



YOUTH RUNNING DEVELOPMENT PROGRAM

Training in Running for Fun, Fitness,
Development and Friends!

All Skills Levels Welcomed - Beginners to Advance

Grades 2 - 8



OPEN: NOV 15, 2016 - CLOSE: JAN 15, 2017 LATE REG: JAN 16 – JAN 31



The Berkeley Heights PAL Youth Track Program is a co-ed running development hub for boys and girls grades 2nd to 8th. The three and a half month program will offer sprints, middle-distance, distance, as well as relays. All children will be eligible to participate in USATF & AAU sponsored events.

Training emphasis will include – Speed, Strength, Endurance, Running Mechanics, Flexibility, Agility & Drills. This program is also a great cross conditioner for other sports, the discovery of a new sport or just a fun way to be healthy. Each gender competes in their age groups according to USATF and AAU guidelines.

Spring track program begins Monday February 27th and runs through June. Practice dates are Monday, Wednesday, and Friday 5:30pm-7:15pm. Training Locations are Governor Livingston H.S., Watchung Reservation, and Columbia Park.

- **Meet schedule:** published in the WolfPack Track Club website (www.wolfpacktc.org), majority of meets on Sundays.
- **Uniform orders for purchase:** singlet/shorts (required) and warm-ups (optional purchase); *returning athletes can use existing uniform.* Uniform orders will be announced via e-mail to all registrants.

IMPORTANT: BEFORE THE FIRST PRACTICE, All Children must be registered with the **USATF and AAU.** No one will be allowed to practice and/or race without the membership. This is done yearly unless you have selected a multi-year membership. *Returning Members, you will need your child's current USATF and AAU membership number and password. Renewal is much easier and your child's birth certificate does not need re-verification.*

STEP #1: Register with the Berkeley Heights PAL www.bhpal.org

Registration fee: \$165.00 for Berkeley Heights and Mountainside residents, and \$195.00 fee for out of town residents covers meet entry fees (except where indicated) and administrative costs. **\$40 dollar late registration fee will apply outside of the registration dates.**

STEP #2: Register with the **USATF** <http://www.usatfnj.org/> (\$20 Annual Membership)

[Click to register](#)

Enter **USATF CLUB NUMBER:** **07-1089** WolfPack Track Club

Birth certificates (e-mail copy to services@usatfnj.org)

If you are a new participant the USATF needs a "copy" of your child's birth certificate. DOB verifications (US birth certificate, US passport, US Naturalization certificate, US Green Card/Visa or NJ Driver's License).

STEP #3: Register with the **AAU** www.aau.org (\$16.00 Annual Membership)

[Click to register](#)

Enter **AAU CLUB NUMBER:** **WW747E** WolfPack Track Club

PLEASE check with your **DOCTOR** before starting any exercise program to make sure you can handle the demands of the activities.