

FASKIDZ 2018

Welcome to FasKidz! This is our 10th 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 great sport! We have at least a half dozen volunteer coaches who combine for more than 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!

For 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! The last few weeks we'll work on different types of training that varies the speed, distance and terrain in preparation for race day. 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.

Date	Location	Training Type
Mon, April 16	Hike/Bike trail	base
Thurs, April 19	Hike/Bike trail	base/time trial
Mon, April 23	Hike/Bike trail	base
Thurs, April 26	Hike/Bike trail	base
Mon, April 30	Metroparks Bike trail	base
Thurs, May 3	Metroparks Bike trail	base
Mon, May 7	BHS XC Course	strength building
Thurs, May 10	BHS XC Course	strength building
Mon, May 14	Wick Recreation Area	hills
Thurs, May 17	Wick Recreation Area	hills
Mon, May 20	Boardman HS Track (tentative)	speed
Thurs, May 24	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 facing 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.

Inclement Weather

Weather wise, we will meet pretty much rain or shine. However, if the rain is a deluge, or a cold rain or if there's lightening, our practice will be cancelled or delayed. In order to communicate a cancellation, I am working on a text messaging system that you can opt into where I could send a cancellation or relay messages directly to parents without you having to call in. Stay tuned. I would send out a text message 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. It really doesn't happen 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. 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 28. 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 closed to traffic 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 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, at the Y at 330-480-5650, or by cell phone, 330-720-9355.

Thanks again for your participation and welcome to FasKidz! We're looking forward to another great FasKidz season!

Tom Grantonic
Head FasKid