

POTOMAC VALLEY TRACK CLUB YOUNG FLYERS

Track & field training for student athletes in grade K to 8th
Sundays, 3:00 PM to 4:00 PM, October 4 to December 13, 2020

Enter on-line at www.pvtc.org/youth

Thomas Jefferson Community Center, 3501 2nd Street South, Arlington VA 22204



- **Directions:** Arlington Blvd. (US 50), south on Irving St. (east of Glebe), west on 2nd Street South, Free parking on north side of 2nd Street South. Enter through Door #12
- **Dates:** 3 PM to 4 PM every Sunday, October 4, 11, 20, & 25; November 1, 8, 15, 22, & 29; and December 6 & 13
- **Schedule:** Outdoors on trail (until further notice)
- **Limited:** To the first 25 entrants
- **3:00 Opening Exercises -- Circle Time:** Warm-ups, stretching, and strengthening exercises
- **3:15-4:00** Break into groups: Beginning & Advanced Sprint & Long Distance, Middle (200m-400m), Race Walk, Hurdles
Preferences: Grades 1-2: 50 meters-100 meters; Grades 3-4-5: 200m-400m; Grades 6-7-8: 400m-800m-one mile
- **4:00** Refreshments donated by parents each week (no other food in the gym, please)

- **Train with great coaches including**
Jim Darr, Art Klein, Uchenna Onuzulike,
Betsy Peace, Abdelillah Razah,
Feru Dadi Wake, Jim Wass, Jay Jacob Wind

- Get the best out of yourself
- Discover your abilities
- Run and walk fast, throw far
- Stretch to increase flexibility and prevent injury
- Build strength, endurance, and speed
- Learn to improve nutrition and health
- Refreshments after each workout, donated by parents (fruit, juice, energy bars)

- **For more information:** Call 703-927-4833, write pvtcsecretary@gmail.com, or see www.pvtc.org/youth.html
- Conducted by Potomac Valley Track Club, in co-operation with Arlington County Department of Parks, Recreation, and Community Resources
- NOTE: You may try your first Sunday **for free!**
- Financial aid available -- Please contact me -- Please write to pvtcsecretary@gmail.com

- Sponsored on Sunday, November 24, by

TRADER JOE'S

- The workout on Sunday, December 13, is a practice meet to prepare for indoor winter meets:
 - at Hagerstown Community College in December
 - at Prince George's Sports and Learning Complex in December, January, and February
 - at Thomas Jefferson Community Center in January and February



Mail to: POTOMAC VALLEY TRACK CLUB, 611 South Ivy Street, Arlington VA 22204
or enter on-line at www.pvtc.org/youth (or scan QR code)

Athlete's Name _____ Grade: K 1 2 3 4 5 6 7 8 (Circle one)
Parent's Name _____ Date of Birth ____-____-____ (mm/dd/yyyy)
Address _____ Gender: [] M F Size [] YS YM YL S L M L XL
City, State, ZIP _____ Parent's Phone _____
E-mail _____ Emergency Phone _____

Entry Fee: • \$ 40 per student for non-members of PVTC • \$30 for members of PVTC • Free for children of coaches

I agree to waive any and all claims I or my child may have against all sponsors and all officials of these events, including RRCA, USATF, Potomac Valley Track Club, and Arlington County, Virginia, and its elected and appointed officials and employees, for any damages or injuries OR CONTRACTION OF ILLNESS I or my child may suffer en route to or as a result of my participation in these meets. I affirm that my child's physical condition and fitness are adequate to participate safely in these events. I agree to release my child's name and photo for publicity purposes. In case of medical emergency, I authorize my child to receive on-site first-aid or emergency medical treatment.

Parent or Guardian's Signature _____ Date _____

- My child will participate.
- I will help as a volunteer coach.
- Enclosed is \$ _____
- I can provide refreshments on _____ (date)
- Invite me to PVTC's youth e-mail list.
- List my name, phone, and e-mail in the team directory
- Enclosed is an additional donation of \$ _____
- I want an extra t-shirt (add \$15)
Sizes: [_____]