

How to Start a New Team

1. Register for Coach Training.

Let Me Run requires two coaches per team, and we recommend that both coaches attend training, but only one trained coach is required. Our training certification lasts two years. Find a nearby training at LetMeRun.org/coaches/training

2. Complete a Site Application.

Anyone affiliated with your school or site can complete a Site Application, and you only need to do this once. The Let Me Run program can run at schools, as well as some community sites. Each site must provide a safe outdoor place for running — a track isn't required; a field or parking lot will work — as well as a “rainy day” indoor site (classroom, gym, etc.). Complete a Site Application at bit.ly/LMRsiteapp

3. Complete a Principal Acknowledgement Form.

This form makes your principal aware of the program and inquires about necessary background check and CPR policy compliance. You only need to complete the Principal Acknowledgement once, unless you get a new principal. Complete the form at bit.ly/LMRprincipal

4. Register as a Let Me Run Coach.

Once your site application is approved and acknowledged by your principal, you will be able to select your site/school during the coach registration process. Each season, you will need to register as a coach at LetMeRun.org/coaches/coach-registrationrenewal

5. Promote the program at your site.

Sites with a lot of interest are able to split the boys into multiple teams, as long as each team has a minimum of 6 boys, a maximum of 14 boys and at least 2 coaches, one of whom is trained. In addition to the marketing materials you receive in training, we encourage you to advertise the program each season with materials in your Coach Toolkit at LetMeRun.org/coaches/tools

If you have any questions, feel free to contact:

Thanks for joining the Let Me Run movement!

