



ON THE MOVE: A NEW YOUTH AND COMMUNITY PROGRAM FOR NEW YORK ROAD RUNNERS

January 25, 2017

Who We Are

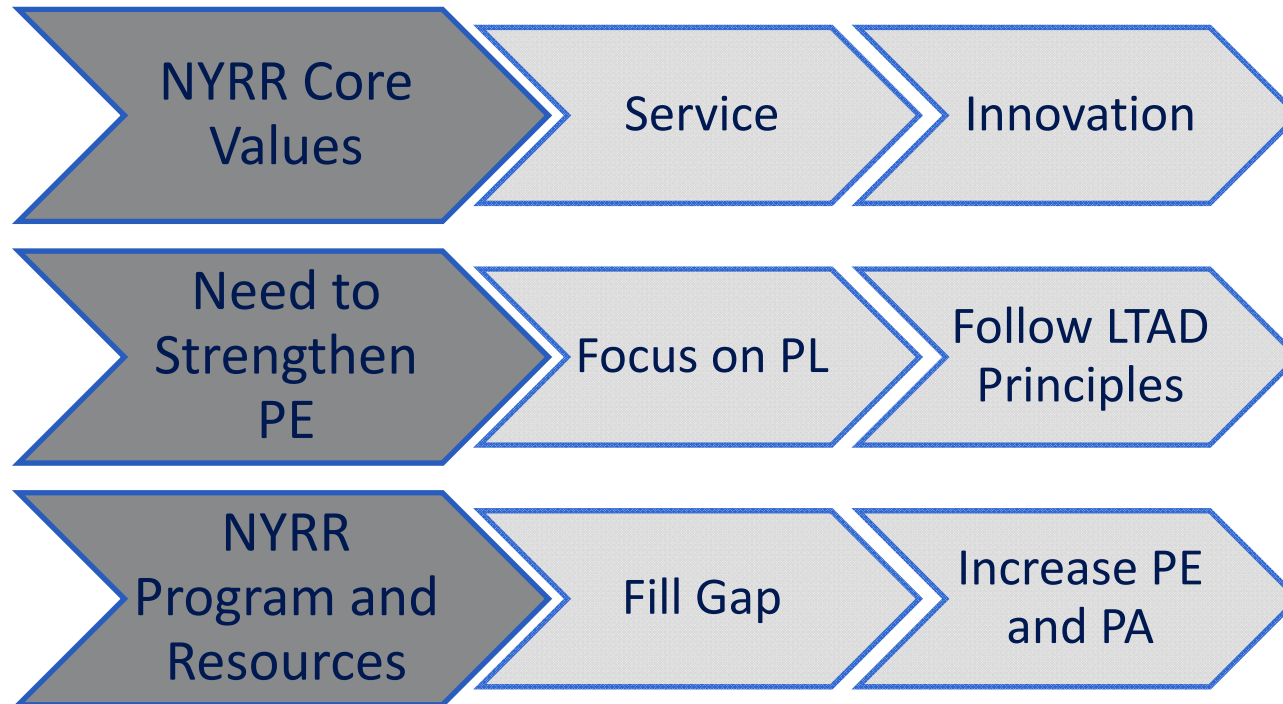


HELP AND INSPIRE PEOPLE THROUGH RUNNING

NYRR's Youth Running Programs



Why We're Redesigning Our Programs



A New Direction for Our Youth Running Programs

NYRR's Vision

BUILD

INCREASE

PROVIDE

Youth Program Objectives

IMPACT FRAMEWORK

We seek to ...

