

## Youth Track

*Instructor: Staci Firl & John Dunkle & other coaches*

**Ages 8-14.** This is our 9<sup>th</sup> season for the La Center Tracksters! This is for boys & girls. Kids will work on conditioning, running, shot put, running long jump, javelin, discus, etc. There will be meets in local areas that are optional to compete in. (Dress in layers, bring a water bottle and have running shoes!)

**Code 1304    April 11-May 23, 2012**

**Parent only Meeting on Monday, April 9 at the HS Track @ 5PM.** (No practice for students)

**Time/Place: MONDAYS & WEDNESDAYS** from 5-6:30 p.m. at the High School track.

**Fee: \$35 (includes a t-shirt)** \*\*\*fees for meets are not included in class fee.\*\*\*

*A schedule of track meets will be handed out at the parent meeting.*



[www.lacenterschools.org](http://www.lacenterschools.org)

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