



FLYING V's TRACK & FIELD CLUB

Boys & Girls Entering Grades 3 and up



The Flying V's Track Club is offered to give developmental instruction to young athletes who want to learn more about the sport of track and field AND give more in-depth instruction to more experienced track athletes.

Instructors: VAHS Track coaches and former athletes of VAHS

Location: VAHS Track - 234 Wildcat Way (VAHS Field House in case of rain)

Questions: Visit our website: www.veronatrackandfield.com/flyingvs or email Joff Pedretti (head coach) at joff.pedretti@verona.k12.wi.us

Cost: \$80 entering grades 3-8, \$70 entering 9, \$40 entering 10 and up. Cost includes instruction for approximately 5 practice weeks, coaching at local meets, club t-shirt, entry into ALL Wisconsin Track Club Meets. (Meets are not included for those entering grades 9 and up- per WIAA rule.)

There will be a brief VIRTUAL parent informational meeting on TUESDAY May 31st at 7:30pm to provide details, answer questions. Link will be on our website by May 27th and emailed to those who register. Join us!

The Flying V's Track Club is a USA Track & Field & AAU certified club that is offered to provide experience in the sport of track and field in a team atmosphere. We pride ourselves in quality instruction keeping approximately a 1/15 coach to athlete ratio, unlike some track clubs that have about three coaches for 100+ athletes.

The Flying V's have had success at all levels of competition, from beginners to national qualifiers at USATF or AAU Nationals. We emphasize individual improvement with running times and jumping/throwing distances during the season to help to build confidence and an enjoyment for the sport of track and field.

The Flying V's Track Club calendar can be found on our website, which will be updated throughout the spring as meets are confirmed. In general, practices are Monday and Tuesday nights with a local meet on Wednesday or Thursday night. Calendar can be found at www.veronatrackandfield.com/flyingvs

- Club practices begin the first week of summer (Mon. June 13th) from 4:00-5:30pm for students entering grades 3-9. Athletes in grades 10 and up warm-up on their own from 5-5:30, then work with coaches from 5:30-6:15.
- Final meet likely Thursday, July 14th. It is possible some/all meets will be intersquad meets without other teams.
- Those qualifying for USATF or AAU Regional/National will receive coaching beyond July 14th.

Athlete Name: _____ Parent/Guardian Name(s): _____

Gender (circle one): BOY GIRL Grade entering: _____ Birth Year: _____

E-mail Address: _____ (e-mail is our primary way of contact during the season)

Secondary Email (optional): _____ Primary Phone#: _____

T-shirt size (circle one below):

child small child medium child large / Adult Small Adult Med Adult Large Adult XL Adult XXL

Home Address: _____ City: _____ Zip: _____

****Form & Payment should be postmarked on/before Wednesday, June 1st or hand delivered to the VASD Central Office by/before Friday, June 3rd. Any late payment could result in your child not getting preferred t-shirt size. No refunds will be issued after June 3rd.****

Register online: <https://www.verona.k12.wi.us/vasdcamps>

Or if pay by check - payable to VASD, and mail to VASD, 700 N. Main Street, Verona, WI 53593, Attn: Summer Camp Registration
I hereby specifically agree to hold harmless the directors and councilors of this camp, and the Verona Area School District for any liability, injury, or loss arising out of or occurring in the course of this camp or the facilities related to this camp. I certify the participant is able to participate in all camp activities. In case of emergency, I grant permission for my son/daughter to be given treatment at a local hospital. COVID-19 Precautions - Safety is our #1 priority; therefore, VASD staff and campers must follow health and safety guidelines recommended by Public Health Madison Dane County & the VASD administration. This includes, but is not limited to: social distancing, mask mandates, sanitation/disinfectant requirements, etc. Please be advised that PHMDC health orders could change at any time. Guardians and campers will be informed of any updates as they become available.

Parent signature _____

If you DO NOT give permission for your child's photo to be displayed on our web-site from a race, practice or other club activity **check here**

If you DO NOT give permission for your child's name to be displayed on the website for results/recognition **check here**