

# SPRING YOUTH SPORTS

## Harraseeket Harriers Coastal Running Team

Lace up those sneakers and get ready to run like the wind in another exciting Harriers season! Learn proper running, conditioning, and stretching techniques and gain experience in cross country racing. At the meets, ages 6-7 run the  $\frac{1}{2}$  mile, ages 8-9 the  $\frac{3}{4}$  mile, and ages 10-12 the 1 mile. A meet schedule will be handed out at one of the first practices. Initial practices will be on Mondays and Wednesdays. When meets begin, practices will be on Mondays and meets on Wednesdays. Running shoes or sneakers are required. **Volunteer parents are needed to help run this program. If you are interested in helping out, please contact Anthony at 865-6171.**

***Instructor: Anthony Johnson, FRCE***

Dates: April 27 – June 3

Days: Mondays & Wednesdays (**no practice 5/25**)

Time: 3:15 – 4:30 pm

Ages: 6 - 12

Location: MLS playground field

Fee: \$50/\$60 NR

Course #: 94-212

