

PEAK PERFORMANCE TRACK CLUB

2012

This is your invitation to join the Peak Performance Track Club. This club is sanctioned by USA Track & Field, the governing body responsible for sending our athletes to the Olympics. The main goal of the program is to teach each athlete how to run, jump, and throw properly, thus enhancing their performance in all events of Track & Field and in other sports as well. The program will be conducted similar to a junior high and high school track & field program. Specific attention will be directed toward developing speed and quickness, correct running form, and jumping and throwing techniques. The program will emphasize fun, positive motivation, and encouragement in a Christian atmosphere. This program is an outreach ministry designed to assist the youth of the community as they grow mentally, physically, spiritually and emotionally in their journey through life.

PARTICIPATION: Participation is open to all girls and boys 8 to 18 years of age.

REGISTRATION: Registration will be held on Monday, March 5, 2012 at 5:00-7:00P.M. and March 8, 2012 at 5:00-7:00P.M. at Brown Stadium on the University of Louisiana at Monroe campus.
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TRYOUTS: To register, new team members need to bring a copy of their **birth certificate** and the two enclosed registration forms. Previous club members only need to bring the two enclosed registration forms.

LATE REGISTRATION: One may join anytime between now and July. To join late, call Coach Groll at 355-2598
***** for details concerning practice time and site.

COSTS: (1.) **ANNUAL FEES:** For all team members, there will be a once a year registration fee of \$60.00 per athlete. (Prorated for families: \$90.00 for 2 children and \$120.00 for 3 children).
(2.) **MONTHLY TRAINING FEES:** For ALL team members, there will be a \$25.00 monthly training fee. (Prorated for families: \$35.00 for 2 children and \$45.00 for 3 children). **Payable at the first of the Month.**
(3.) **Uniform Costs:** \$35.00 for Singlet (Shirt) and Shorts.

PRACTICE: **The first practice will be Monday, March 5th**, following completion of registration. Come dressed and prepared to workout. Practices will be held on Mondays and Thursdays from 5:30-7:00P.M. and on some Saturdays from 9:00-10:30A.M. Practices will be conducted 2 to 3 times a week depending on the time of the year and competition that week. Practices will usually be held at ULM but other sites may be scheduled.

TRACK MEETS: A schedule of competition will be provided to the athlete/parents. The athletes will compete in an age group (or division) determined by their age as of December 31, 2011. The age divisions are broken into 8-10 year olds, 11-12, 13-14, 15-16, and 17-18.

If you need any additional info., please give Coach Groll a call at 355-2598 or email dgroll@comcast.net.

www.peaktrack.net