



Seneca Valley Track and Field – Elementary Program Grades (3-6)

The fee is \$75.00 per student we will honor any financial waiver approved by the school district. The money will go towards a team t-shirt and the Track and Field Program. The Elementary Program will finish with the Annual Community wide Track and Field Meet on May 16th more information will be provided once your child is registered for the program.

Schedule:

This program is open to all third - sixth graders within the Seneca Valley School District in the evening on the following dates April 7, 10,16, 21, 30 and May 5, 10 (10:00 am- 11:30 am), 12, (5:30 – 7:00 pm)

May 16 (Track and Field Meet) – more information will be coming soon

Conditioning Start Date – April 7 meet the coaches and varsity athletes down on the turf field in the stadium. During each session the athlete will have exposure to running, jumping and throwing activities.

Expectations:

You may come to all sessions or just the ones that fit your schedule, since this is a beginning Track and Field Program. Success (meaning improvement and fun) is more likely to occur if you come more often.

Behavior expectations: Be on time and prepared for running activities you need to come dressed for activity. Being prepared means having athletic clothing (dress for the weather), lightweight running sneakers that fit well, a water bottle, and anything else you might need individually. Be good, positive, and encouraging to all teammates and stay where you are directed. Lastly, all activities will take place on the school district campus. The beauty of this sport is the entire range of experiences and desires everyone can be genuinely successful. This is a beginner program to get ready for an Elementary Track and Field Meet. If you come regularly, set goals, accept challenges, and work hard you can have success. Success is mainly measured by times and distances: setting new and improved PR's is success regardless of your place in an event. (There are other ways, too!) Our Philosophy of this program/rationale: We want to build our program from the enjoyment of wanting to be an athlete. We hope many of you find this type of activity as important, meaningful, and fun and eventually decide to join our MS Team as a 7th/8th grader and eventually our HS Track & Field Programs in the coming years.

This Program is an evening community Booster Sponsored program designed to inspire boys and girls of all abilities to recognize and embrace their inner strength. They will learn lessons that emphasize the important connection between physical and emotional health. Through safety modifications and specific training by the coaches. At the end of the program, everyone will be able to compete in a Track and Field meet, which provides a tangible sense of accomplishment, setting a confident and goal-oriented mindset into motion.

Questions please contact:

Ray Peaco (Seneca Valley Head Coach)

peacorf@svsd.net or call/text cell# (724) 452-0560

This correspondence is being circulated as a community service at the request of a non-school organization. This information and/or activities are not associated with the Seneca Valley School District. Any questions or correspondence should be directed toward the activity coordinator.

Online Registration: (Please complete by Tuesday, April 1st 2025 at the latest)

Follow this link to register online –

- For this program to take place, we would like to have 10-20 girls and 10-20 boys to participate in grades 3-6
- Link to online registration page - <https://forms.office.com/r/90VaDsd0MT?origin=lprLink>
- Link to Annual Community Elementary Track and Field Meet - [Elementary meet Flyer - Copy.docx](#)