



T & FIELD TRACK

4th, 5th & 6th graders - Boys and Girls

For the
beginner
athlete and
for those
who already
LOVE to run.

No
running
experience
needed!

GOOD INFORMATION:

- Practices will start and end on time!
- Very rarely will a track practice be called due to weather. Practice may be called off if lightning occurs prior to and/or during practice. Practice will not be called due to light rain or cold temperatures.
- Bring a water bottle with your name marked on it.
- Mark your name on any clothing you are likely to remove. (sweat shirts/jackets)
- Wear socks (to avoid blisters) and comfortable tennis shoes. They do not have to be technically "running" shoes but you do want something with an arch and some cushion.

QUESTIONS: Call a Coach
Claire Rogers 216.338.5886
Laura Germaine 216.978.2390

SEASON:

BEGINS: Sat. APRIL 18 @
Lakewood High School Track
ENDS: Sat. JUNE 6 @
Lakewood High School Track

PRACTICES:

Tuesdays 6:30-7:30 pm

Thursdays 6:30-7:30 pm

Saturdays 8:30-9:30 am

All Practices at:

Lakewood High School Track
Entrance off Bunts Road
**No practice Sat. May 23rd.*

WHAT TO EXPECT:

Practices to start and end on time!

To be able to run a variety of distances
on a track, at least one field event and
understand the ins and outs of the sport.

COST: \$40 resident/\$50 non-resident

*Notes: Team shirt included in fee. Must register by 4/18 to make the t-shirt order. Flyer last updated 11/19/14.
Dates and times subject to change.*

3 ways to register



Lakewood School Board Members:

Linda G. Beebe, *President*, Emma Petrie Barcelona, *Vice President*, Tom Einhouse, Edward Favre, Betsy Bergen Shaughnessy