

YOUTH TRACK&FIELD PROGRAM



For the first time we are offering a 5th-8th grade Track and Field Program open to all kids of that age! We will meet two times per week after school at the Herberg Middle School.

Practice days will be Tuesdays and Fridays from 3-4:30 PM*

This 6 week program will start on Friday May 5, the last practice date will be Friday June 9.

Participants will be given a registration to the Green Mile Road Race and will be expected to participate on June 15, 2017.

The program will focus on good running form, practical training techniques, sprinting and some field exposure where possible!

One of the Berkshire Running Center Staff will be at Herberg to meet with participants when they get out of school/get there and they will be supervised until 4:30 PM when class ends.

On Friday May 26 there is a half day scheduled for Pittsfield Public Schools. On that day practice will be held right after school from 10:45 AM till 12:30 PM.

If anyone has an interest in this program but can't swing the fee please message us!

****MANDATORY PARENT/GUARDIAN MEETING THIS TUESDAY (MAY 2, 2017) AT 4:30PM IN THE GYMNASIUM AT HERBERG MIDDLE SCHOOL**

FIRST: _____ LAST: _____

DATE OF BIRTH: _____ GENDER: M / F GRADE: _____

EMAIL: _____

In consideration of the acceptance of this program: myself, heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against Berkshire Running Center, the cities and towns participating for any and all injuries suffered by me while competing in, and traveling to or from this program. I attest that I am physically fit and sufficiently trained to compete in this program. I also willingly release my image for photography, video, and film cameras which may chronicle this event.

Parent/ Guardian Signature: _____