



## **MISSION STATEMENT**

**The Vineland Youth Running Club serves the Greater Vineland Area by providing accessible and approachable programs for cultivating an interest in, and ultimately a love for the sport of running. Our focus is on teaching kids to feel comfortable and confident when running first, and then provide the tools to build upon their skills as they get older so that running can be a lifelong activity for them.**

## **GOALS & STANDARDS**

We believe that progression in the sport of running is relative to each individual, and so we take caution when setting any hard goals or standards for our members. Our ultimate goal is to teach kids how to be comfortable and confident in their ability to run any distance of their choosing. For some kids, this club is just a means of being active and/or maintaining healthy social interaction on a regular basis; for others, this is the start of a journey into a lifelong passion and hobby. Vineland Youth RC serves kids on both sides, and everyone in between, with the same energy and understanding.

The mile is our chosen benchmark for all Vineland Youth RC members. We believe that if a kid can get to the point of being able to run 1 mile consistently and comfortably, they are already set apart from the average American (both youth and adults) and can progress relatively quickly from there in both speed and endurance if they choose to pursue that goal. We do not promise that your child will master the mile distance by the end of any given season, however, it is our goal to at least teach them that they are capable of accomplishing a lot more than they believe, and that a mile is a lot easier than it used to seem.

## PARENT FAQs

**What equipment does my child need?** Comfortable and properly sized sneakers and active wear is a must for your child. If they are not comfortable, they will not be cooperative. Water bottles will be given to all kids at the first practice, but we cannot guarantee available water at practice, so please send your children with full bottles.

**Where can I find good running shoes?** The Dick's Sporting Goods in the mall has a selection of running shoes, but our recommendation is to visit the [South Jersey Running Co.](#) in Haddonfield or Mullica Hill if possible. They have a much larger selection of shoes for youth and know a lot more about finding the right shoe.

**When will the club meet?** Every Monday and Wednesday 5:30-6:30 pm at the Ernie Marcacci Track in the Romano Sports Complex on Maple Avenue.

**What are the track meets?** Wednesday night track meets consist of 6 distance events (races): 100 meter, 1500 meter, 4x100 meter relay, 800 meter, 200 meter, and 400 meter. Kids are limited to 3 events + 1 option. Showing up on time and prepared on meet days is greatly appreciated.

**Are practices & meets mandatory?** Neither practices nor meets are mandatory, but your child's progress will be determined by their attendance. In cases of bad weather, we will do our best to make cancellation announcements in a timely manner and decide a makeup day for that practice. Communications will mostly happen via email. Please make sure your club emails are not going to your spam folder.

**How often should my child be running throughout the week?** We encourage parents to aspire for their child to run 3-4 days a week (including club practices). We understand how difficult that can be at times, but also can't stress enough that this sport requires accountability at home just like any other activity.

**How can parents get involved?** Regardless of your personal feelings or experience with running, we've found kids are very motivated by their parents running with them at home. Except for during meets, the track is open to the public and parents are welcome to take advantage. Please speak with the head coach if you are interested in helping at practice.

### Contact information:

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