



FLYING V's TRACK & FIELD CLUB

Boys & Girls Entering Grades 3 and up



The Flying V's Track Club is offered to give developmental instruction to young athletes who want to learn more about the sport of track and field AND give more in-depth instruction to more experienced track athletes.

Instructors: VAHS Track coaches, former athletes of VAHS, local collegiate track & field athletes/coaches

Location: VAHS Track - 234 Wildcat Way (VAHS Field House is backup location some nights in case of rain)

Questions: Visit our website: www.veronatrackandfield.com/flyingvs or email Joff Pedretti (director) at joff.pedretti@verona.k12.wi.us

Cost: \$140 entering grades 3-9, \$80 entering 10 and up. Cost includes instruction for 5-6 practice weeks, coaching at local meets, club t-shirt. (Meet entries are additional cost – expect around \$10-15 for local meets.)

There will be a brief VIRTUAL parent informational meeting on TUESDAY June 9th at 7:00pm to provide details, answer questions. Link will be on our website by the end of May and emailed to those who register.

The Flying V's Track Club is a USA Track & Field certified club that is offered to provide experience in the sport of track and field in a team atmosphere. We pride ourselves in quality instruction keeping approximately a 1/15 coach to athlete ratio, unlike some track clubs that have about three coaches for 100+ athletes.

The Flying V's have had success at all levels of competition, from beginners to national qualifiers at USATF or AAU Nationals. We emphasize individual improvement with running times and jumping/throwing distances during the season to help to build confidence and an enjoyment for the sport of track and field.

The Flying V's Track Club calendar can be found on our website, which will be updated throughout the spring as meets are confirmed. In general, practices are Monday and Tuesday nights with a local meet typically on Thursday night. Calendar can be found at www.veronatrackandfield.com/flyingvs

- Club practices begin the first week of summer (Mon. June 15th) from 4:00-5:30 pm for students entering grades 3-9. Athletes in grades 10 and up warm-up on their own from 5-5:30, then work with coaches from 5:30-6:15.
- Possibly no practices the week of July 4th or fewer depending on the coach's schedules.
- Those competing in post-season championship meets such as USATF or AAU Regional/National will receive coaching beyond the end of regular season.

Athlete Name: _____ Parent/Guardian Name(s): _____
 Gender (circle one): BOY GIRL Grade entering: _____ Birth Year: _____
 E-mail Address: _____ (e-mail is our primary way of contact during the season)
 Secondary Email (optional): _____ Primary Phone#: _____
 T-shirt size (circle one below):
 child small child medium child large / Adult Small Adult Med Adult Large Adult XL Adult XXL
 Home Address: _____ City: _____ Zip: _____

Paper form & Payment should be postmarked on/before Wednesday, June 3th mailed to 700 N. Main St., Verona, 53593, Attn: Summer Camp Registration or hand delivered to the VASD HR Office at 5375 King James Way, Fitchburg, WI 53719 by/before Friday, June 5th. Any late payment could result in your child not getting preferred t-shirt size. No refunds will be issued after June 13th.

Register online until June 13 or until registration is full: <https://www.verona.k12.wi.us/families/vasd-camps>

Or if pay by check - payable to VASD, and mailed to VASD, 700 N. Main St., Verona, 53593, Attn: Summer Camp Registration

If you DO NOT give permission for your child's photo to displayed on our web-site from a race, practice or other club activity check here
 If you DO NOT give permission for your child's name to be displayed on the website for results/recognition check here