



Truro Lions Track & Field Club Email: truroions@gmail.com Facebook/Twitter/Instagram: @TruroLionsTF

Girls In Motion!

An Introduction to Track & Field events for females age 11-14
Girls who are 10 but turning 11 in 2021 will be able to register

Are you a female interested in participating in Athletics but not sure what events you might like? Are you looking for a new sport to remain active this spring? Come Run, Jump, and Throw with our all-girls group led by outstanding female role-models!

This program is directed toward new track & field athletes, and those transitioning from Run Jump Throw into event training.

Cost: \$70 per person

- Includes the Athletics NS \$40 summer training fee (insurance)
- 7 sessions: June 2, 9, 16, 23, 30, July 7, 14 including a Tetrathlon mini-meet
- Time: Thursdays 4:15-5:30pm
- Location: TAAC Grounds, CEC Javelin runway, Cougar Dome
- Events included: High Jump, Long Jump, Javelin Throw, Shot Put, Discus, Hurdles, Sprints, Blocks, Relays, and Distance running events

All athletes must register on-line via [trackiereg](http://trackiereg.com) and all athletes must be registered prior to their first practice. Payment arrangements can be made off-line if you prefer, click "other" as your payment option at the end and contact truroions@gmail.com.

NOTE: [trackiereg](http://trackiereg.com) payments are subject to an admin fee.

Correspondence will be delivered to registered participants via email. Please check your spam/promotions folders if you do not see it in your inbox prior to the start of the program.

Wear comfortable clothing (layers), running shoes, bring 1-2 water bottles, hair tied back, remove jewelry.

Truro Lions offers GIRLS IN MOTION programs once per season: Indoor - February, and Outdoor - June. Participants are eligible to compete in meets offered throughout the season if they choose.

Parents and spectators will not be permitted inside the training area except during the Tetrathlon mini-meet.

Please stay home if feeling unwell or experiencing symptoms of Covid-19.

Follow us on our social media pages for updates, photos, meet results, etc.

We look forward to a very exciting season!

TLTC