



Seward Track Club



For more information please call Kurt Holliday 643-4227

This info is also on my website at <http://www.sewardpublicschools.org/>

(Under - High School – Teacher Pages – Kurt Holliday – Track and Field – Little Kids Summer Track Club)

For Ages: 5 to 14 (Kindergarten to 6th grade) 7th grade and up will be coaches.

Dates: 5 Monday's and Thursday's in July (July 11th, 14th, 18th, 21st and 25th)

Time: 7:00 p.m. – 8:00 p.m.

Location: Seward High School Track

Cost: 1 Athlete with T-Shirt is \$25 (New members and/or if your athlete needs a new shirt)

1 Athlete without T-Shirt is \$15 (Those that have one from previous year)

Family (2 or More Athlete's) With T-Shirts is \$50 (New members and/or if your athlete(s) needs a new shirt)

Family (2 or More) without T-Shirt is \$30 (Those that have them from previous year)

Shirt Sizes: (Youth XS)(Youth S)(Youth Med)(Youth L)(Adult S)(Adult Med) (Adult L)(Adult XL)

Practice Schedule:

Warm-up

Stretch

Drills

Workout or Game

Popsicles

(Please bring a water bottle.)

(Please fill out and mail to: Kurt Holliday – 919 South Street, Seward, NE. 68434)

Athlete(s) Name(s):	_____	Shirt Size	_____	Age:	_____	Grade:	_____
	_____	Shirt Size	_____	Age:	_____	Grade:	_____
	_____	Shirt Size	_____	Age:	_____	Grade:	_____
	_____	Shirt Size	_____	Age:	_____	Grade:	_____

Parent/Guardian's Name(s): _____

Address: _____

Phone #: _____

Release Waiver: Seward Track Club Personnel and Seward High School will not be responsible for any injury, fatality, loss, or damage incurred during this activity.

Parent(s) Signature: _____ DATE: _____

Seward Track Club

(Tentative Itinerary-Subject to change)

The idea is to introduce young kids to the sport of track and to expose them to exercise by making it fun.

-Without the help of many volunteers this opportunity would not be possible.

Week# 1 (July 11th)

- *These items are the same for every practice.*
- *Warm-Up 3rd Grade and Under = 1 lap jog, 4th grade and up= 2 laps jog*
- *Stretch (Line up = Arms, Touch Toes, Hurdler Stretch, Butterfly, Quad, Lower Back and Hip stretch.)*
- *Drills*
 - *Little ones = High Knees, Butt Kicks, Forward Skip, Backwards Skip, Karioka, Heel Walks, Accelerations, and Dynamic Stretching.*
 - *Middle School = High Knees, Butt Kicks, Vertical Bounding, Horizontal Bounding, Ankle Flips, Karioka, Heel Walks, Lung Walk, Backwards Skipping, Accelerations and Dynamic Stretching.*
- *Workout=Relay Day*
 - *Demonstration of Hand-offs*
 - *Elementary = Open Hand-offs*
 - *Middle School = Open and Blind Hand-offs*
 - *Relay Race – Groups of 5 each run a 100 m – 2 at start/finish*
 - *Little kids go 2 laps around*
 - *Big kids go 3 laps around*
- *Popsicles*

Week# 2 (July 14th)

W,S, D

Workout/Game

- *One group will learn about starts, standing starts, 4 point starts.*
- *One group will learn about the long jump. Then they will switch.*
- *Run a timed 200 after that.*
- *Popsicles*

Week # 3 (July 18th)

W,S,D

Circuit Training (jumping jacks, hills, push-ups, burpies, sprints, high knees, mini hurdles, stairs, sit-ups, mountain climbers, etc.)

A timed 400 after that.

Popsicles

Week #4 (July 21st)

W, S, D

Run Mile part on track and part on grass off track course

Popsicles

Week #5 (July 25th) Last Day

W, S, Track Meet

Middle School – Long Jump, 200, 400, 100, 800 or 1500

Elementary –100, 400, Long Jump, 200.

Hand out Medals.

Popsicles