...by driving and measuring



Partnership between NYRR and Sport for Life

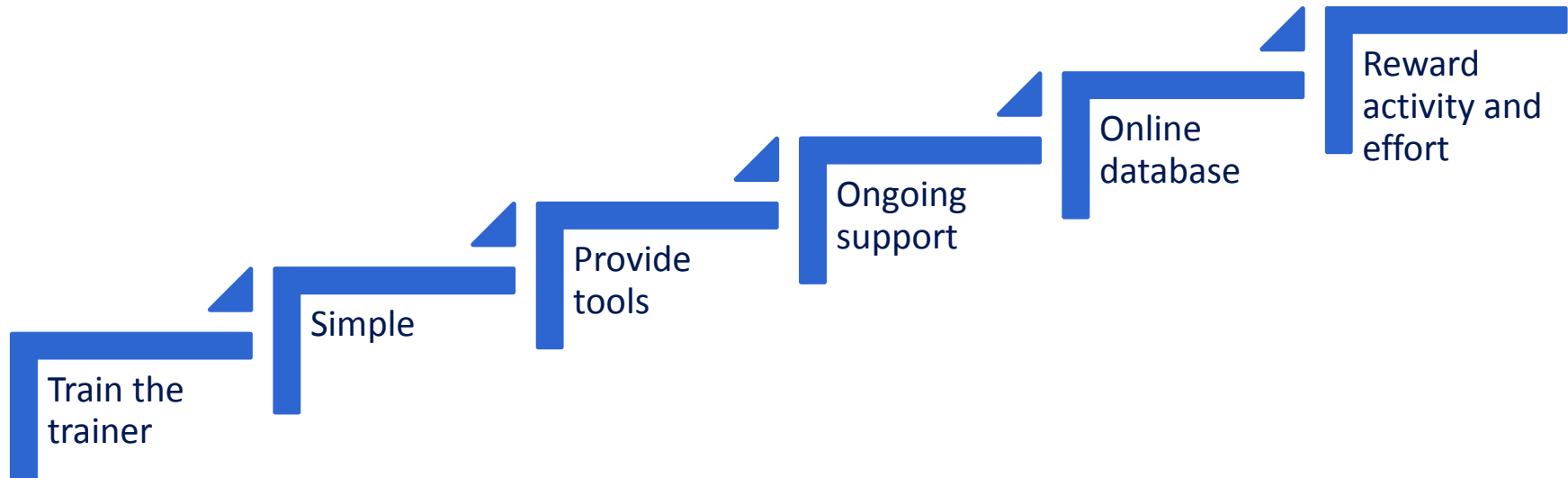
Sport for Life aligned with our mission and offered expertise we needed

Designed Curriculum

Trained Staff

Became Thought Partner

Program Model







The Project

- Develop a progressive, inclusive, LTAD-based youth program;
- Enrich program content and support physical literacy;
- Broaden program reach and impact;
- Flexible program to meet the needs of a diverse group of sites, from JK to Grade 12 and beyond;
- Inspire youth to run for life.

What We Heard – Site Visit #1

- In many cases, NYRR program is the PE program.
- Do not increase the load on sites/leaders.
- Do not increase the load on NYRR staff.
- Maintain flexible application (do not set prescriptive standards).
- Maintain incentives to sites/leaders.
- Events are a great incentive: increase participant access if possible.
- NYRR are leaders, and are willing to push the envelope.

Flexible Program for Family of Sites

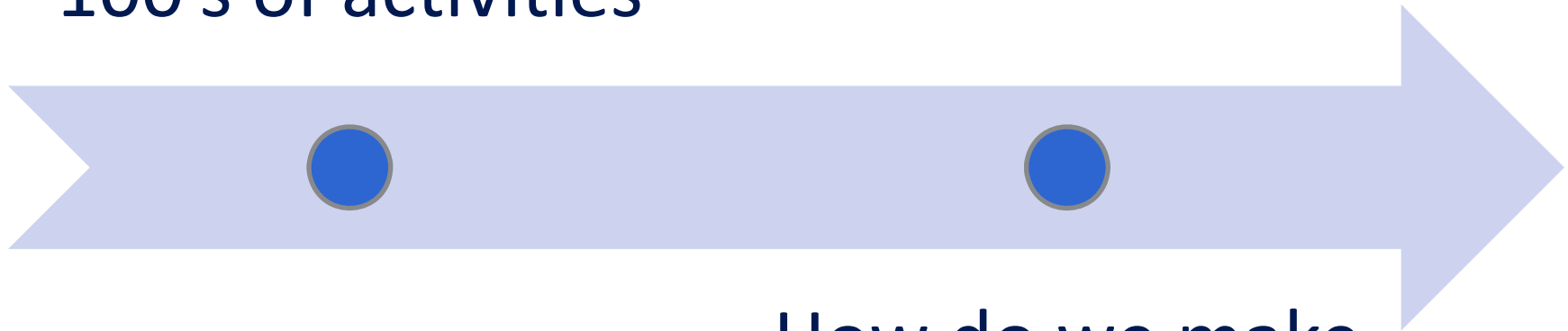


NYC and National Sites

- Each family of sites is unique
- Progressive programs in all settings
- Varying levels of ability – participants & site leaders
- Different entry point
- Varying levels of engagement, frequency & session length

Program Model

100's of activities



How do we make
it easy to use?

