

WOODSTOCK LEGION ATHLETIC CLUB



Where Personal Bests are the
Greatest Success



Minor Track and Field
Spring Training
April 12 - June 2
2011

Elementary School Students
Ages 9-14

The Woodstock Legion Athletic Club offers minor track and field training for elementary students. Come out and learn the basics or supplement your training for your school meet, Regionals, or Thames Valley.

The Club offers training in jumps, sprints, and distance running for all abilities. We also offer an introduction to throwing, block start training, and relay techniques.

Practice is held at the College Avenue Secondary School Track
Tuesdays and Thursdays
5:00pm to 6:30pm

Bring a water bottle and wear loose, layered athletic clothing. You should wear running shoes or cross trainers-NO skateboard or fashion shoes.

Please be sure to dress for the weather conditions

MTA travel meet dates to be determined.

Cost of the 16 training sessions is \$50.00/child for non competitive athletes and \$65.00/child for competitive athletes (plus meet fees)

Register prior to first session
Payment to WLAC due at time of registration

For more information please
Contact Jeremy Yates at
519-539-2708
or jyates33@hotmail.com
or log on to our web site at
www.wlac.ca

