

Peak Performance Track Club

FALL & WINTER PROGRAM

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PEAK PERFORMANCE CROSS COUNTRY / TRACK AND FIELD CLUB **2011**

This fall the Peak Performance Cross Country / Track and Field Club will offer training with a two-fold purpose. (1) Provide training for those interested in competing in the sport of Cross Country, specifically, and (2) provide a fall training program that is directed toward developing the athlete's skills and techniques for all events of Track and Field. The main goal of this program is to teach each athlete how to run, jump, and throw properly to enhance his/her performance in all events of Track and Field, as well as other sports. All aspects of the program will emphasize fun, positive motivation, and encouragement in a Christian atmosphere.

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

REGISTRATION: Registration will be held on Tuesday, September 13, 2011 at 5:15-6:30 P.M.

TRYOUTS: Brown Stadium on the University of Louisiana at Monroe campus (Track and Field facility). To register, all team members need to bring a copy of their birth certificate. Registration Forms will be provided to all new team members upon their arrival. Current team members with a USATF card for 2011 will not need a birth certificate, but must come to sign up for the this fall/winter program.

LATE REGISTRATION: One may join the club anytime between now and November 2011. To join, call Coach Groll at 355-2598 for details concerning practice site and time.

COSTS:

- (1.) ONCE A YEAR 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).

This covers USATF registration card, insurance, some equipment, and T-shirt.

- (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.)

PRACTICE: Practices will be conducted 2 times a week. Practices will be held on Tuesdays and Thursdays from 5:30 to 7:00 P.M. with competition (races) usually held on Saturday mornings. Practices will be held at various sites: ULM, WMHS, local parks, and other sites to be announced. The first practice will be September 6, 2011 following completion of registration. Come dressed and prepared to work out. Athletes, depending on age groups, will be instructed to do additional workouts on their own on the days the team does not meet for organized practice.

CROSS COUNTRY MEETS: A schedule of competition will be provided to the athlete/parents. Age group competition will be conducted based on the age or grade of the athletes. Usually divisions are broken into 8-10, 11-12, 13-14, 15-16, and 17-18 year olds.

If you need any additional information, please give me a call at 355-2598. Thank you for your support of Track & Field in this area.