

# Youth In Motion

We are looking forward to seeing all our new and returning participants on Sunday, June 23rd, 6:30 pm at Herndon Middle School Track for our First Session!

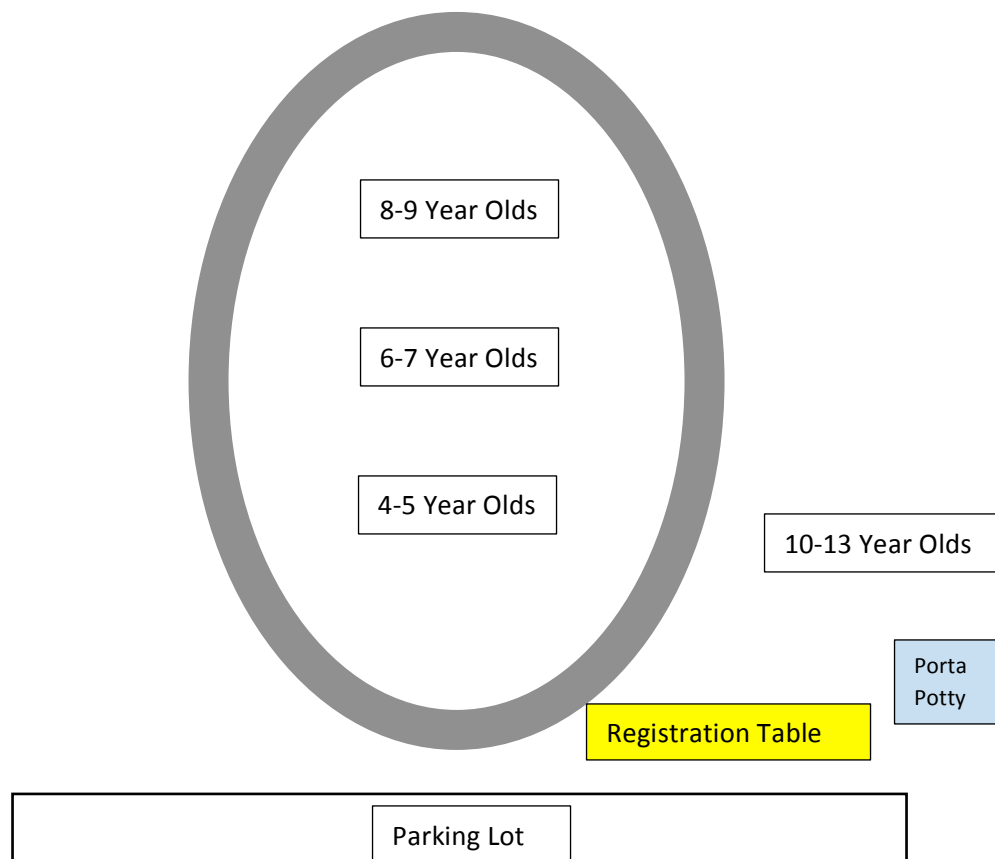
## LOGISTICS

The program will take place at Herndon Middle School Track and Infield. It will run from June 24 to August 11th (Sundays 6:30 pm – 7:30 pm).

The last session (August 11) will take place at Lake Fairfax Park at 10 am.

## WHAT DO I DO THE FIRST DAY?

- First session will take place on June 23
- Please arrive earlier than 6:30 PM! The first session is always hectic with nearly 200 kids and parents trying to get situated.
- The children should go to the YIM tables that are stocked with name tags and pens. They need to make their name tag as legibly as possible placing it on the front of their shirts.
- Have your participant run or walk a warm-up lap or two around the track.
- At 6:30 PM sharp we will have everyone gather for announcements followed by dynamic stretching after which the children will go to their designated areas:
  - 4-5 yr olds will be in the infield closest to the parking lot.
  - 6-7 yr olds will be on the far end of the field
  - 8-9 yr olds will be in the front half to the right of the track behind the bleachers
  - 10-13 yr olds will be in the far half to the right of the track behind the bleachers
- At 7:30 PM the session ends. All participants will proceed back to the YIM table for icy pops! Please make sure your child has picked up his/her water bottle and any trash they may have left before leaving the training area.



## WHAT TO WEAR

Participants should wear athletic running shoes (no sandal like shoes or crocs) and clothes suitable for running in warm weather, preferably light, breathable and quick drying.

## HYDRATION

There will be no access to water fountains on site. Please ensure your child **has his/her own water bottle** to carry so that they have access to good hydration during their activities! Please make sure your child hydrates well before coming to YIM so they have plenty of energy for the activities.

## PARENTS

Please use the first parking lot that is to the side of the school for parking purposes. You are required to remain in the area during the session. Since the bleacher section is relatively small, we recommend you bring chairs or blankets to relax on. For the 4-5 yr age group this may be difficult as they may prefer parents by their side; however, our training area is limited; we prefer parents stay in the bleachers so as not to crowd the area. Also, our wonderful volunteer coaches come to the track early to set up before the session. There is a lot of manual labor that goes into the preparation. We would appreciate it if you make sure your child doesn't rearrange the equipment (cones, hurdles, hoops, tennis balls, etc.) This takes the coach's time away from the activities if they have to reset the equipment.

## VOLUNTEERS

We are looking for enthusiastic and energetic volunteers!

If you can make it to at least 5-7 sessions, please click [here](#) to sign up, select age group and time-slots when you are going to be available.

## INCLEMENT WEATHER POLICY

Sessions will be held rain or shine. However, we will not meet if there is lightning or if the temperature is over 100 degrees at 6:30 PM. More often than not, we are able to hold at least a partial session. If lightning occurs in the middle of the session, we will cancel the program for that evening. A cancellation during a session will be signaled using our sport horn. This is why it is essential that parents **DO NOT DROP OFF AND LEAVE** their children. When a session is cancelled due to lightning everyone must leave the area immediately. We will not update the website unless it is clear early on that conditions make it impossible to hold a session; however, we will send out an email and Facebook notification as soon as possible to notify participants that a session has been canceled.

## ACCIDENTS/INJURIES POLICY

If a participant seems to be in minor distress or needs first aid, a coach may take him/her to the YIM table for care. We will inform the parent if they are not already aware. An Accident/Injury Report Form will be completed to document the incident. If a participant has a serious accident/injury/emergency, 911 should be called by a YIM volunteer or parent.

## DISCIPLINE/BEHAVIOR ISSUES

YIM encourages a very positive atmosphere for fun, non-competitive athletic training for all our participants. Parents, please help all our volunteer coaches by establishing positive behavior on the first day to set the tone. If a child's unruly behavior is unsafe and disruptive, coaches may issue a verbal

warning to the child. If the behavior continues we may ask the child to sit out on the sideline for a few minutes. If the issue persists then the parents will be brought in to assist.

### **CANCELLATIONS/REFUNDS POLICY**

Unfortunately, we are not able to make up for canceled sessions.

If you have any questions, please contact us at [yimcodir@restonrunners.org](mailto:yimcodir@restonrunners.org)

**Your YIM Team.**