RANCOCAS VALLEY

TRACK CLUB FALL PROGRAM

THE FALL PROGRAM IS FOR AGES 8-1/2 TO 18.

THE FALL PROGRAM STARTS ON 9-20-2016 AND ENDS 10-20-2016WITH A START TIME OF 4:00PM TO 5:15 PM. THE EMPHASIS IS ON RUNNING, AGILITY TRAINING AND CORE STRENGTHENING. A SECOND SESSION IS INDOORS AND STARTS OCTOBER 24TH AND ENDS DECEMBER 2ND WITH A START TIME OF 5:30 PM AND GOES UNTIL 6:30 PM. THE SECOND SESSION FOCUSES ON STRENGTH TRAINING AND SPEED.

THE COST OF THE FIRST SESSION IS $110.00 AND THE COST OF THE SECOND SESSION IS $125.00

LOCATION FOR THE FIRST SESSION WILL BE AT WESTAMPTON RECREATIONAL FIELDS ON RANCOCAS ROAD. TUESDAYS WILL BE ON THE GRASS FOOTBALL FIELD AND THURSDAYS WILL BE ON THE TURF FIELD. BOTH ARE IN THE SAME LOCATION NEAR ONE ANOTHER.

THE SECOND SESSION LOCATION IS AT PIVOTAL TRAINING ON EAYERSTOWN ROAD IN SOUTHAMPTON.

THE BENEFITS TO THE SUMMER AND FALL PROGRAMS ARE YOU WILL ACQUIRE BETTER ENDURANCE AND THAT WILL LEAD TO BEING ABLE TO KEEP YOUR SKILL LEVEL AT A HIGH LEVEL WHILE YOU PLAY YOUR OTHER SPORTS.

YOU CAN SIGN UP BY PRINTING OUT OUR REGISTRATION FORM FROM OUR WEBSITE [WWW.RVTRACK.ORG](http://WWW.RVTRACK.ORG) AND SENDING IT IN ALONG WITH YOUR PAYMENT.

IF YOU HAVE ANY QUESTIONS YOU CAN EITHER CALL 609-267-8253 OR EMAIL US AT [INFO@RVTRACK.ORG](mailto:INFO@RVTRACK.ORG).

REGISTRATION IS LIMITED, SO PLEASE HAVE YOUR FORM TURNED IN BY SEPTEMBER 20th.

NOT A SCHOOL FUNCTION.