



Bulldogs on the Run



Coach Contact Information:

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**JOIN THE TEAM:
Tuesdays and Thursdays
2:30pm-4:00pm**

To register or for more information:

<https://occ.recdesk.com>

Season begins the week of February 25th
Season Ends - Spirit 5K on Sunday May 3rd

REGISTER ONLINE!

<https://occ.recdesk.com>

New This Year! We will have a boys team and a girls team!

Registration Starts January 22nd and Ends February 12th!

Cut off is 100 runners.

Bulldogs on the Run is a third grader running program at Falls-Lenox Primary School for girls and boys. It is designed to help runners get in shape, learn to be a member of a team, and work on social skills. Some of the skills covered include our self-esteem, positive self-talk, dealing with problems, healthy habits, working hard, and more! We meet twice a week to work on social skills, running, and fun team building activities. The boys team will be meeting on Tuesdays and Thursdays in the Lenox Gym and the girls team will meet Tuesdays and Thursdays in the Falls Gym. Bulldogs on the Run will complete a community service project and participate in the Olmsted Falls Spirit 5K (3.1 miles) at the end of the season!

Come out and join us!

Bulldogs on the Run 2020

Week One - February 25th and February 27th

Week Two - March 3th and March 5th

Week Three - March 10th and March 12th

Week Four - No School/No Practice Mar. 17th & Mar. 19th

Week Five - March 24th and March 26th

Week Six - March 31st and April 2nd

Week Seven - April 7th and April 9th

Week Eight - NO Practice Spring Break

Running Will Be Assigned

Week Nine - April 21st (Practice 5K) and April 23rd

Week Ten - April 28th and April 30th

Spirit 5K on May 3rd