A coaching philosophy is a set of beliefs, values, principles, and guiding statements that shape a coach's approach to coaching. At Kids on the Move, we expect Coaches to embrace the following values and beliefs:

1. **Make it Fun**
    - We ensure our club is a place for kids to have fun while moving their bodies.
    - We offer opportunities for the students to interact with one another.
    - We celebrate our successes.
    - We incorporate games and music to enhance our club experience whenever possible.

2. **Ensure Safety**
    - We teach proper exercise form and safe running habits.
    - We start each session with a warm up and end with a cool-down.
    - We ensure all kids are properly monitored at all times.
    - We prioritize the health and wellbeing of our students.
    - We set clear expectations for our students.

3. **Be Progressive and Goal-Oriented**
    - We emphasize gradual and sustainable progress. We set clear, achievable goals and break them down into smaller milestones to keep motivation high.
    - We understand that improvement takes time, consistency, and patience. We build strength and endurance progressively to prevent burnout and injury.

4. **Provide Positive Reinforcement**
    - We believe in the power of positive reinforcement. We offer constructive feedback and praise, creating a supportive and motivating atmosphere.
    - We help students build confidence and resilience by focusing on their strengths and celebrating their successes.

5. **Promote Inclusivity**
    - We believe in the power of diversity and inclusivity. We create an environment where all students, regardless of ability level or background, feel welcome and valued.
    - We promote equity by making sure each student has what they need to feel included.
    - We expect students to be respectful and kind to one another – bullying is not tolerated.

6. **Foster Life Skills and Character Development**
    - We instill values like respect, responsibility, and humility, knowing that these traits will serve our students well in all aspects of life.
    - We encourage a love for running, fitness, and a sense of community, so students continue to find joy and purpose in their fitness journey.
    - When possible, we empower students by giving them choices and allowing them to take the lead.

7. **Foster Teamwork and Support**
    - We implement a “No one left behind” motto so each student is supported through every session.
    - We ensure our club is a place for students to feel connected and find belonging.
    - We create a positive and inclusive team atmosphere, where students motivate and support each other.