

# 6th Summer Youth Running Program 2011

**Come run and have fun with us! July 19th - August 18th at the Falmouth High School Track.**

Group running program for boys and girls entering grades 1-12. No running experience required. The program will emphasize the fun of running and encourage development of healthy habits, focusing on conditioning and technique at all levels. Runners will learn stretching and strengthening exercises to improve running technique and avoid injury.

**Red group:** will introduce the young kids to running basics, mostly with creative games (geared to 1st and 2nd grades).

**White group:** will include appropriate games and emphasize proper running form as well as conditioning fundamentals (geared to 3rd and 4th grades).

**Blue group:** will incorporate more structured conditioning training and continue to work on technical training with running drills (geared to 5th and 6th grades).

**Silver group:** will be appropriate for both kids looking to improve their running for cross-country/track or for conditioning for another sport (geared to 7th through 12th grades).

We will also prepare interested younger runners, 14 and under, for the Falmouth Recreation Department Fun Run on August 13th and motivated older runners for the Falmouth Road Race on August 14th.

**5 one-week sessions** (2 nights/week) Tuesdays and Thursdays, 5:30 - 6:30 pm

① July 19, 21    ② July 26, 28    ③ August 2, 4    ④ August 9, 11    ⑤ August 16, 18

Sign up by June 19 to receive a Youth Program t-shirt.

Participants should wear running shoes, comfortable shorts, a t-shirt and sunscreen and bring a bottle of water.

*Head Coach:* Anne Preisig, coach and personal trainer, former national class runner, and 2008 Elite Duathlon USA National Champion.

*Assistant Coaches:* Jim Preisig, Paula Fratantoni and Reiko Sagioka, experienced runners and coaches.

*Volunteers:* members of the Falmouth Track Club.

Proceeds will benefit running programs in the Falmouth public schools.

For more information or questions:  
email [acpreisig@hotmail.com](mailto:acpreisig@hotmail.com) or visit [www.falmouthtrackclub.org](http://www.falmouthtrackclub.org)

Mail completed form and check to:  
attn: Youth Running Program, Anne Preisig, 638 Brick Kiln Rd, Falmouth, MA 02540



## Summer Youth Running Program 2011

Child's Name \_\_\_\_\_

Birthdate \_\_\_\_\_ Sex \_\_\_\_\_

School \_\_\_\_\_

Grade Entering in September \_\_\_\_\_

Names of Parents/Guardians \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell/Other Phone \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_ Session 1: July 19, 21    \_\_\_ Session 4: August 9, 11

\_\_\_ Session 2: July 26, 28    \_\_\_ Session 5: August 16, 18

\_\_\_ Session 3: August 2, 4

\$18/session per child or \$80 for all five sessions.

Make check payable to Falmouth Track Club.

If signing up by July 1, t-shirt size (one):

Youth: S M L    Adult: S M L

### Permission and Waiver:

I hereby give my above-named child permission to participate in the Youth Running Program. I absolve the Town of Falmouth and the FALMOUTH TRACK CLUB and all coaches, officials, and other CLUB members from liability and will not hold them responsible for injury incurred to my children, myself, and/ or my spouse. This includes, but is not limited to collisions and interactions among children and adults, injuries due to contact with the facilities or equipment, or to weather conditions. I give approval to my family's participation in the Youth Running Program. All participants are in sound medical condition for running activities. I understand that medical insurance is not provided.

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

\_\_\_\_\_  
DATE