

TRACK & FIELD SIGN-UPS



For Boys & Girls ages 5-14

Be a part of TRACK & FIELD in Cypress & 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 MAKES BETTER ATHLETES!**

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: Starbucks 10031 Valley View Street, Cypress, CA 90630

DATE: Saturday February 16th @ 10 AM to 12 PM

Practice 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

Groups

Practice

Work Out Groups

Twice a week

Competition Club

Twice a week

Track & Field

Meets on Saturday

*Wear Shorts or loose fitting clothing.

TOTAL FEES: \$280.00 + Fundraiser

Fees includes registration, uniforms, monthly dues, fundraiser and all 10E track Meets.

*Class fees for workout club: \$160.00 which includes registration fee.

REGISTRATION NOTE: Parents to help speed up the registration, Pre Register online at tinyurl.com/10Eregistration

All students ages 5-14 are accepted. Please register 30 minutes before your class time with the coach at the location you will be attending. TRACK Meets Starts in MARCH. There is a Mandatory \$50 raffle fundraiser due at registration.

There is a \$20 Monthly Team Dues that starts on March 1st

For More Information Please Call ,Text (562) 220-8164

WWW.10EASTRACK.NET

This Event Is Not Sponsored or Endorsed By Cypress Unified School District