Flexible Program for Family of Sites



NYC and National Sites

- Draw on 3 stages of LTAD (FUNd, L2T, T2T + late entry)
- Lesson plans and activity banks alone not sufficient
- NYRR staff a significant asset
 - Extensive training for NYRR staff
 - Development of a lesson plan builder to support sites

MYRR NEW YORK ROAD RUNNERS

PROGRAMS

LOG OUT

CREATE NEW PROGRAM

CRITERIA SEARCH

From Which Pack? Exersion Level

Duration (min) Duration (max)

Duration (min) Exersion Level

PROGRESSIONS ACTIVITIES

USE THE FILTERS ABOVE TO SELECT FROM AVAILABLE CONTENT

PLAN 1 PLAN 2 PLAN 3 PLAN 4 SUMMARY

CUSTOM PLAN PRE-EXISTING Save to Lesson Plans

Enter name for this plan

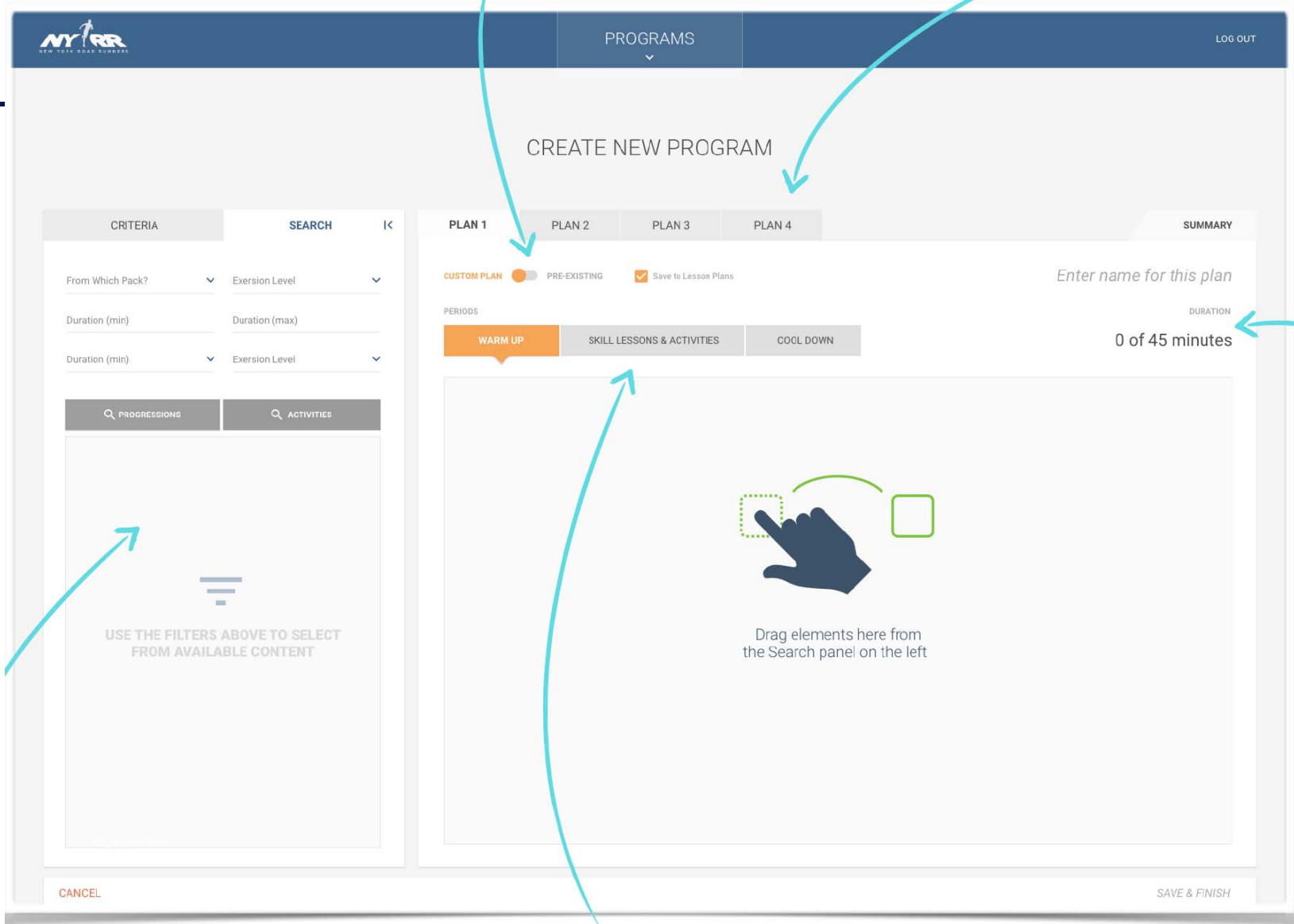
PERIODS

WARM UP SKILL LESSONS & ACTIVITIES COOL DOWN

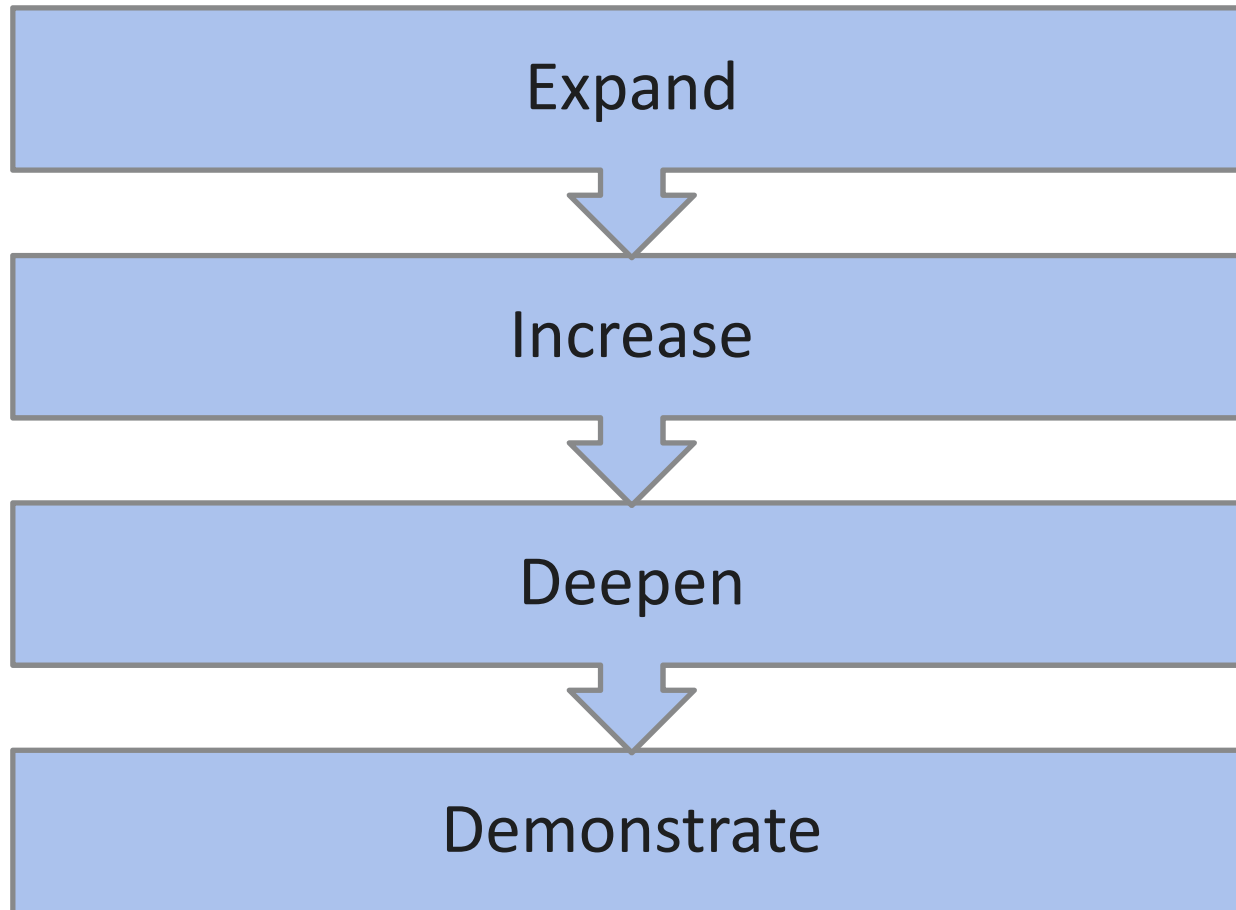
DURATION 0 of 45 minutes

Drag elements here from the Search panel on the left

CANCEL SAVE & FINISH



Excited for the Possibilities



What's Next?



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