



Rancocas Valley Track Club Presents:

## 2017 TRACK & FIELD OPPORTUNITIES

\* For students ages 5 – 18 years old \*

Register Now for the Entire School Year!

- \* **Winter Season:** Strength & Conditioning Track Practices will be held for Ages 5-8 from 7:05 – 7:45 PM on Tuesday and Thursday evenings at the Holly Hills Elementary School in Westampton. Practices for Ages 9 -15 will follow on those same evenings from 7:55 – 8:45. The season will begin on January 10th and end on February 16<sup>th</sup>. We will be attending two indoor track meets at Moorestown High School to compete against other area track athletes and track clubs. Team size will be limited due to space constraints, so register early!
  - \* **Spring Season:** Practices for ages 5-8 will be from 6:00 – 7:00 PM on Monday evenings. Ages 9-18 will practice on Tuesdays and Thursdays from 6:00 – 7:30. The season will run from March 20<sup>th</sup> - June 1<sup>st</sup>. All practices will be held on the NEW all-weather track at Rancocas Valley HS in Mt. Holly. Track meets will be held some Saturdays at South Jersey area tracks.
  - \* **COST:** Winter session **\$60** for athletes **ages 5-8**; **\$85** for athletes **ages 9 and up**. **Spring** Track season will cost **\$70** for **5-8** and for **9 and older** it will cost **\$110**. All athletes will receive a team t-shirt and will be expected to wear running sneakers which TIE at all times and solid navy blue shorts at meets. Shirts are to be returned at end of season otherwise it will cost \$25.
  - \* **Summer Camp:** Intensity Camp is a camp designed for athletes from ages 8 to 18. An athlete must be 8 years old by December 31, 2016 in order to participate. This camp is not a recreational camp! It will be intense with a lot of nonstop running and exercise. The camp will run from 6:30 – 8:30 dates to be determined. All practices will be held at the Rancocas Valley track behind the high school. Registration ends June 15th for the summer program, which costs \$110.00 per athlete.
- \*\*Please note that a **reduced rate** of \$240 is being offered to any ONE athlete 8 ½ years old and up who registers for all three of the above track & field programs.\*\* Reduced registration fees for families of need. Call for details.

For more information contact Head Coach Keith Barr at 609-267-8253 or e-mail us at: [info@rvtrack.org](mailto:info@rvtrack.org).  
Check out our website: [www.rvtrack.org](http://www.rvtrack.org) and **Like us on Facebook!**

**Send in your registration form & payment today!**

Rancocas Valley Track Club \* P.O. Box 564 \* Mt. Holly, NJ \* 08060

\*\*This club is not affiliated with any school district and is NOT a school function.\*\*