

Sugarloaf Indoor Youth Track 2011-12

Winter Practices

Sugarloaf Mountain Athletic Club (SMAC) is excited to offer our youth indoor track practice program. We welcome interested children in grades K-8th. The program will focus on aerobic training for January SMAC Indoor track meets and SYTL summer outdoor track league.

When: Practices will be held on Sundays from 5:00 to 7:00pm
December 4, 11, 18 January 29 February 5,12, 19, 26 March 4
Indoor SMAC Meets- January 8, 15, 22.

Where: Smith College Indoor Track (ITT) off West Street (RT 66)
Northampton, MA.

Fees: Cost is \$50 per child and includes SMAC membership fee. Family memberships to SMAC are also available.

Registration: is available online through RunReg website at www.runreg.com. You can also register in person on Dec. 4th. Please arrive early to complete the paperwork. Dress for exercise, wear good training shoes to practice, and bring a water bottle with your name on it to practice.

Coaches: Mackenzie Gray and Alison Belanger are returning to coach the indoor practices this year. Both bring their talents as runners and teachers to the program. If you have questions about the program you can email them directly.

SMAC Indoor Meet Dates: SMAC will sponsor three all-ages indoor meets in January at Smith College. Events start at 5pm. Free entry for all indoor youth practice program members. More information on the SMAC website (www.sugarloafmac.org) for meet dates and start times.

See you on the track,

Sydney Henthorn, coordinator
Allison Belanger, coach
Mackenzie Gray, coach

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Our program is sponsored in part from The Northampton Running Company, RunReg, and Sugarloaf Youth Track League.