

Peninsula Flyers North
Summer Cross Country/Track & Field Training
June 22nd to August 23rd

Program Cost: \$150 per mo. (\$300 for the summer)
(10 weeks beginning the week of 6/22/20)

Training Session Information

Track & Field session with Coach Vic will be as follows:

<u>Groups</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<u>Group 1</u>	<u>12:00p – 1:30p</u>	<u>OFF</u>	<u>12:00p – 1:30p</u>	<u>12:00p-1:30p</u>
<u>Group 2: If necessary</u>	<u>2:00p – 3:30p</u>	<u>OFF</u>	<u>2:00p - 3:30p</u>	<u>2:00p - 3:30p</u>
<u>Group 3: If necessary</u>	<u>4:00p - 5:30p</u>	<u>OFF</u>	<u>4:00p - 5:30p</u>	<u>4:00p - 5:30p</u>

Training Groups:

- We will attempt to keep place athletes in each group by discipline is possible if there is more than one group.
- Training groups will be required to stay together for a minimum of 3 weeks to safeguard against the potential infection and or spread of the COVID-19 virus.
- If an athlete is unable to make their assigned workout time, they can contact Coach Vic directly for specific workouts they can do on their own. They will NOT be allowed to participate with another workout group session.
- Safety checks will be done at the beginning of each session.

**There are just a few of the outlined parameters for the upcoming session and we will adjust with appropriate protocols as necessary.

Next Steps

In order to get started please go to the following like and follow the steps listed. If you have any questions please feel free to send an email to (info@peninsulaflyers.org) contact Stacey Davidson at 650-207-55582.