



Spring Registration

Mondays and Wednesdays from 4/22/24 to 6/12/24

****Wed 5/1 will be held Thur 5/2, and Wed 5/22 will be held Thur 5/23**

- Improve running form, physical conditioning and core strength while building self-confidence and self-esteem.
- Third grade and above. All levels of fitness/athleticism are welcome.
- Practices will be held on the outdoor track at Ward Melville High School on Mondays + Wednesdays from 6:00-7:30 (weather permitting). Lights will be turned on if necessary.
- Registration fees are \$400 per athlete. Returning athlete fee \$350 (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
- 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

Athletes Name: _____ Athletes Age: _____

USATF Mem #: _____ Email: _____

Parent/Guardian Name: _____ Phone # _____