

# **Noli Indian School Trail Running Club**

## **Purpose**

The Trail Running Club at Noli Indian School is dedicated to promoting health, wellness, and a love for the outdoors. Our mission is to inspire students to explore local trails, build endurance, and develop lifelong fitness habits while fostering teamwork and respect for nature.

## **Goals**

- Encourage physical fitness through trail running and walking.
- Build confidence, discipline, and resilience in students.
- Connect students with the natural environment and cultural heritage of their land.
- Provide opportunities for friendly competition, personal growth, and community involvement.

## **Activities**

- Weekly trail runs on nearby trails and natural areas.
- Training sessions focused on endurance, strength, and safe running techniques.
- Guest speakers on wellness, nutrition, and Native traditions connected to the land.
- Participation in local fun runs, races, and community events.

## **Benefits for Students**

- Improved physical health and stamina.
- Stress relief and mental wellness through time outdoors.
- Team spirit and friendships built on shared challenges.
- Leadership opportunities within the club.
- A deeper natural appreciation for the environment and cultural traditions.

## **Commitment**

- Practices: 2 times per week after school.
- Open to all grade levels—no prior running experience required.

## **Who Can Join**

- All Noli Indian School students interested in fitness, nature, and community.
- Support and involvement from parents and guardians is encouraged.
- Teachers and staff welcome to participate as mentors or volunteers.

## Next Steps

If you're interested in joining the Noli Indian School Trail Running Club:

1. Sign up at the front office.
2. Attend our **Introductory Meeting** (date to be announced).
3. Bring your enthusiasm, running shoes, and a willingness to become healthy for a long life!