



Grove City Athletics Club **Elementary Spring Track Program**



Mission: motivate life-long physical activity through inspiring a joy for running and physical fitness.

Who: 2nd – 6th Grade Students

When: Thursdays from **2:30pm-3:30pm** (*weekly for six sessions plus two optional community track meets*)

Dates: May 3, 10, 17, 24, 31; June 7

Where: Behind the **Grove City Middle School** (*2nd-5th grade students will walk as a group over after school*)

Activities: Running, walking, fitness games, circuit training, stretching, relay races, track meet, etc.

Curriculum: RRCA Kids Run the Nation (<https://www.rrca.org/our-programs-services/programs/kids-run-the-nation>)

Objectives: Improve fitness (particularly cardiovascular endurance) and increase feelings of valuing physical activity (*SHAPE America National PE Standards 3 & 5*; <http://www.shapeamerica.org/standards/pe>)

Coaches: **Dr. Seth Jenny** (Slippery Rock University Public Health Professor & Former NCAA Runner)
Dr. Brian Buchan (Hillview School Psychologist & Boston Marathon Qualifier)
Dr. Angie Jenny (Urgent Care Physician & Former NCAA Runner)

Program Cost: **FREE*** to Grove City Athletics Club (GCAC) Members

- *In order to participate, your participating Child or Family must become a member of the GCAC.
- **GCAC Annual Membership:** \$25 per Individual; \$40 per Family/Household
 - See our below registration page about the **BENEFITS** of joining the Grove City Athletics Club!
 - The GCAC is for adults and children and is open to anyone! Become a member Household!

Registration: <https://getmeregistered.com/GroveCityAthleticsClub>

Optional: Slippery Rock University Summer All-Comers Family/Community Track Meets:

- **Wednesdays, June 13* & June 20 @ 6pm @ SRU Track** (Mihalik-Thompson Stadium)
 - *June 13 meet @ 6pm will include: GCAC Elementary Track Program-only 1 mile post-test!
 - This will act as a type of post-program time trial to track fitness gained!
- Both meets are open to anyone of any age (bring the entire family)!
- \$15 per individual (unlimited event entries). *GCAC-Discounted “Family Rate”: \$25. Payable at meet.
- Events range from 50m (elementary-only) to 5k track races + hurdles + jumping + throwing events
- More info: www.rockathletics.com/sports/2009/8/27/MOT_0827090210.aspx

Email Questions: GroveCityAC@gmail.com

Social Media: @GroveCityAC (*Twitter*); Grove City Athletics Club (*Facebook*)