

FASKIDZ 2024

Welcome to FasKidz! This is our 15th season of Youngstown's favorite youth running program. Our goal for the next six weeks is to introduce your child to a lifelong activity that will help motivate, discipline, and educate them about this great sport! We have about a half dozen volunteer coaches who combine for decades of running and racing experience! We'll make it fun, yet challenging. Kids love to run. We will just bring some focus to it realizing that some run just for the fun of it, while others run to satisfy their competitive nature. Many have gone on to compete in middle school, high school and even college. Whatever the reason, they will be sure to improve their fitness by the time we're done and hopefully, get them hooked!

The Plan

Running is much more than putting one foot in front of the other. We will be teaching the kids about proper form, how running and exercise in general makes positive changes to their bodies and how their diet affects performance. We talk about safety on the road, running etiquette, goal setting, racing strategies and more. The first few weeks of the program, we will work on developing a cardio "base". This period is usually something that takes months to see significant results. But make no mistake; the children will see improvement! The last few weeks, we will work on different types of training that varies the speed, distance, and terrain in preparation for race day. We will work 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 initial meeting location on April 18 will be at the YMCA on the outdoor track. This will be our general introduction day. From that point on, we'll not be at the Y but at various locations in the community. All practices will begin at 4:45 pm and wrap up around 5:45 pm. Following is the schedule for the six weeks.

| <u>Date</u> | <u>Location</u> | <u>Training Type</u> |
|--------------|-----------------------|----------------------|
| Week 1 | | |
| TH | Davis Family YMCA | base/time trial |
| Week 2 | | |
| MO | Hike Bike Trail MCP | base training |
| TH | Hike Bike Trail MCP | base training |
| Week 3 | | |
| MO | Metroparks Bike Trail | base training |
| TH | Metroparks Bike Trail | base training |
| Week 4 | | |
| MO | BHS XC Course | strength building |
| TH | BHS XC Course | strength building |
| Week 5 | | |
| MO | Wick Recreation Area | hill training |
| TH | Wick Recreation Area | hill training |
| Week 6 | | |
| MO | BHS Track | speed work |
| TH | BHS Track | speed work |
| Memorial Day | Chili's parking lot | race time! |

For the Mill Creek Park Hike Bike Trail, we'll meet at the auxiliary parking lot on East Golf Drive across from the clubhouse. You can access it from Shields Rd heading south or from Rt. 224 heading north. The Metroparks Bike trail meets at the Experimental Farm in Canfield (Rt. 46 across from the Fairgrounds). The BHS XC course is at

Boardman High School, but park in the Boardman Glenwood Junior High School west parking lot, 7635 Glenwood Ave. Wick Recreation Area is located at the Par 3 Golf Course on McCollum Rd. and the Boardman HS Track is located at the high school on the east side of the building in the new stadium. I'll have lots more to share about the logistic of race day on Memorial Day. Stay tuned.

Inclement Weather

Weather wise, we will meet pretty much rain or shine. I'm kind of hardcore about that. Nothing says commitment more than slogging through a steady rain when you could be at home playing on your Xbox. However, if the rain is extra cold, a deluge, or the threat of lightning exists, practice will be cancelled or delayed. To communicate a cancellation, I will use the YMCA mobile app which can be downloaded from the App Store or Google Play. Search for YMCA of Youngstown, OH. Make sure push notifications are enabled and you have specifically chosen "FasKidz" to get alerts. When necessary, I will send an alert at least 30 minutes prior to the workout. I will also leave a message at the Service Desk. If there are any questions, 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. If we must cancel, try to get your child out for a 20 or 25 min run around the neighborhood or somewhere safe when the opportunity arises, and the weather improves.

Clothing

Make sure your child has proper running shoes for the workout and dresses appropriately. If it is cool, layering is always preferred. Moms, don't overdress them. I know you want to. 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 are 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 to avoid gastrointestinal distress.

You Can Help!

Lastly, and perhaps most importantly, we must 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 week when we are not meeting. Three times per week is generally the minimum for best results. Since we are only meeting for two, I'm depending on you to lace up your shoes or hop on your bike on a quiet neighborhood street one day over the weekend or if you happen to miss a practice. The more time they spend running, (within reason) the faster their bodies will adapt and improve. Who knows, you just might find you like it too!

Please feel free to contact me at any time with any questions or concerns. I can be reached via email at tgrantonic@youngstownymca.org, at the Y at 330-742-4786, or by cell phone, 330-720-9355. Thanks again for your participation! We are looking forward to another great FasKidz season!

Tom Grantonic
Head FasKid