



2016



Fremont Athletic Association 2016 Track Team

The Fifth season of the FAA "Fremont Flyers" program is laced up for preliminary practice and will start on April 16th and "run" through June 18th.

There is no cost for this program, the intention is for kids to get exercise, learn about proper stretching, running form, pacing, breathing, nutrition, building self esteem and most important having fun.

Duration - April 16th to June 18 (sign-up's still accepted)
When - Saturdays at 9:00am to 10:30am
Where: Large Soccer Field
Who: School age children (Grades 1-8)

Uniforms are not required but kids will need to bring proper running shoes, clothes and at least one water bottle. Bug spray and sun screen are typically good items to bring as well.

At the end of the season we will have a Fremont "Track Day"; this was a big hit with the kids last year.

There will also be a regional track event at the end of our season that should be exciting and fun. This is optional for those who are interested in a formal track event and not a requirement for the team.

Parents will need to sign a waiver for each child participating.

Contact Len Earnshaw learnshaw@comcast.net for more details or to sign up.

