



**THIS 6-WEEK PROGRAM WILL RUN FROM
JUNE 20, 2017 TO JULY 27, 2017**

(NOTE: THERE WILL BE NO INSTRUCTION JULY 4TH)

PROGRAM DAYS :

Tuesday, Wednesday, Thursday of each week.

THE LONNELL POOLE YOUTH SUMMER TRACK PROGRAM:

The Lonnell Poole Youth Summer Track & Field Program supports Chicago Heights and surrounding area youth (girls and boys) grades Kindergarten through high school (K-12, ages 5-18). The "co-ed" program is intended to introduce students to the sport of track and field and provide instruction on proper technique and rules (i.e. running, hurdling, jumping, throwing, etc.).

It provides a fun and healthy way to compete locally in weekly track and field events with a focus on technique, discipline, goal setting and sportsmanship. Area coaches, community, high school students and alumni volunteers will provide coaching and assist in running the weekly track meets. The track meets are **FREE** and open to all youth including those with physical and/or visual disabilities.

•All activities will be held from 5pm to 7pm at the Chicago Heights Bloom High School OUTDOOR track.

Email : lonnellpoolesummertrack@gmail.com to participate or if you have additional questions.

"Technique Tuesdays" (All grades), 5pm-7pm:
Area Coaches will provide instruction on key track & field events.

Weekly "All Comers Meets" (5pm-7pm)

Wednesday "All Comers" Grades K-8 (5-14 years of age).

Awards will be presented to the Top 3 place finishers for the following age groups : Ages 8 & Under, 9-10, 11-12, 13-14

Thursday "All Comers" Grades 9-12 (15-18 years of age).

Awards will be presented to the Top 3 place finishers for the following age groups: 15-16, 17-18

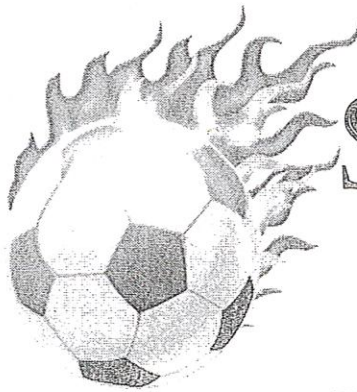
 **PREPARING2WIN** 

Attention!

All High School BOYS and GIRLS
And Incoming freshmen are
Invited to attend

Bloom Township District 206

SOCCER SUMMER



Camp

Tuesday and Thursday

Evenings

5:00 – 8:00 PM

Bloom High School's
North Field

Starting June 1st.

*Attendance is not mandatory - come when you
can!