! 224 and Market St.	race time!

The Metroparks Bike trail meets at the Experimental Farm in Canfield (rt 46 across from the Fairgrounds.) BHS XC course is at Boardman High School, 7777 Glenwood Ave. We'll meet in the Glenwood Middle School parking lot on the west side of the building nearest Glenwood Ave. Wick Recreation Area is located at the par 3 short holes course on McCollum Rd. Boardman HS Track is located at the high school on the east side of the building in the new stadium.

## Incllement Weather

Weather wise, we will meet pretty much rain or shine. However, if the rain is a deluge, or it's cold or if there's lightening, our practice will be cancelled or delayed. In order to communicate a cancellation, I

would like to utilize a new app for your smartphone. Do a search for "YMCA of Youngstown OH in the App Store for your iPhone or in Google Play for your Android device. It's free. Make sure you turn on push notifications. If weather conditions indicate a cancellation or delay, I will send out a notification at least 30 minutes prior to the workout. I will also leave a message at the Service Desk. If there is any question, feel free to call or text my cell phone at 330-720-9355. Unfortunately, our schedule does not have room for make-ups and the weather is out of our control, but it really doesn't happen too often.

### **Communication**

I communicate most effectively via email when necessary. I'll make sure they are as short, informative and as infrequent as possible.

### **Clothing**

Make sure your child has proper running shoes for the class and dresses appropriately. If it's cool, layering is always preferred. If there is financial hardship that makes it impossible (shoe wise anyway), please let us know. We have some support from a very gracious donor for the program that we could use in that way. Also, bring a water bottle or sports drink. They can leave it in the back of the FasKidz truck for safe keeping while we're out running. While it will be tough to keep from grabbing a snack after school, please try and minimize them until after practice is over.

### **Important Dates**

Make sure you mark your calendar for the annual Memorial Mile, May 29. I'll have race apps as we get closer. Fees have already been taken care of. Expect about 150 at the starting line. It's a point to point course that begins at Market and Rt. 224 and heads straight down a traffic controlled route finishing near Best Buy. Please make every effort to attend. It's a big deal for the kids. More about this part of the program later.

### **You Can Help!**

Lastly, and perhaps most importantly, we have to depend on you to help your child reach his or her potential. That might mean joining him or her on a run or two during the course of the week when we're not meeting. You can even hop on your bike on a quiet neighborhood street, or come back to the Hike/Bike trail. The more time they spend running, the faster their bodies will adapt and improve. Who knows, you just might find out you like it too!

Please feel free to contact me at any time with any concerns. I can be reached via email at [tgrantonic@youngstownymca.org](mailto:tgrantonic@youngstownymca.org), at the Y at 330-480-5650, or by cell phone, 330-720-9355.

Thanks again for your participation and welcome to FasKidz! Looking forward to another great FasKidz season!

Tom Grantonic  
Head FasKid