

ERR Arrows Competition Training Program (CTP)

WHAT: ERR Arrows Competition Training Program (CTP) provides focused training for youth track and field athletes who have a strong drive to compete at meets both during the regular season as well as in post-season, and who can attend 3 practices a week. **Please note: This is not the general ERR Arrows Track and Field Program.**

WHO: Runners (all distances), throwers, and jumpers, aged 9 to 16 (by the end of 2019) and older, who want to improve their skills through more customized and intense training. **Track and field must be their primary spring sport, and participants must commit to attending 4 or more regular season meets**

WHEN: Monday, March 11th – Tuesday, June 4th, 2019; Practices will be Monday, Tuesday, and Thursday from 5:30 to 7:15 (running practice 5:30 to 6:45 and field event practice 6:45 to 7:15); There will be an initial training session on Saturday, February 23rd at Century High School

WHERE: South Carroll High School Track and Linton Springs Elementary school.

Head Coach: Erin Lavelle (ebuccico@hotmail.com)

COST: \$125, this includes a high-quality competition uniform (singlet and shorts); uniform will be reusable for future seasons and only needs to be purchased once. Registration for the 2019 season is limited to 25 participants and ends when all spots filled, or by March 31
Register at <http://www.farc.siplay.com> Arrows Competitive Training Program

MEETS: Most Sundays from April 7th to June 2nd – regular season meet registration fees are usually around \$6

ATHLETE EXPECTATIONS:

- Track and field must be their primary Spring sport
- No previous experience is necessary, and athletes do NOT need to be fast runners. However, athletes must be committed to improving themselves, willing to listen, and always give their best
- Age 9 to 16 by the end of 2019 and older.
- Athletes must attend most regular season meets (4 or more)
- Willing to attend all practices with a serious focus and understand that pushing yourself is important to seeing personal improvement

The Arrows Program is sponsored by ERR—Eldersburg Rogue Runners, Inc. ERR is an affiliate of the Freedom Area Recreation Council. For additional information on ERR and its programs visit our website at www.errun.org. ERR is not affiliated with any specific HS program.