

POTOMAC VALLEY TRACK CLUB YOUNG FLYERS

Track & field training for student athletes in grade K to 8th

Every Sunday, 3:00 PM to 4:00 PM, October 5 to December 14, 2025

Enter on-line at www.pvtc.org/youth.php

Thomas Jefferson Community Center, 3501 2nd Street South, Arlington VA 22204

Dates: 3 PM to 4 PM every Sunday, October 5, 12, 19, 26; November 2, 9, 16, 23, 30; and December 7, 14



- **Directions:** Arlington Blvd. (US 50), south on Irving St. (east of Glebe), west on 2nd Street South, Free parking on north side of 2nd Street South. Meet at Door #12
- **Limited:** To the first 25 entrants
- **Schedule:** **Outdoors on trail (indoors in case of inclement weather)**
- **3:00 Opening Exercises -- Circle Time:** Warm-ups, stretching, and strengthening exercises
- **3:15-4:00** Break into groups: (Preferences:)
 - Grades K-2: Short distance: 50 meters & 100 meters - Beginning & Advanced Sprint
 - Grades 3-4-5: Middle distance: 200 meters & 400 meters
 - Grades 6-7-8: Longer distance: 400 meters & 800 meters & one mile
 - For everyone: Hurdles, Javelin, Race Walk, Shot Put
- **4:00** Refreshments after each workout, donated by parents (fruit, juice, energy bars)
- **Train with great coaches including**
 - Jim Darr, Ron Molteni, Uchenna Onuzulike, Betsy Peace, Abdelillah Razah, Curtis Smith, Jim Wass, Jay Jacob Wind
- Get the best out of yourself
- Discover your abilities
- Run and walk fast, throw far
- Stretch to increase flexibility and prevent injury
- Build strength, endurance, and speed
- Learn to improve nutrition and health
- **For more information:** Call **703-927-4833**, write pvtcsecretary@gmail.com, or see www.pvtc.org/youth
- Conducted by Potomac Valley Track Club
- Everyone gets a bright orange PVTC competition jersey
- You may buy additional shirts for
- Everyone gets a **bright orange** PVTC competition jersey
- The workout on Sunday, December 8, is a practice meet to prepare for indoor winter meets:
 - at Hagerstown Community College in December
 - at Prince George's Sports and Learning Complex in December, January, and February
 - at Episcopal High School in Alexandria in January and February
- Financial aid is available -- Please contact me -- Please write to pvtcsecretary@gmail.com
- NOTE: You may try your first Sunday **for free!**



Mail to: POTOMAC VALLEY TRACK CLUB, 611 South Ivy Street, Arlington VA 22204
or **enter on-line** at www.pvtc.org/youth (or scan QR code)

Athlete's Name _____

Grade: K 1 2 3 4 5 6 7 8 (Circle one)

Parent's Name _____

Date of Birth ____-____-____ (mm/dd/yyyy)

Address _____

Gender: M F Size YS YM YL S L M L XL

City, State, ZIP _____

Parent's Phone _____

E-mail _____

Emergency Phone _____

Entry Fee: **On-line pre-registration: \$70 per student for non-members of PVTC** \$60 for members of PVTC
On-site registration: \$100 per student for non-members of PVTC \$90 for members of PVTC
Free for children of coaches

I agree to waive any and all claims I or my child may have against all sponsors and all officials of these events, including RRCA, USATF, Potomac Valley Track Club, and Arlington County, Virginia, and its elected and appointed officials and employees, for any damages or injuries OR CONTRACTION OF ILLNESS INCLUDING COVID-19 that I or my child may suffer en route to or as a result of my participation in these meets. I affirm that my child's physical condition and fitness are adequate to participate safely in these events. I agree to release my child's name and photo for publicity purposes. In case of medical emergency, I authorize my child to receive on-site first-aid or emergency medical treatment.

Parent or Guardian's Signature _____ Date _____

- My child will participate.
- I will help as a volunteer coach.
- Enclosed is \$ _____
- I can provide refreshments on _____ (date)
- Invite me to PVTC's youth e-mail list.
- List my name, phone, and e-mail in the team directory
- Enclosed is an additional donation of \$ _____
- I want extra t-shirts (add \$15) Sizes: [_____]