

PR Training Programs announces:

Sundays: 9/11 - 10/30

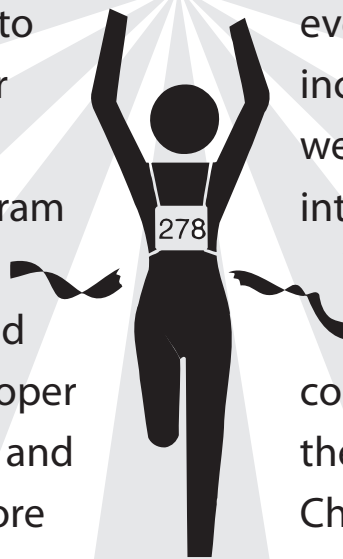
Meets at South Lakes High School, Reston VA

4:30-5:30 PM

Grades K-8

Fall Youth Track Program

Introduce your younger child to Track & Field, and/or help your older athlete improve his/her event-specific skills. The program will include sprinting and distance running, jumping, and hurdles. Athletes will learn proper warmup, drills, and stretching and be exposed to some of the more specific technical aspects of certain



events (starts, form, etc.) \$55 cost includes a program t-shirt, and 8 weeks of coached sessions -- an intersquad "meet" will be staged in Week 5, with an earlier start time. Athletes seeking a final competition will be prepared for the Potomac Valley Track & Field Championships on Labor Day weekend.

=PR=
Training Programs 

**More information and registration at
www.prtrainingprograms.com!**