



In the Beginning...

The AMA Youth Run Club did the same, wonderful thing it continues to do; providing a school-based, inclusive environment of physical activity and fun for children and youth in communities across Alberta.

In its first year in 2013, 233 schools and 17,000 students participated in the AMA Youth Run Club. As the AMA's partner in the Youth Run Club, Ever Active Schools "facilitates the development of healthy children and youth by fostering social and physical environments that support healthy, active school communities."

The AMA's member physicians, residents and medical students support the valuable role the AMA Youth Run Club plays in comprehensive school health. Some physician members have introduced and helped manage Youth Run Clubs in their children's and other schools; some have attended and spoken at YRC-hosted runs; and many AMA members have chosen to support the YRC through charitable donations.

AMA Youth Run Club Goals

- To increase levels of physical activity among all school-aged children and youth, with increasing attention to junior and senior high school students
- To recognize the challenges and barriers that may prevent some students from participating and to ensure that the YRC is flexible and adaptive in its exercise and activity offerings
- To assist and support students in developing life-long healthy lifestyle habits

Alberta Medical Association



Now...New Directions

The AMA Youth Run Club has grown tremendously in the past five years, not just in the number of schools (over 500 in 2017-18) or participants (24,000 in 2017-18), but also in the diversity of the participating student populations.

To encourage inclusivity and the sharing of the benefits of physical activity with as many children and youth as possible, the Youth Run Club advocates – and supports with resources – the offering of opportunities for physical activity beyond running, such as "Fun and Games" for K-6 students; partner strength training; yoga and relaxation; physical literacy development through games; and workouts that appeal to older students.



Supporting Healthy School
Communities in Alberta

GO! Run Club and Indigenous Communities

In the 2017-18 season, the YRC launched the GO (Girls Only)! Run Club, providing young girls with organized, judgment-free opportunities for physical activity with their peers and friends. The concept was enthusiastically received, resulting in the development of 32 GO! Run Clubs coached and managed by female teachers.

Goals for the GO! Run Club include promoting the program to junior and senior high school students and continuing to facilitate physical activity opportunities in support of gender equity.

As the AMA Youth Run Club has been growing and developing over the past five years, Ever Active Schools has cultivated long-lasting, positive relationships with Indigenous schools and students, introducing them to the many rewards – physical and mental health and wellbeing; benefits to academic achievements – of the AMA Youth Run Club. In 2018, there were AMA Youth Run Clubs in 20 Indigenous school communities.

At Your Fingertips: Coach's Corner and Other Club Resources

The only thing easier than getting eager, energetic students outside for some physical activity and fun is the start-up and management of an AMA Youth Run Club.

In addition to the friendly, informed and professional guidance of Ever Active Schools' Project Coordinators, the AMA Youth Run Club website (amayouthrclub.com) features Coach's Corner.

Here, YRC coaches and leaders will find the Coach's Handbook, a comprehensive guide to running a YRC. The Coach's Handbook offers tips on the best way to dress for running; running technique and warm-up exercises; stretches and strength activities; injury prevention and treatment; training programs and games; advice for adapting activities to suit different needs; tips for developing healthy lifestyles; and more.

Also in Coach's Corner is the Runner's Handbook (English and French); the GO! Run Handbook; club promotion and warm-up posters; a running log and warm-up tip sheet; a Practice Plan Builder and video library; a how-to-host a Fun Run event guide; access to "Finisher Prizes"; and more.

With their YRC Coach's Workshops and online webinars, Ever Active Schools is on-hand to support new coaches and help experienced coaches take their clubs in new directions.

Survey Says...

- 100% of coaches report the YRC program as being easy to implement.
- 98% of coaches report that the YRC leads to feelings of positivity among students.
- 89% of coaches report that the YRC engages students who are not traditionally active.
- 88% of coaches report that the YRC increases physical activity levels at their school.



Join the Club!

Visit amayouthrclub.com (#JoinTheClub) to register your school. An Ever Active Schools representative will soon be in touch.

For more information, email Hayley@everactive.org.

We look forward to hearing from you!

Sponsors of the AMA Youth Run Club



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