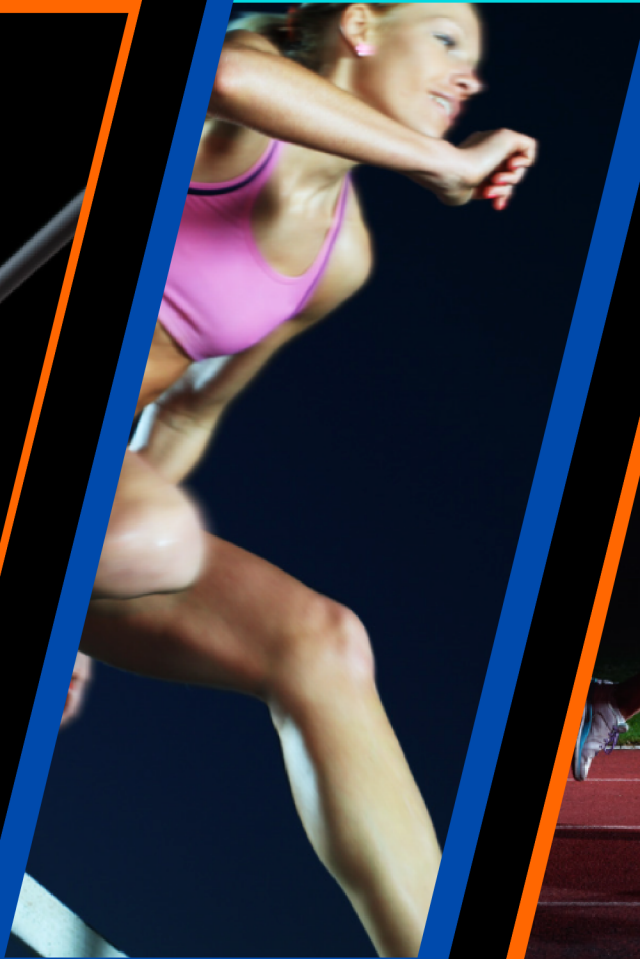


NEW SPORTS CLUB

YOUTH

HIGH SCHOOL



INDOOR

TRACK & FIELD

BEGINS
1.04.2023

JUMP

RUN

THROW

JOIN THE YOUTH

INDOOR TRACK & FIELD

CLUB

THIS ORGANIZATION AND ITS ACTIVITIES ARE NOT RELATED TO OR SPONSORED
BY THE NORTHWEST INDEPENDENT SCHOOL DISTRICT.



BUILD SELF-ESTEEM
INCREASE SELF-CONFIDENCE
BUILD CARDIO ENDURANCE
INCREASE PHYSICAL ACTIVITY
IMPROVE RUNNING TECHNIQUE & SPEED
DEVELOP BALANCE & COORDINATION
LEARN SKILLS IN TRACK & FIELD EVENTS
DEVELOP SPORTSMANSHIP & TEAMWORK

LIMITED TO THE FIRST
18 BOYS AND 18 GIRLS
REGISTERED PER GRADE
(2ND THRU 8TH)

SELECT YOUR SCHOOL
NAME WHEN REGISTERING

50 MIN PRACTICES: 2X/WEEK
(MON/WEDS OR TUES/THURS)
5:30PM-6:30 PM-8:30PM (BY TEAM)
MEETS 8AM SATURDAYS BY AGE GROUP

THE RUNRITE INDOOR RUNNING
& FIELD EVENTS CENTER
2330 WILLIAM D TATE
GRAPEVINE, TEXAS 76051
(FORMERLY SKATETOWN)

JOIN NOW

WINTER SEASON
JANUARY 4, 2023 THRU
FEBRUARY 18, 2023

469.240.1951

RUN@THEINDOORTRACK.ORG

COMPETE AGAINST CLUB TEAMS FROM OTHER SCHOOLS IN THE AREA!
AWARDS FOR: 1) IMPROVING WEEK TO WEEK 2) SCORING IN EACH MEET

WWW.THEINDOORTRACK.ORG/GRAPEVINE-TEXAS