

Get Involved Today!

Introduce your child to the exhilarating world of track and field. Learn skills of Hurdling, Long Jump, High Jump, or Throwing the Shot Put. Whether it's to find a new passion or to stay in shape for the next season, all are welcome. We are an individual sport with team competitions.

The Summer Twilight Series will be held at Suffern Middle School beginning on June 19th at 6:00 pm. Events include Jumping, Throwing and Running.



Start your involvement today!!!



Nanuet Track Club



**Nanuet Track Club
Coach Sheri Dempsey
239 Ehrhardt Road
Pearl River, NY 10965**

Phone: 914-419-2308
E-mail: sdempsey@nanuetsd.org



Nanuet Track
Club

Nanuet Summer Track Program

**Boys and Girls
Entering
Grades K-9**



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Nanuet Track & Field Summer Program 2018



The Nanuet Track Club is an organization whose goal is to introduce Track & Field to the children of the Nanuet School District. Introduction/ orientation will be held June 19 and 20th at the Suffern Middle School Track at 6:00 PM and practice until 7:30PM.

The Competitions will be Tuesdays and Thursdays at either Suffern Middle School or Pearl River HS on June 26, 28, July 3rd, 5th, 10th. The finalized schedule and instructions will be emailed to you upon receipt of your registration.

The Nanuet Track Club is open to any Nanuet School District student who will be enrolled in grades K-9 in the 2018-2019 school year. Our program will include activities designed to introduce young athletes to the wonderful world of Track & Field. No experience necessary, all abilities are welcome. All you need is a desire to improve.

The Head Coach and organizer of the Nanuet Track Club is Sheri Dempsey.



Nanuet Track Club Registration

Athletes should register via mail (postmarked by June 12th) with a fee of \$100.00. Check or money orders are payable to **Nanuet Track Club**. Registration should be mailed to

Sheri Dempsey
C/O Nanuet Track Club
239 Ehrhardt Road
Pearl River, NY 10965

Any late registrants will be charged \$125.00 for registration. The club fee includes insurance coverage, T-Shirt, meet registration and facility rental.



What do you need?

- Appropriate dress is required, and should include the following:
 1. Shorts and a T-Shirt,
 2. Running or basketball/tennis style sneakers—athletes will not be able to practice or compete without sneakers
 3. **WATER BOTTLE** with name labeled.
 4. The schedule and directions will be emailed to you upon receipt of your registration.
- **An adult must accompany any athlete under the age of 8 years old!!!!**

Nanuet Summer Track Club

Please fill out and return with payment

Name _____

Address _____

Phone _____

Date of Birth _____

Family Email - **Very Important** _____

Grade (in 2018-19) and Age _____

Parents Name(s) _____

Allergies or Medical Concerns _____

T-Shirt Size
Adult (S,M,L,XL)
Child (S,M,L) _____

Emergency Phone and Contact _____

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