



## Summer 2024 Registration

Mondays and Thursdays from 7/8/24 to 8/29/24

- Improve running form, physical conditioning and core strength while building self-confidence and self-esteem.
- Second grade through Twelfth grade. All levels of fitness/athleticism are welcome.
- Practices will be held on the outdoor track at Ward Melville High School on Mondays + Thursday from 6:30pm-8:00pm (weather permitting).
- Registration fees are \$350 per returning athlete and \$400 for new athletes (This DOES NOT include uniform, or USATF membership\*\*)

**\*\* All Athletes MUST have a current USATF membership to participate (\$30/year)**

- Coach Ryan DeLuca is a certified Physical Education teacher who coaches High School Varsity Cross Country, Winter Track, and Spring Track. Having run high school track and collegiate track for the University of Kentucky he brings a highly motivating attitude that makes running and fitness fun and rewarding.
- Contact Info: [LIFrontRunners@gmail.com](mailto:LIFrontRunners@gmail.com)
- Please return the bottom of this form along with check payable to LI Front Runners to: LI Front Runners, P.O. Box 393, Port Jefferson NY 11777

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Athletes Name: \_\_\_\_\_ Athletes Age: \_\_\_\_\_

USATF Mem #: \_\_\_\_\_ Email: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Phone # \_\_\_\_\_