

# **WINTER 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 has been teaching Physical Education in the Greenwich Public Schools for over 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:**

A weekly, indoor youth fitness training program for all skill levels and abilities, run by professional personal trainers and coaches with in depth knowledge of developing and monitoring fitness programs for all ages.

The program will be fun, but with a focus on improving your child's overall fitness level, providing the perfect opportunity to gain an edge for all sports seasons, or to maintain fitness levels over the long winter months.

The benefits of the program include:

- improve cardio-respiratory fitness
- build self-esteem and confidence
- improve endurance, agility, balance and core strength
- injury prevention
- enhance performance in all sports

Days & Times: Tuesdays and Thursdays 4:30-5:30pm.

Duration: January 10th - March 8th (no meeting Tuesday 14th and Thursday 16th February - public schools winter break)

Location: Greenwich YMCA gymnasium, 50 East Putnam Ave, Greenwich. You do not need to be a member of the YMCA to take part in our program. If you wish to use other facilities at the YMCA you will need to take out their membership.

Other: Unfortunately we cannot offer trial sessions, as with our other seasonal programs, or pro-rate rates for one day per week attendance, or part attendance. Payment is required in full at the start of the program.

## **2012 FEES:**

Youth:

\$30 annual GTC membership fee (January-December).

\$420 winter session fee

Total: \$450

Adult:

\$225 (GTC membership is not required)

Youth 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).

### **YOUTH 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 join our spring, summer or fall programs and plan to run on Sundays your child must be a member of the BGCG).
- Provide a **copy of your child's most recent Medical form** dated within the last 18 months (required for insurance purposes).

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

Please bring all forms and payment to registration days. Checks should be made payable to Greenwich Track Club.

### **COACHES:**

Our coaches for the winter program are:

- Bill Bogardus, Head Coach, USATF Level 1 certified
- Jeremy Boland, Certified Personal Trainer
- Matt Yardis, Assistant Coach, USATF Level 1 certified

### **CANCELLATIONS:**

The GTC follows the cancellation procedure of the Greenwich Public Schools for its winter program. If schools are closed and/or after school activities are cancelled the GTC will not hold a training session. Please call 203-273-0511, or check the website for information.

### **EQUIPMENT:**

- A sturdy pair of running sneakers.
- Wear comfortable clothing.
- Bring a water bottle to every training session.

**We look forward to training with you!**

Details are subject to change. Please check details prior to the start of the session.