



YOUTH TRACK AND FIELD TEAM

STARS – TOTALLY INCLUSIVE YOUTH SPORTS is a sports program created for the purpose of developing, stamina, speed, agility, flexibility, and strength both physically and mentally for all who participate.



STARS would like to invite all potential rising stars between the ages of 6 and 12 years old to join the **STARS YOUTH TRACK AND FIELD TEAM**.

All athletes who join STARS will be introduced to the following:

- ♦ Training in proper running mechanics, speed acceleration drills natural strength exercises
- ♦ Training will take place on Mondays at Wednesdays from 6 pm—7:30 pm @ Miller South/Lane School. **First session will be Monday March 29th.**
- ♦ The training session will incorporate drills and competition among the participants with awards given on the last session.

STARS Track and Field team will also compete in the ATC Youth Track and Field series throughout April and concluding the first week of May with a championship competition complete with medals and ribbons. Those dates are Sunday 4/11, 18, 25th with the finals on Sunday 5/1 for 8 and under and Saturday 5/8 for 9 and up.





2021 TRACK AND FIELD TEAM

ATHLETE REGISTRATION AND GENERAL INFORMATION FORM

NAME: _____ AGE (AS OF 4/1/2021): _____

ADDRESS: _____ CITY: _____ ZIP: _____

EMAIL ADDRESS: _____ GENDER ☐ Male ☐ Female

SHIRT SIZE: YOUTH MEDIUM ___ YOUTH LARGE ___ ADULT SMALL ___ ADULT MEDIUM ___

PHONE #: _____

PARENT SIGNATURE: _____

CUT OUT AND SAVE THIS BOTTOM SECTION

GENERAL INFORMATION:

DATES: MARCH 29TH – APRIL 30TH

TRAINING SESSIONS: MONDAYS & WEDNESDAYS @ MILLER SOUTH/LANE FIELD FROM 6:00 PM – 7:30 PM

**INTRA SQUAD COMPETITION DURING EACH TRAINING SESSION WITH AWARDS PRESENTED ON FRIDAY
APRIL 30TH**

**STARS TEAM WILL COMPETE IN THE ATC YOUTH TRACK AND FIELD SERIES ON SUNDAYS THROUGHOUT
APRIL WITH A FINALS THE FIRST WEEK OF MAY. MORE DETAILS WILL BE PRESENTED AT THE FIRST
SESSION**

COST: \$30 PER ATHLETE

PLEASE MAIL CHECK AND REGISTRATION FORM TO THE FOLLOWING ADDRESS BY MARCH 27TH

(OR YOU CAN BRING IT TO THE FIRST SESSION):

**STARS YOUTH TRACK AND FIELD TEAM
3108 SPARROWSCREST
AKRON, OHIO 44319**

FOR MORE INFORMATION, PLEASE CONTACT

DAN LANCIANESE

330-352-5602