



INFORMATIONAL GUIDE TO STRIDE

The STRIDE Mission

We encourage boys to exhibit excellence in character in all aspects of their lives, make healthy choices, and build confidence by leading them through a curriculum that incorporates fun activities and running.

Success

Teamwork

Respect

Inspiration

Determination

=

Excellence in Character



MANKATO FAMILY YMCA

STRIDE

STRIDE / For boys grades 3-6

WHEN is STRIDE?

Two-three days/week at varying times depending on location

8 WEEK PROGRAM
SEPT 21 - NOV 13, 2020

End of Season 5K:
November 14, 2020

WHAT is STRIDE?

STRIDE is a character building fitness and running program where boys have a chance to share their thoughts and opinions about various life topics. We provide a safe and encouraging environment that caters toward positive character development, while building running endurance to compete in a season end 5K.



HOW MUCH is STRIDE?

\$125 PER CHILD

Includes 8 week program, daily snack, water bottle, STRIDE t-shirt, & end of year 5K race fees + race t-shirt

SCHOLARSHIPS AVAILABLE :
Please contact Anna Lieske @ alieske@mankatoymca.org





MANKATO FAMILY YMCA

STRIDE

STRIDE / For boys grades 3-6

HOW do I register?

REGISTRATION IS OPEN

Season begins Sept 21, 2019

Visit mankatoymca.org and download the registration form. Fill it out and return it to the Mankato Family YMCA. Please note, locations do fill up! Register sooner than later to ensure a space. Online payment also available.

WHERE is STRIDE?

STRIDE is held at various locations in the community including the Mankato Family YMCA, Belgrade Ave United Methodist Church and St Peter Community Center

Due to COVID, transportation to and from STRIDE programming is not available.

Each group meets twice a week, every week, and will rotate every other Friday.

Monday/Wednesday Groups: First Friday is October 2, 2020

Tuesday/Thursday Groups: First Friday is September 25, 2020

Character Building Curriculum

Each session begins with a warm welcome from the coaches as well as an after school snack (provided by us). Then, the boys participate in a dynamic warm up that includes a game or activity that relates to the day's lesson. Next the boys engage in a short discussion, continue with a creative running workout and conclude with a collective discussion and a team cheer. One or two boys are rewarded for their excellent character at the end of each session. Throughout the curriculum, the focus is on doing one's personal best, not competing with each other.

Each session focuses on a one of a variety of topics that include:

Who's on the Team	Eating Healthy
Character Counts	Drugs do Damage
Running Rocks	Shoot for your Goals
It's Okay to be Different	Operation Organization
The Good Friend	Doing the Distance - 5K
Getting Along	Cyber Sense
Working with a Team	The Follow Through
Winning Isn't Everything	STRIDE - Putting It Together & Passing It On
Fueling our Emotional Tank	Make a Difference in Action
Bullying	The Celebration