

POTOMAC VALLEY TRACK CLUB YOUNG FLYERS

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

Every Sunday, 2:00 PM to 3:00 PM, October 4 to December 13, 2026

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

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

Dates: 2 PM to 3 PM every Sunday, October 4, 11, 18, 25; November 1, 8, 15, 21, 29; and December 6, 13

- **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 50 entrants • In partnership with NVA Track Club
- **Schedule:** Outdoors on trail (indoors in case of bad weather) – indoor “track meet” on December 13
- **2:00 Opening Exercises -- Circle Time:** Warm-ups, stretching, and strengthening exercises
- **2:15- Break into groups:**

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

- **3:00 Refreshments** after each workout, donated by parents (fruit, juice, energy bars)

- **Train with great coaches including**
Uchenna Onuzulike, Betsy Peace,
Abdelillah Razah, Jay Jacob Wind
Feru Wake Dadi (formerly Ethiopian National Team Coach),
Desta Beriso Morkama (2017 Marine Corps Marathon winner)

- Get the best out of yourself
- Discover your athletic 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

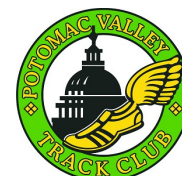
- **For more information:** Call 703-927-4833, write pvtcsecretary@gmail.com, or see www.pvtc.org/youth

- Everyone gets a **bright orange** PVTC competition jersey • You may buy additional shirts for \$15

- Financial aid is available -- Please contact me -- Please write to pvtcsecretary@gmail.com

- NOTE: You may try your first Sunday **for free!**

<https://www.active.com/arlington-va/running/distance-running-clinics/pvtc-young-flyers-youth-track-and-field-training-program-2026>



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: \$80 per student for non-members of PVTC o \$70 for members of PVTC
On-site registration: \$100 per student for non-members of PVTC o \$90 for members of PVTC
Free for children of coaches o Just looking – first visit

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