



# Youth Track & Field



Sponsored by Barre City & Town Recreation

**Coach: Angela LaCroix**

Do you like to run, jump, throw a softball and meet new friends? If this sounds fun we encourage you to join our summer Track & Field program! We will teach you how to improve your throwing distance, increase your running speed and introduce new skills that are offered at track and field events. Participants who meet certain age requirements will have an opportunity to participate in the V.R.P.A. track meet in St. Johnsbury, Vermont, July 23, 2016.

Who: Boys & Girls 7—14 years of age

When: Mondays & Thursdays

June 13, 2016— July 21, 2016

Time: 5:30 p.m.—6:30 p.m.

Where: Spaulding High School Track  
Ayer Street

Fee: \$30.00

Info: All registrations must be done prior to the start of the program. Anyone with questions should contact the Recreation Department at 476-0257.

## **SAVE THE DATE**

**V.R.P.A. Track Meet**

**July 23, 2016**

(Must be 7 to 14 years of age  
on December 31, 2016)

**Early commitment is required for the track meet. A small entrance fee is charged for the V.R.P.A. meet.**



**Parent volunteers are appreciated**—if interested contact the Recreation Department at 476-0257 or meet with Coach LaCroix at the track. We would appreciate help with the practices, registering and preparing for meets, fundraising, etc.  
- Many opportunities!