



# Winter Training Group

Nittany Track and Field youth athletic club is organizing a regular winter youth training group for middle school age runners to provide athletes with off-season conditioning and to foster development of fundamental motor abilities and techniques.

The group will meet twice a week for coached indoor training sessions. Runners will also be provided with a running plan for the other days. Practice will emphasize running form, agility, and speed development so that athletes are ready to perform at the highest level during following spring and summer seasons.

**Who:** Middle school aged runners (11-14 years old). Group size is limited to 30

**Season:** January 7 – February 27, 2018

**Indoor sessions:** Tuesday 6:30 - 7:30 pm / Sunday 4:00 - 5:30 pm

Sundays may also partially include outdoor running, weather permitting. Athlete will be provided with a training plan for the days between group sessions.

**Location:**

Spectra Wood gym, 2625 Carolean Industrial Dr., State College, PA 16801

**Coaches:**

Jayson Jackson (jhj105@gmail.com) and Artie Gilkes (artiegilkes1@gmail.com)

**Indoor Track Meets:**

Athletes will have an opportunity to compete in several indoor track meets to get indoor racing experience. Indoor meet information will be provided. Participation in the track meets is voluntary, but recommended.

**Registration fees:** \$100 per athlete (payable to *Nittany Track and Field*). Athletes must also have a 2018 USATF membership for practice insurance purposes.

**Register online:** <http://www.ntfxc.com/registration.html> or mail the attached registration form with payment to Tony Kwasnica, 881 Teaberry Lane, State College, PA 16803 before January 1st, 2018. Please do not duplicate online and paper registration.

For more information, please contact Nittany Track and Field at [ntfxc.club@gmail.com](mailto:ntfxc.club@gmail.com) or call 814-876-0461 (Mark Fedkin).

