



JOIN A LET ME RUN TEAM



REGISTRATION OPENS: _____









SEASON BEGINS: _____

PRACTICE DATES/TIMES: _____

CONTACT: _____



Through the power of running Let Me Run inspires boys to be courageous, to be themselves, to build healthy relationships, and to live an active lifestyle. The boys train 2 times a week for 7 weeks and compete in an end of season 5K.

UNITY LAP	DYNAMIC STRETCHES	RUN	STRENGTH & AGILITY	POST-RUN STRETCHES	LESSON & ACTIVITY	POSITIVE PEER CARDS	CLOSING HUDDLE
 Practice opens with a slow lap that everyone runs together as a team.	 A series of dynamic stretches assist in warming up the body.	 Times and lengths of the runs vary each practice, culminating in an end-of-season 5k.	 Starting in 4th grade, boys complete push ups and strength and agility exercises.	 A group stretch establishes positive running habits and avoids injury.	 Discussion, role-playing, games, and activities cover age-appropriate topics.	 Boys write uplifting messages about themselves, community members, and others.	 The team huddles up and yells the mantra: Let me be me! Let me reach out! Let me run!

Register online at ~~LetMeRun.org~~ <https://florida.letmerun.org/teams>