

Stow Recreation Department

Hershey Track and Field Clinic

For: **Boys and Girls, ages 9 - 14** (as of 12/31/10)
Location: Lincoln-Sudbury High School Track or Nashoba High School (TBA)
When: **Thursday - May 27 4:00 – 5:45**
(note 1st session is 15 min. longer)
Thursday June 3 4:00 – 5:30
Thursday June 10 4:00 – 6:00 scrimmage
(rain date of Fri. June 11)
Friday June 11 4:00 – 5:30
Thursday June 17 5:45 - 8:15 Local Meet in Harvard
(rain date Friday, June 18)
Cost: \$60

State Meet: Saturday, June 26 (based on qualifying performance) at Nashoba Reg. HS, Bolton

Can you leap tall buildings in a single bound, run faster than a speeding bullet, or throw a ball more than a mile?

Are you fast? Do you like to race? Do you have a "good arm"?
Can you and your friends form a fast team?

Come to this informal and fun track and field clinic designed to familiarize participants with the Hershey Track Meet events. The emphasis is on participating, learning, improving, and doing the best one can.

Events include a softball throw for distance, the standing broad jump, and four individual running races of different distances. There is also a 4 x 100 relay. Come with your relay team together, or we will create and put you on one. The optional Local meet is open and free to all participants. The State meet is also free, but participation is based on local meet qualifying times in each age group (9 and 10s, 11 and 12s, 13 and 14 yr. olds).

The Hershey track program is a national program involving recreation departments that hold local and state track meets, culminating in an invitational, all-expense paid trip and competition in Hershey, PA. The program is sponsored by the Hershey Corporation to promote fitness in America's youth.

Questions? Call or E-mail David Bell 978-369-9173 davidkbell@hotmail.com

Retain top for your information and return the registration below to:

Recreation Department Please make checks payable to ***Town of Stow***
Town of Stow
Stow, MA 01.

Name: _____ Current Grade: _____ Age as of 12/31/10: _____
Address: _____ Tel# _____ Emerg. Tel# _____
School: _____ E-Mail address: _____
