



FLYING V's FALL RUNNING CLUB

Boys and Girls In Grades 1-5 in the VASD



Location: Practice at Stewart's Woods at VAHS

Practices: One hour on Monday and Wednesday afternoons
4-5pm Sept. 14th – October 19th (Pumpkin Run)

Full calendar and more info at: www.veronatrackandfield.com/flyingvs

Questions: Program/Registration Joff Pedretti at pedretti@verona.k12.wi.us

Coaching/Practices : Lindsay Herb at herbl@verona.k12.wi.us & Danielle Nelson at nelsondr@verona.k12.wi.us

The Flying V's Fall Running Club is offered to introduce more kids to the lifelong fitness activity of distance running at an earlier age in a FUN way while providing a team atmosphere!

The Flying V's fall running club is an extension from the Flying V's track & field club and we are a USA Track & Field (USATF) certified club. In the fall, our focus is to prepare our athletes for Verona's annual Pumpkin Run, as well as the USATF State Championship meets in late fall.

Many people do not become interested in distance running until they are adults and decide to start running 5K and 10K runs because it is a great way to improve and measure one's fitness. Most students in middle school and high school choose not to participate in the sport of cross country because they have developed a sense that distance running is only for only a select few because they had limited opportunities when they were younger.

It is our goal that all members of Flying V's Fall Running Club will:

- Develop the skills/knowledge/confidence to run long distance both now and later in life
- Have the opportunity to take part in distance running as a team- something difficult to find after high school
- Improve their fitness for the other sports they participate in

Fee provides coaching, a club t-shirt, admission to the Verona's Pumpkin Run in mid-October. Practices are twice a week (Monday and Wednesday) to give kids the flexibility to continue to participate in their other fall sports.

*Note: In the event of adverse weather (heavy rain or thunderstorm) practice will be canceled and not made up.



Athlete Name: _____ Parent/Guardian Name(s): _____
 Athlete's School: CV GE SC SP NC CK VAIS Other: _____
 Gender (circle one): BOY GIRL Grade entering: _____ Birth Date: ____/____/____
 T-shirt size (circle one): youth small / youth medium / youth large / Adult Small / Adult Med / Adult Large / XL
 Home Address: _____ City: _____ Zip: _____
 E-mail Address: _____ (e-mail is our primary way of contact during the season)
 Secondary Email (optional): _____ Primary Phone#: _____

COST: \$60 - Make Checks payable to "VASD" **No refunds under any circumstances after Sept 13th ** Any late payment could result in your child not getting preferred t-shirt size.

Register online: <https://www.verona.k12.wi.us/families/vasd-camps> *Online is recommended as the program has a cap of 40 participants Or if pay by check - payable to VASD, and mail to VASD, 700 N. Main St., Verona, 53593, Attn: Summer Camp Registration

I hereby specifically agree to hold harmless the directors and councilors of this camp, and the Verona Area School District for any liability, injury, or loss arising out of or occurring in the course of this camp or the facilities related to this camp. I certify the participant is able to participate in all camp activities. In case of emergency, I grant permission for my son/daughter to be given treatment at a local hospital. **Parent signature** _____

We are looking for parent volunteers! If you are interested in coaching your child's group write your name HERE _____