



WESTSHORE TRACK CLUB

Tuesdays 4:30 – 5:30pm
April 12th - May 31st

This is a new track club in the Westshore meeting at the beautiful new track at **Royal Bay Secondary School**. This group will focus on **100-800m, hurdles, horizontal jumps, running form, running drills, track etiquette and preparing for a race.**

It is being offered to students in the **Sooke School District (SD62)**
Students ages 9-14 / grades 4 through 8.

Registration Fee: **\$55.00** (cheques payable to Frontrunners Westshore)

If you are interested in learning more about the rewarding sport of track and field in a fun and healthy atmosphere, please fill out the registration form below. Email the completed form to westshoretrack@gmail.com or drop it off at the **Frontrunners store on Goldstream Avenue in Langford.**

Westshore Track Club Participant Registration

Child's name: _____ Parent's/Guardians name: _____

Address: _____

Phone: _____ Email: _____

Gender: _____ Birthday: _____

School: _____ Grade: _____

Any Medical Conditions: _____

Events interested in:

100m Hurdles 200m Long Jump
 400m Triple Jump 800m Relay racing

Signature of Parent/Guardian _____ Date _____

Interested in volunteering during these sessions? Please let us know!

Thanking you,

Beth Venables (Instructor) westshoretrack@gmail.com | Find us on Facebook

