



The Playmakers Fitness Foundation and the Okemos Cross Country and Track programs have partnered to offer a summer track program for children ages 5-12. The Okemos Youth Summer Track Club will provide an introduction to track and field events and an opportunity for kids to take part in general fitness activities in a fun and welcoming atmosphere. Instruction will be provided by Okemos Cross Country and Track coaches with assistance from current and former athletes. Sign up through Playmakers or Run Sign Up: www.runsignup.com/oktf.

The hour-long sessions will take place on Tuesday and Thursday evenings from 6:30-7:30 at the Okemos High School track. The program will kick off on Tuesday, June 20, and run through Thursday, July 27. There will be no sessions on July 4 or July 6. Participants will have an opportunity to compete in a mini-track meet on June 29 and July 27. Attendance at every session is not required.

Program Dates:

June 20, 22, 27, 29 (mini-track meet-Playmaker's Bring Back the Mile); July 11, 13, 18, 20, 25, 27 (mini-track meet)

Time:

6:30-7:30 pm

Location:

Okemos High School Track

Program Cost:

\$75 per child. Contact Marcy (marcy@playmakersfitnessfoundation.org) at the Playmakers Fitness Foundation for adjusted program cost if three or more children from the same family will participate in the program.

The program fee will cover 10 track club sessions and a participant t-shirt. Awards will be given after the July 27 mini-track meet. Net proceeds from the program and all donations will be designated by the Playmakers Fitness Foundation to the Okemos Cross Country and Track Programs.

Sign Up:

Sign up for the summer track program through Playmakers or Run Sign Up: www.runsignup.com/oktf

Do you have 7th or 8th graders interested in participating in the track club? Contact Nate Stuart at trackcoachstuart@gmail.com if you have children in grades 7 or 8 who are interested in participating in the summer track club.

Interested in volunteering?

If you are interested in volunteering in support of the summer track club, please contact trackcoachstuart@gmail.com.

Questions:

Contact Nate Stuart at trackcoachstuart@gmail.com.

Additional Information:

Visit the Okemos Track and Cross Country programs website www.runokemos.com for more information on the track and cross country programs.