

DPS ~Running Strong~

KIDS RUN THE NATION

MORNING MILERS



DPS Running Club



Track & Field Summer Camp

Why Run?

- Running is a sport for all ages.
- Running is a very accessible sport.
- Running is the perfect exercise - cardio fitness, muscles and bones!
- Running reduces stress, reduces anxiety and depression, and boosts mood.
- Running is gender inclusive.
- Running can be individual or social.
- Running is FUN!

KRtN - Kids Run the Nation

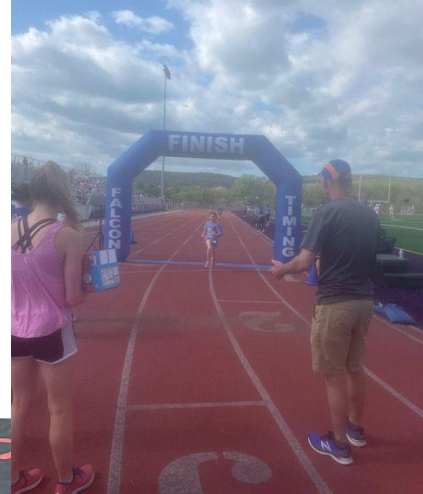
Fall & Spring

- Introduces the sport of running to young people and encourage running as part of a healthy lifestyle.
- Opportunities for physical activity two days a week with a teacher coach and friends
- Organized goal-oriented program that combines instruction on key concepts of running and participation
- Develop character skills such as good sportsmanship, perseverance, positive attitude, goal setting, and understanding the importance of maintaining a healthy lifestyle
- After school program - two days a week for one hour each - ten weeks total - race event at the end

STRETCHING



RUNNING!



RACING!



HAPPY!



TEACHERS!



CONNECTIONS!

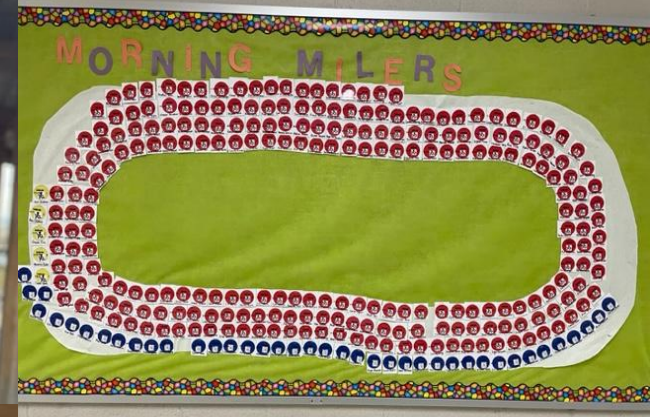


**TEAM
SPIRIT!**

Morning Milers - 2nd/Monday 1st/Tuesday K/Wednesday

All DPS students
are welcome

- *Fun
- *Focus
- *Lap Goals
- *All year
(all seasons)



1 Mile Club
5 mile Club
10 mile Club
15 mile Club
20 mile Club



How Far Can We Run?



Home and School Moms volunteer.



Community Members - Daniela Brandt and Mrs. Brandt volunteer everyday to help run with kids and motivate them.

Danville Area Youth Track Camp - Grades 1-8 - Summer



1. Teachers
2. High School Track & Field Athletes
3. Students



Running!
Jumping!
Throwing!



Instruction and Practice



**Mini Meet
Event -
parents come
to watch!**

**All Kids
Participate and
cheer each other
on!!**



Learning Young and Having Fun!!



Future Athletes!



Teachers help with safety and behavior while having fun with T&F Summer Camp.

