

# **POLAR BEARS WINTER TRACK & FIELD**

**2016-2017**

## **DISCIPLINE AND BALANCE**

### **SIGN-UP SHEETS:**

Polar Bears  
USATF - to be done online AFTER Nov. 1  
MUST use Club #406  
MUST verify birth date with USATF  
Questionnaire

### **OBJECTIVES/GOALS:**

Learn the Sport/Events  
It's better to be a good person than a good athlete.  
Train, Don't Strain  
Get in Shape

- Elementary
- Junior High
- High School

### **SCHEDULES:**

Practices & What to Wear  
Meets  
Training Log/Notebook  
Pancake Breakfasts  
Final Exam?

### **GUEST SPEAKERS/COACHES:**

To Be Announced

### **FOCUS:**

Different for Different Individuals

### **COACHES:**

Allison Anderson  
Bill Delfing  
Dean Giering  
Hailey Guhr  
Jackie Kaufman  
Tony Lombardo  
Bill Shackleton  
Randy Walker  
Bruce Wask

## **START NOW!**

*“Run for fun. From the fun will come the will to excel.” Arthur Lydiard*

Bruce Wask

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