



Competition Training Practices for Arrows Sprinters and Mid-Distance

WHAT: 4 sessions of focused training for sprint or mid-distance Arrows (100m, 200m, 400m, 800m)

WHO: For registered Arrows aged **11-and-up** (age by December 31, 2018) who are serious about competing and want to improve their skills through more customized training. Recommended for any Arrow who plans on competing in at least 4 of the 7 meets planned in 2018.

WHEN: Sunday 12:00-2:00 p.m. - March 4, 11, 18, 25

WHERE: South Carroll High School Track, 1300 W. Old Liberty Road

COST: In addition to the basic Arrows registration of \$65, this 4-session program will cost \$20

Why should my Arrow register for this?

- **The Coaching:** Through this smaller, more focused group, Arrows will benefit from the expertise of coaches Tony Griner (Sprints) and Erin Lavelle (Mid-Distance) who are highly dedicated to helping Arrows reach their potential to compete at a higher level throughout the season.
- **More Precise and Individualized Training:** These practices will provide an introduction to the fundamentals of sprinting through technique-based drills, as well as time based repetitions based upon an athlete's measurables. Practices will include: tempo runs, speed workouts, and recorded time trials to track individual progress.
- **Inaugural Year a Great Success:** Launched in 2016, the Competition Training Program was deemed a great addition to our Arrows program, as we saw consistent improvement in all who took part in the CTP. We look forward to more success stories in 2018!

****Of Special Note**:** Once our track meets start on Sundays in early April, Coaches Griner and Lavelle will start offering an extra optional practice on Fridays for all 11-and-up sprinters that want to continue their competitive training throughout the season. Arrows who have participated in the 4-week program listed here are encouraged to continue with these Friday practices throughout the season in order to build upon the basics they have already learned.

We hope that our older Arrows will take advantage of this exciting new opportunity! If you have any questions, please email: arrowseyouth@errun.org