



Monarch School believes in teaching our students the importance of physical education.

The classes we offer focus on cardiovascular activities, strength training, basic coordination and positive self-image as well as specific sports skills. We offer basketball, soccer, volleyball, Ultimate Frisbee, core conditioning, aerobics, cross country skiing, downhill skiing and marathon training.

Guest Speaker visits Monarch School Milers

Emily Compton—Ultra Marathoner

The Monarch School Milers were privileged to have ultra marathoner Emily Compton come and share her experiences as a runner. Emily grew up less than five miles from Monarch School and frequently comes back to the area to visit with her relatives near by. She began running during her senior year of high school, on her own, in the middle of winter, by running 1/4 mile laps on her dad's backyard air strip. Twelve years later she is still an active runner and is now competing at an elite level. Emily recently went on a running holiday to Patagonia in Chile, running a marathon a day for several days through a national park. While in Chile, she also entered the Volcano Ultra Trail Run, a 62km race that gains over 3000m of elevation around the Osorno Volcano. She came in third overall for women. Emily will soon be competing in her first 100 mile race.



"Running in the running class has not only been a way for me to try something new that I have never done before, but it has also shown me that when I put my mind to something I can do it, even if it's something that I have never done before. Dave has not only been such a great support for me along with all of the rest of the kids that I run with, but I am learning new skills, have a new sense of confidence with running, and cannot wait to run the half marathon at the end of the block. It is so amazing to be able to run outside and see how beautiful it is out here along with just getting the opportunity to do something that I probably wouldn't have ever done if it weren't for being here and for Dave. Running gives me a chance to release whatever's going on during the day and to instead turn it into something really positive and a challenge that I can accomplish. The class is absolutely awesome and it's really satisfying to be able to set a goal to run a certain distance, increasing that distance each time, and to just be able to put those miles onto your legs and get out there and do it."

~ Current Student

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Monarch School, Heron, Montana

