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**Youth Track and Field Competition Training Program (CTP) 2020**

**Registration for the 2020 Track and Field Competition Training Program ends when all 35 spots are filled!**

**REGISTRATION:** [http://farc.sportssignup.com](http://farc.sportssignup.com/) - Select the Arrows Competitive Training Program

**WHAT:** 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. Please note: This is not the general ERR Arrows Track and Field Program

**WHO:** Runners (all distances), throwers, and jumpers, aged 10 (by December 31, 2020) and older, who are serious about competing and want to improve their skills through more customized and intense training. Track and Field must be their primary sport and participants must commit to attend four (4) or more regular season meets.

**WHEN:** Monday, Tuesday, and Thursday: 5:30 – 7:30pm (running practice 5:30 to 6:45 and field event practice 6:45 to 7:30) from March 16th to August 3rd, 2020. This is a change from the 2019 season, the summer CTP program is now included, but NOT required. Spring only participants will end on June 9th and Summer only participants may start anytime after Memorial Day.

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

**HEAD COACH:** Erin Lavelle (ERRArrowsCTP@gmail.com)

**COST:** $145 for Spring and Summer, $115 for Spring only. The registration cost DOES NOT include a uniform. The CTP uniform cost is $70 to $80 depending on the style chosen. Financial assistance is available. Contact Coach Lavelle at the email above for more information about uniforms or financial assistance.

**MEETS:** Regular season meets are most Sundays from April 5th to June 7th. Post season meets are usually two to three days on the weekend throughout the summer. A post season schedule will be provided once available.

**ATHLETE EXPECTATIONS:**

* Track and field must be their primary sport
* Age 10 or older by the end of 2020
* No previous experience is necessary, and athletes do NOT need to be fast runners, However, they must be committed to improving themselves, willing to listen, and always give their best.
* Track and Field is an ALL-WEATHER sport, and for that reason, we train in all weather conditions. Arrows will be expected to show up for practice appropriately dressed for the conditions, even the cold and rain (safety is always a primary concern, so practices will be modified to fit the weather conditions).

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.ERR.org](http://www.ERR.org). ERR is not affiliated with any specific HS program.

