



Summer 2025 Registration

Sundays (11a-12:30p) and Wednesdays (6p-7:30p) from 7/6/24 to 8/27/25

As we begin our 3rd summer, we are excited to see that our athletes are showing great progress throughout each season. While results vary based on the effort of each athlete, they have all shown growth in ability to maintain top speed as well as the ability to run longer distances.

- 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 Sundays + Wednesdays from 6:00pm-7:30pm (weather permitting).
- Registration fees are \$350 per returning athlete and \$400 for new athletes (This DOES NOT include USATF membership**) **** All Athletes MUST have a current USATF membership to participate (\$30/year)**

Coach DeLuca is certified in Physical Education and is currently the head coach for the Varsity Cross Country and Track & Field programs at Ward Melville High School. He differentiates training based on age/grade level and makes training both fun and rewarding.

Contact Info: LIFrontRunners@gmail.com

Please return the bottom of this form along with a check payable to LI Front Runners to:
LI Front Runners, P.O. Box 393, Port Jefferson NY 11777

Athletes Name: _____ Athletes Age: _____

USATF Mem #: _____ Email: _____

Parent/Guardian Name: _____ Phone # _____