

Pembroke Academy 2019 Summer Track & Field Program

- WHAT:** 5 Week Track & Field Program for Pembroke Academy District Middle School Athletes
- AGES:** Boys and Girls entering grades 6-9
- WHEN:** July 1 - August 1 - Mondays, Tuesdays, Thursdays
Practices on Mondays and Tuesdays 6-8pm
Meets on Thursdays (5-8p - no meet on July 4th) at Pembroke Academy
- COST:** **\$75** (includes T-Shirt and entry fees for the meets)
If the entry fee is an issue, please contact the coaches. We want all athletes to participate regardless of financial situation.
- WHERE:** Pembroke Academy Track
Thursday meets at Pembroke Academy
- GOALS:** After 5 weeks you'll be faster, stronger, more explosive, and you'll get some experience in all of the track and field events. To have fun and enjoy the sport of track & field
- DETAILS:** The program's primary focus will be on developing acceleration, speed, and power.

Each week will include an acceleration and a speed workout. We'll also do some basic strength and conditioning workouts. There will be longer runs for those wanting to focus on distance running.

Each day will include at least one technical session, concentrating on basic form and technique, rotating between hurdles, long jump, triple jump, high jump, shot put, discus, javelin

The Thursday meets will be at Pembroke Academy. We will have the high jump, 100m, 800m, mile, and 4x100m every week. The 200m and 400m will alternate every other Thursday. The long jump and triple jump will also alternate, as well as shot and turbo javelin.

Testing At the beginning and the end of the program we will test all athletes in:

Standing Long Jump
Overhead, backward toss (of a shot put)
10m, 40m, 100m sprint (all from one run) - using an automatic timing system

These will serve as baselines to check for improvements in speed and explosion both for this program and going forward.

Previous track and field experience is NOT required but the program is geared for athletes looking to compete at the high school level.

Conflicting vacations and other summer commitments are expected. Athletes do not need to attend every practice or meet, but the more they attend the more they'll get out of it.

WHO: Pembroke Coaches Bradley Keyes and Michael Valotto, Chichester Coach Stefanie Berkeley

Call or email Bradley Keyes at 736-8877 or bkeyes@activemind.com with any questions.

***Please call or email if you plan on attending so I can plan for the proper number of athletes.
You can pay by check or cash at the first practice.***