

*Emmanuel Christian
Academy*

Elementary



Track & Field!
Grades 2 – 6!

All participants will learn the fundamentals of:

Sprinting & Distance Running

Starting Blocks

Hurdles

Practices Will Be at ECA and on the following dates from 3:20 to 4:30.

March 6 – Starting Blocks

March 13 – Sprinting Fundamentals

March 20- Shot & Discus Throwing

April 3 – Hurdle Fundamentals

April 10– Intro to High Jumping

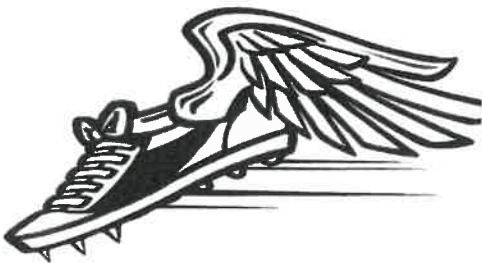
April 17 – Baton Exchanges & Relays

April 24 – Distance Running Basics

May 1 – Prepare for Olympic Games

May 4 – Elementary Olympic Games (More Info to Come)

**COST: \$85 Includes
t-shirt**



Please contact Chris Lundquist with any questions: clundquist@ecaoh.com; 937-479-1886

ECA

Elementary Track & Field

FILL OUT FORM ON BACK AND RETURN TO ECA OFFICE BY FEB 22

Program

Student Name _____

Student Grade _____ Age _____

Parent Name _____

Parent Email _____

Parent Phone Number _____

T-Shirt Size _____

Any student conditions that the track coach should know about (allergies, physical conditions, etc)?

FILL OUT FORM ON BACK AND RETURN TO ECA OFFICE BY FEB 22