

Aurora Winged Foot

Track & Field Club

Where: Waubonsie Valley High School Track Mon/Wed/Fri, Oswego High School
Tues/Thurs

When: June 6th – July 15th
Mon, Wed, Fri 9:30am-11am
Tue, Thurs sessions 6pm-7:30pm at Oswego High School

Who: male or female students entering preschool through 8th grade for the 2017-2018 school year.

Cost: \$50 per family (not per athlete), mail ahead of time or bring to the first session you attend. Fee also covers fees for WV Track & Field and/or Cross Country camps.

Instructors: Members of Waubonsie Valley HS Boys and Girls staff along with alumni and current athletes from the WV teams. Lead contact is Kevin Rafferty.

The Winged Foot Club places an emphasis on fun, fitness and track & field technique. Through running, jumping, throwing, and stretching drills, along with games, we encourage our members to discover an enjoyment of exercise and a love of track & field events. Our sessions are come and go as you please. You may arrive late, leave early, or not come at all on any day throughout our series of sessions. The workload of every training session will be subdivided into ability groups so that stronger athletes can challenge themselves and beginning athletes can work at a level where they are capable of being successful. All technique drills (jumping, hurdling, vaulting) will break the skills down into their component parts, and athletes will not be allowed to move on to the next aspect of the event until the coach(es) feel the athlete can perform the technique safely. Aside from a pair of running shoes and clothing that is comfortable for workouts, all equipment will be provided by the coaching staff.

We are not part of either USATF or AAU and do not require registration through those organizations. We will encourage our member to participate in meets at surrounding high schools but will not require participation. We can also help any athlete interested in training with us but competing in USATF and AAU meets understand how to register for those events. Distance runners will also have several opportunities to compete in cross country and road races throughout the summer.

Mail to: Kevin Rafferty phone # 630-450-3204
2590 Odgen Avenue email: Kevin_rafferty@ipsd.org
Aurora, IL 60504.

Name: _____ T-Shirt Size: Youth S-M-L or Adult S-M-L-XL

Address: _____

Home Phone(____) _____ Emergency Phone (____) _____

Grade level for 2017-2018 _____ School _____