



## 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.

**S**uccess

**T**eamwork

**R**espect

**I**nspiration

**D**etermination

=

**E**xcellence in Character



MANKATO FAMILY YMCA

# STRIDE

STRIDE / For boys grades 3-6

## 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.

## WHEN is STRIDE?

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

**8 WEEK PROGRAM**  
**FEBRUARY 28 - APRIL 30, 2022**

End of Season 5K:  
**SATURDAY, APRIL 30, 2022**  
Hosted by Girls on the Run



## HOW MUCH is STRIDE?

**\$162 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](mailto:alieske@mankatoymca.org)





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## HOW do I register?

**REGISTRATION OPENS JANUARY 19, 2022**  
**Season begins February 28, 2022**

Visit [mankatoymca.org](http://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, Lake Crystal Area Rec Center and St Peter Community Center

Transportation could be provided but is not guaranteed. Bussing is on a first come, first serve basis and based on spots available. Additional fee of \$4/ride. Please request if you would prefer transportation on your registration form.

Each group meets twice a week, every week, and will rotate every other Friday. The Lake Crystal group will rotate every other Monday.

## 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



MANKATO FAMILY YMCA

# STRIDE

STRIDE / For boys grades 3-5  
STRIDE TOO / For boys grades 6-8

**Make a difference  
in a boy's life.**

**BECOME A STRIDE COACH.**

The YMCA is currently accepting Head Coach and volunteer coach applications for the upcoming STRIDE season. Make a difference in a boy's life, be a STRIDE coach.

## Characteristics of a STRIDE coach

I have an active and healthy lifestyle

I am 17 years old or older

I enjoy helping others

I see myself as a role model

I am a responsible and reliable person

## How to apply

Interested in being a Head Coach? Apply online @ [mankatoymca.org/jobs](mailto:mankatoymca.org/jobs)

Want to be a Volunteer Coach? Contact STRIDE Coordinator, Anna Lieske to set up an interview- [alieske@mankatoymca.org](mailto:alieske@mankatoymca.org)

## FAQs

**Can I coach with a buddy? Yes!**

Duo coaches welcome

**When would I need to be there?** STRIDE meets two-three times a week for 90 minutes, beginning September 21, and ending on November 14.

**Will I be trained?** Yes, Coaches must attend a STRIDE training session, and be available for the 5k race on Saturday, November 14.

**What tools do I have?** All curriculum and materials are supplied, and coaches receive support and help along the way.

