



teacher of the month – july

Carrie McNeish

Teaching Kids the Many Benefits of Running

By Stephanie Hayden | Sponsored By Adelaide Boutique

With her bright white megaphone, a big, wide smile, and more enthusiasm than a high school marching band, exercise enthusiast and running coach Carrie McNeish is about to enter her ninth year of teaching elementary school kids the joy of physical fitness through the Kyrene Running Club.

The Foothills resident, who also teaches a very popular line-dancercise class for adults, started the Kyrene Running Club in

2007 when her kids were attending Monte Vista Elementary. The school's PTO President at the time, Mila Parrish, had been taking McNeish's exercise classes for adults and thought it would be great if McNeish could get children to exercise, too. "Mila wanted the running program to be something that all kids would feel comfortable being a part of -- something that would be fun," McNeish explains. "I really loved the challenge of putting this class together," she smiles.

Since then, the program has expanded to include all Kyrene elementary schools, with McNeish leading the way at Monte Vista, Sierra and Esperanza. "The classes are weekly (for one hour after school) and each session runs for 12 weeks," McNeish says. "A typical class includes a quarter mile warm up lap, running drills in the center of the field for about 10 minutes, then team relay competitions," she explains, adding that the kids all get Otter Pops at the end which is always a big hit.

The Kyrene Running Club is open to any student in kindergarten through 5th grade — and they don't have to attend a Kyrene school to participate. "Parents just have to register their kids through the Kyrene Enrichment program and be willing to get their child to the designated school on the designated day," she says.

As far as goals go, McNeish says learning to love exercise is just one part of it. "My goal for the kids is for them to have fun, make new friends, and learn how to lead a team and be a mentor," she says warmly. "Kids just don't get as much physical activity in general as they used to, but I think my running club addresses more than that. Shy kids learn confidence and the kids find friends with common interests in exercise," she reports.

Sign-ups for the September session of the Kyrene Running Club begin in August. If you would like to enroll your child in this fun and rewarding program (which can be paid for using your tax credit donation), you can do so online by visiting www.kyrene.org/eservices or by calling (480) 541-1500.

Carrie's KSD Running Club



Sessions Info:

12 weeks in Fall & Spring

Cerritos, Monday's 2:40 pm

Sierra, Tuesday's, 2:40pm

Monte Vista, Wednesday's, 12:40pm

Contact Carrie @ 480-221-9090

www.dancemeetsfitness.net