

SPRING, SUMMER & FALL INFORMATION

Welcome to the Greenwich Track Club, especially for children in Grades 2 to 8 who live in the Greenwich area.

The aim of the GTC is to provide an outlet for all youngsters who love to run or who want to enhance their performance in other sport activities.

The Greenwich Track Club is owned and run by Bill Bogardus. Bill is the Vice Principal of North Street School in Greenwich, CT, and prior to that was an elementary physical education teacher for ten years.

Through many running and endurance events, such as the Iron Man Triathlon, Bill strives to instill value and the importance of living a healthy lifestyle into his students and athletes. His philosophy is not about winning and losing, but rather participating with full effort and having fun.

DESCRIPTION OF EVENTS:

Weekly track and cross-country training for all skill levels and abilities.

The track sessions will focus on fitness, flexibility and fun, encompassing speed work; footwork and agility; building strength and running techniques. The cross-country training will focus on technique and building endurance.

A fun Club Championship with various track events is held at the end of the spring and fall sessions.

- Track is held on two weekdays and Sunday. It is not mandatory to attend all three days.
- Weekday sessions are at Havemeyer Track (behind town hall) or the GHS track. Runners choose to attend either one of two time sessions offered each weekday. Times TBA.
- Sunday sessions are 9:00-10:30am at Camp Simmons, the Boys & Girls Club of Greenwich Facility at 744 Lake Avenue. Parents and siblings are welcome to run with us on Sunday at no extra cost and join us in enjoying coffee, bagels and cream cheese kindly donated by Upper Crust Bagel Company.

FEES:

The fees for 2011 are:

\$255 session fee for the first child, \$235 for each additional child. Fees include the \$30 annual GTC membership fee (January-December).

For members who have already paid the annual membership fee the session fee is \$225/\$205.

Fee includes:

- GTC t-shirt.
- GTC water bottle
- GTC car magnet.
- One-year membership to the Boys & Girls Club of Greenwich (if not already a member).

SCHOLARSHIPS:

The GTC is able to offer several scholarships to its program. Please contact Bill Bogardus directly. Scholarships are awarded on an individual needs basis.

REGISTRATION:

You will need to complete:

- GTC Registration and Consent for Treatment forms.
- Boys & Girls Club of Greenwich membership form if not already a member and would like the membership. If you plan to run on Sundays your child must be a member.
- Provide a **copy of your child's most recent Medical form** dated within the last 18 months (required for insurance purposes).
- Family members of GTC members who intend to run on Sundays must also complete the GTC Sunday Family Members Medical Waiver form.

All forms are downloadable from the "Registration" section of our website.

Please bring all forms and payment to one of our pre-registration days, or to the first day of track. Checks should be made payable to Greenwich Track Club.

COACHES:

Currently our coaches for the spring, summer and fall are:

- Bill Bogardus, GTC Director, USATF Level 1 certified coach
- Jeremy Boland, Assistant Coach
- Pam Kelly, Assistant Coach
- John Langley, Assistant Coach, USATF Level 1 certified
- Karen Newman – Assistant Coach
- Kim Nizielski, Assistant Coach
- Emmy Stocker, Assistant Coach
- Colleen Wood, Assistant Coach, USATF Level 1 certified
- Matt Yardis, Assistant Coach, USATF Level 1 certified

CANCELLATIONS:

We run during **all** weather conditions, apart from thunderstorms. Please call 203-273-0511, or check the website for information. Occasionally cancellations have to be made at the very last minute.

EQUIPMENT:

- A sturdy pair of running sneakers.
- Wear comfortable clothing, suitable for the weather conditions.
- Runners should bring a water bottle to every training session.

We look forward to training with you!

Details are subject to change. Please check the details for each individual session prior to the start.