



boysontherighttrack.com

Coaches Needed

Male or Female wanted to Coach for Spring 2015 season

This 9 week program results in increased leadership skills; appropriate for boys ages 8-13 and of varying physical abilities. Specifically, boys learn through fun games/activities/running. A non-competitive running program and meant to instill leadership and other healthy behaviors.

You do not have to be a runner! If you feel you are a good fit for this program, and believe you can be a positive influence in a boy's life, please contact me.

Responsibilities include assisting leader with activities, helping keep time, providing praise and encouragement, supervision of 14 boys, but most importantly, encouraging them to maintain a healthy lifestyle.

Dates -week of March 23rd- May 30th

CALL Juliet Meade

(716)316-1789

Sponsored
by





Boys ON THE RIGHT TRACK



LEARNING LEADERSHIP SKILLS
WHILE TRAINING FOR A 5K

boysontherighttrack.com

BOYS ON THE RIGHT TRACK is a nine-week program resulting in increased leadership skills appropriate for boys ages 8-13 and of varying physical abilities. Specifically, boys will learn through fun games and activities and of course, running. This is a non-competitive running program and it is meant to instill leadership and other healthy behaviors.

Program takes place after school 2 days per week. Volunteer coaches empower and facilitate boys through the **Boys on the Right Track** curriculum that is designed to instill leadership and other healthy behaviors. Boys completing this program will get a head start to practicing emotionally and physically healthy behavior. The boys have a lot of fun and make new friends.

- Effective Communication
- Diversity
- Conflict Resolution
- Self Esteem and Self Confidence
- Peer Pressure and Bullying
- Other Healthy Living Skills
- Proper Running Form and Techniques
- Strength Training

Spring Program: March 23-May 30, 2015
5K Race Date: May 30, 2015 • 10 am

Program Fee: \$150.00

Cards Accepted:

- Blue Cross Blue Shield Wellness Benefit
- Independent Health Flex Fit Family
- Independent Health personal Best!

Other insurance companies may reimburse.

Register: www.boysontherighttrack.com
Registration begins Monday, March 2, 2015 at 9 am

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School: Eden Elementary – Also looking for coaches, call Juliet Meade at 316-1789

Grades: ages 8-13

Day(s): TBA

Time: after school for 1.5 hours