

## Training Program

- Multi directional Quickness training
- Speed, quickness, and agility Training
- Rhythm and power plyometrics
- Dynamic mobility training
- Horizontal speed development
- Assistance and resistance training
- Horizontal Jump training
- Hurdle Training
- Core development for stability



For additional Information:

Wisconsin Academy of Sports  
621 S. Outagamie St.  
Appleton, WI 54914  
920.540.4599

Website: [Gardnersports.com](http://Gardnersports.com)

Email: [gardnersports@sbcglobal.net](mailto:gardnersports@sbcglobal.net)

## Training Dates:

### Mondays and Thursdays:

June: 9, 13, 16, 20, 23 & 27

July: 11, 14, 18, 21

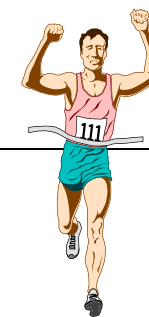
Training Times: **6:30pm to 8:00pm**

Training Site: **Appleton East HS**

Please Read the following Important  
Information from UASTF

Available to ALL athletes. Note - 2011 Club Youth Entries Must register on-line. Registering on-line avoids the \$8.00 ADM fee. ALL ATHLETES MUST HAVE VALID USATF MEMBERSHIP before registering on-line. If your age has not been "verified" (as indicated on your USATF Membership) send birth verification documentation to Matt DeWitt (see Officers & Committee Chairs). Go to [www.coach0.com](http://www.coach0.com) , select "On-Line registration", select "Enter a Meet", choose correct meet from calendar, and complete entry forms. For assistance, contact Pat Pretty (Individuals) or Tom Wills (Clubs)

<http://www.usatf.org/membership/application>



USATF  
USATF  
Roadrunners  
Track Club



**Want to have fun and stay in shape for the summer!**

The Valley Roadrunners are a group of athletes committed to the development of excellence in track and field. Since the start of the club in 1997, RRTC has qualifying over 37 athletes to the United States Amateur Track and Field Nationals. We are excited about our success.

This organization is under the direction of Carl Gardner, head girl's track and field coach at Appleton West high school. Several area high school coaches and college athletes are also a part of the coaching staff. The Roadrunners competes at the Badger State Games and the USA Track and Field Junior Olympics. We meet twice a week, from June 9th to July 21st. The Roadrunner is also open to athletes at the elementary, Middle and senior high level who are interested in just training and not competing. If you are interested in this program, please contact Coach Gardner at 920.540.4599.

Come and develop your skills with the FOX VALLEY ROADRUNNERS TC!

Staff

**Carl Gardner:** USTAF Level 1 coach – Appleton West Girls T&F  
(Sprints, Hurdles, Horizontal Jumps, Relays)

**Tony DeVine:** USTAF Level 1 coach – Appleton West Boys T&F  
(Hurdles, Sprints, High Jump)

**Jeff Klick:** Appleton West Boys T&F  
(Sprints, Relays, Block starts)

Other staff includes local College athletes.

Event Dates:

- Badger State: Youth – June 25<sup>th</sup> 2011 and Adult on June 26<sup>th</sup> 2011 @ UW – Oshkosh (Titan Stadium): 450 Josslyn St, Oshkosh WI
- Saturday, June 18, 2011 WIUSATF Junior Olympic Championships @ Carroll University - Waukesha, WI (On-Line entries due by June 12, 2011 (by midnight)
- USATF WI Outdoor Championships: July 26th - 31st in Wichita, KS

Other meets may be available for those interested in more competitions this summer.



USATF Roadrunners Track Club Membership  
(All club participants MUST register with USATF in order to participate in meets.  
<http://www.usatf.org/membership/application>

The membership provides liability insurance as well as many other wonderful resources to the world of running. (Note that all members choosing to compete MUST have their birth date verified.)

- Total cost for competitors:
- \* USATF Membership and any meet event fees.
  - \* Club Registration of \$10 covers the club affiliation with WIUSATF.
  - \* Uniform Fee for competitors: \$25.00 (Refundable)

**Total cost for non-competitors: \$10**

**Special Note: All meets will have an event fee separate of all USTAF membership fees.**

Gender:  Male  Female

Age Group: \_\_\_\_\_

Athlete's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Phone: (H) \_\_\_\_\_

(Alternate) \_\_\_\_\_

Sport(s): \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Related Medical condition: \_\_\_\_\_

\_\_\_\_\_

Allergies: \_\_\_\_\_

Waiver of Liability

I hereby authorize the staff of Valley Roadrunners Track Club to act for me according to their best judgment in any emergencies requiring medical attention for my child. I hereby waive and release the Roadrunners Track Club from any and all liability for any injury and illness incurred while at a training session or any track and field related activity. I hereby warrant that my child is in good physical condition and is capable of participating in the program. I have read, agree and understand the above

Parent/Guardian's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

