

TRACK & FIELD SIGN-UPS



FOR BOYS & GIRLS AGES 5 to 14

Be a part of TRACK & FIELD in MT. House and help represent at Nationals

- Develop Speed
- Build Your Endurance
- Improve Running technique
- Hill & Agility Training
- Excellent way to get fit
- Helps with coordination

Track & Field is one sport that is good training for all sports, whether its Football, baseball, soccer or basketball
TRACK WILL MAKE A BETTER ATHLETE!

BOYS AND GIRLS DIVISION

Parent Volunteers and coaches needed

KINDER & 1ST GRADE

2ND & 3RD GRADE

4TH & 5TH GRADE

6TH GRADE

7TH & 8TH GRADE

Sign-Ups: Valley Chiropractic Care
 983 Wicklund Way Mountain House CA
DATE: Thursday January 24th @ 630pm to 830pm

Practices will be every Mon/Wed or Tues/Thurs
 All Students, Ages 5 to 7 5:00pm- 6:00pm
 All Students, Ages 8+ 5:00pm- 6:00pm

- Practice 2 Days Per Week for 1 Hour
- Local Meets on Saturdays
- Runners Compete in their age Groups & gender
- Practice starts in Febuary & Meets starts in March

TOTAL FEES: \$220.00

Fees includes Registration, Uniforms, Fundraiser, Team Dues & 5 NORTH TRACK Meets.

***Class fees for workout club: \$175.00 which includes registration & Practices.**

REGISTRATION NOTE: Late register can be online up to the fourth week. All students ages 5-14 are accepted. Please Pre-register on or before registration date . TRACK Meets Starts in MARCH. TRACK MEETS ARE LOCAL.

There is a \$ 75 Mandatory Raffle Due at Registration Note: (Post Dated Check for Raffle excepted)

PRE-REGISTRATION LINK:

For More Information Please Call ,Text (209) 276-5312, email: Fundamentalys@gmail.com or Log on to

WWW.5NORTHTRACK.COM

Curriculum and Instruction Provided by Fun-Damentals Youth Sports Program