

Going the Distance (GtD)

Distance Running and Racing Club For Middle School aged Boys and Girls

Hey Parents and Young Athletes,

Are you tired of the typical sports clubs? Tired of the expensive fees, politics, injuries involved with many sports clubs? There's an alternative. Tens of thousands of kids across the country are discovering the lifetime sport of distance running and racing. Arizona, especially Phoenix is in the back of the pack compared to most major cities for participation in youth cross country racing and distance racing on the track. Now more than ever in Phoenix there is a need for running clubs for kids. Many adults have been bitten by the running bug through participation in the Rock and Roll Marathon and other popular local races. Through parents, kids too have been exposed to the excitement that comes with setting a goal, training for that goal then achieving the goal. In times of epidemic obesity in children, a safe training program that progresses over time prepares kids to continue participation in high school, college and throughout life.

Overbearing 'career' club coaches, monthly fees exceeding triple digits per month, politics of playing time, diminishing playing time, torn ACL's and other catastrophic injuries from contact sports, can all be eliminated.

AGES: 5TH - 8TH GRADE BOYS AND GIRLS ARE ELIGIBLE

Coaching Staff

Going the Distance (GtD) is the first of it's kind offering competitive training for cross country, road racing and distance only races on the track for this age group (10-14 years) The Head Coach of **GtD** is Dave Van Sickle a 40 season Head Cross Country and Track Coach at distance running powerhouse Xavier College Prep in central Phoenix. Coach Van Sickle has coached literally thousands of high school aged girls while at Xavier. Assisting Coach Van Sickle in a training 'advisor role' is the current Co-Head Cross Country Coach and Xavier Distance Coach in Track, Dr. Jeff Messer. Dr. Messer has coached many of the top high school athlete's in state's history. Jeff has a PHD in Exercise Physiology and is on the cusp of the latest research concerning human performance. Coach Jocelyn Gaffney will also be an assistant coach for **GtD**. Coach Gaffney the former distance coach for the Phoenix Bobcats team who's distance runners posted many of the top times Arizona USATF over the past several years. A more qualified group of coaches would be hard to find anywhere.

USATF

GtD will fall under the jurisdiction of United States of America Track and Field. (USATF) The Arizona USATF is the local affiliation which provides Cross Country races in the fall and Track and Field in the spring. Including state, region and national competition.

Practice Location

Granada Park - The intersection of Maryland and 20th street in central Phoenix. Granada is centrally located and just off the 51 freeway. Practices will include, running on grass, canal dirt and mountain trails. As we add athletes from different areas, it's possible that we will rotate locations or split locations.

Practice Times

For the month of September 2009, practice will meet at Granada Park in Central Phoenix from 6:00pm-7:15pm on Monday, Tuesday, Thursday. (Saturdays TBA)

Training

The training will include distance runs, intervals on grass, trail running, circuit training, drills, hills, sprints and much more.

Meets and Competitions

GtD will compete in the scheduled USATF meets for the Phoenix area. We will find more competitions through other affiliations. (road races etc...)Regional and National competition for qualifying athletes will conclude the season in December.

Cost

The cost is \$125 per athlete/per season, or \$50 when paid monthly (3x)

Extra Cost:

\$20 for USATF online membership to compete in USATF meets
(membership is good thru 2010)

\$20 for team uniform (To be turned in at the end of the season)

\$10 for T'Shirt

Road race registrations will be an additional cost.

Please make checks out to **GtD**

FIRST PRACTICE IS MONDAY, SEPTEMBER 7TH 2009 AT 6:00-7:15pm

SAINT THERESA PARENTS: IT IS NOT TOO LATE TO JOIN! COME ON MONDAY, TUESDAY OR THURSDAY TO BEGIN PRACTICING. QUESTIONS? E-mail: Pic4run@msn.com

Granada Park
20th Street and Maryland