



Junior Track



The Varsity Track and Field Program would like to invite potential student-athletes entering **4th through 7th grades in the 2009-2010 School Year** to join us for a new program called Junior Track. The purpose of the 2-week event is to promote physical fitness and educate young athletes about the sport. There will be 5 practice sessions lasting approximately 1 hour each (parents are encouraged to stay and watch). The practices will be followed up with a real track meet at the Varsity Track Facility! The participants will be sorted into several teams and be given a team shirt (with their team color). The cost to participate is \$20. If interested, please fill out the form below and mail the form and payment to the address below.

Coaches will place athletes in the following events based upon their abilities:

Sprints	Runs	Relay	Field
55 Meter Dash 100 Meter Dash 200 Meter Dash	400 Meter Run (1 lap) 800 Meter Run (2 laps)	400 Meter Relay (4 athletes run 100 Meters each)	Standing Long Jump Running Long Jump Shot Put Throw

Please contact Coach Humm with any questions or concerns at (989) 621-7959.

DUE BY: June 15th, 2009

Name of Student: _____

Grade of Student (2009-2010): _____

Parents/Guardians Names: _____

Address: _____

Phone Number: _____

Please mail **with payment** to:

Junior Track Program
Breckenridge High School
700 Wright Street
Breckenridge, MI 48615