

VENERINI ACADEMY SPRING TRACK

Grades 4-8

Begins April 26, 2017 through May 24, 2017

The goal of Spring Track is to provide students a safe and fun way to incorporate running and track into their lives. We will work on form, agility, breathing techniques and conditioning skills (*See page 2 for more details*). Children are to wear comfortable clothing and sneakers. Please provide your children with at least 2 water bottles and sunscreen for each session.

Wednesday & Friday's 3:15-4:15 pm @ Worcester Academy Track

81 Providence Street, Worcester

\$15 per runner (checks made payable to Venerini Academy)

In our effort to introduce our children to a track and field environment and to prepare them for Fall Cross Country, we will be holding our Running Club at Worcester Academy track (Gaskill Field).

There is no carpool list, so you will need to make arrangements for your child to be transported to the field. Pick up will be precisely at 4:15pm as the Worcester Academy Varsity Track players will need the track at that time.

Name: _____ Age: _____ Grade: _____

Mailing address: _____

Shirt size : _____ (allow for shrinkage)

Email: _____ Home: _____ Work: _____

Emergency contact name & number other than a parent,

Name: _____ Phone _____

I give my child permission to participate in the after school Running Club. I hereby release, discharge, and/or indemnify Venerini Academy, volunteers, coaches, instructors, car pool drivers, of any liability related to the operation of this program. I hereby give my consent to have the coaches, a Doctor of medicine, or a Doctor of Dentistry provides medical assistance or treatment for my child.

Parents Signature _____

Please list any allergies that your child has and/or current medications or medical problems that we should be aware of.

Please make payments to Venerini Academy c/o Mary Sivo. Should you have any questions contact Mary Sivo at csivo@verizon.net. **Deadline for registration is April 10, 2017**

2017 Venerini Spring Running/Track and Field Program

Who: Grades 4-8 - We want as many kids as possible who are willing to make the commitment!!!!

When: 3:15-4: 30; Wednesdays and Fridays, and perhaps a couple other days for meets if the schedule dictates.

Where: Worcester Academy Track

What: Track and Field is a great sport for all. It consists of running, jumping and throwing things.

Events include:

- 100M/200M/400M/800M
- Long Jump/High Jump
- Shot Put/Discus/Turbo Javelin (Plastic safety Javelin for Middle School).
- We hope to have approximately 4 or more meets, most will likely be at Worcester Academy.

Coaches Note:

Track and Field is a wonderful sport (of course I am biased).

It is:

- Co Ed
- Outside
- Great Exercise
- Social
- Against the clock/measuring tape and others (you can have a great season by improving individually even if you do not win any events by improving your own times/distances).
- A sport where all get to participate (WE HAVE NO BENCH!)
- Exposure to a sport which all can participate at the high school level.

It is not:

- A huge time commitment (we are trying to expose kids to the sport in a fun way, it would be great if they exercised more than at practice, but most kids are playing another sport as well in the springtime) This is only 3 hours a week!!!
- Boring (meets are fun/exciting, and good practices make those meets more fun)
- As hard as you think.

~ Brian Allen

ballen@allencreativegroup.com

508.868.0927