

PENINSULA

Track and Field Club

a member club of



“TRACK RASCALS” PROGRAM

for 2018

INTRODUCTION TO TRACK & FIELD FOR 6, 7 and 8 YEAR OLDS

JUMP!!

RUN!!

THROW!!



TUESDAYS AND THURSDAYS, 5:00– 5:45pm
BLUE HERON TRACK (at Parkland School), APRIL 3 – APRIL 26

REGISTRATION: PHONE – LESLEY FOSTER – 250-656-5660
EMAIL - lesley.foster@me.com

Make sure athlete has warm clothing and running shoes
Numbers may be limited so register early!!

**AGE LIMITS: ‘TRACK RASCALS’ MUST BE
BORN IN 2010, 2011 OR 2012**

**THE REGISTRATION FEE OF \$55.00 WILL INCLUDE BC ATHLETICS MEMBERSHIP
AND SPECIAL PROGRAM T-SHIRT
EXPERIENCED COACHES WILL PROVIDE INSTRUCTION**

COME AND JOIN US!

TRACK IS FUN!!!

Contact: Lesley Foster 250-656-5660 or Florence Dingle, 250-656-3341
For further information see: www.pentrack.org