

This summer we will be offering a new summer cross country pre-season training program in lieu of the past summer recreation programs previously offered by the Joint Recreation Board and North Allegheny Athletics. We are very excited to provide participants with a comprehensive training program through Allegheny North Athletics, LLC.

Each participant will receive the following:

1. Individualized conditioning sessions
2. Technical analysis of running form
3. Individualized goal setting and comprehensive practice plans
4. Variety of base, tempo, and speed training
5. Comprehensive cross training targeted at balance, flexibility, strength, and stamina
6. Midseason evaluation and recommendations for personal growth
7. Final written evaluation for continued and future improvement
8. A positive and professional educational atmosphere and environment
9. Much more!

Participation in the Allegheny North Athletics program is strictly voluntary. Our program's major objective is to provide the opportunity for each young person to develop physically, psychologically, and socially to reach their desired goals, as well as prepare themselves for their upcoming future competitive challenges.

The Allegheny North Athletics training program will continue to be held at the Pie Traynor area of the park (Deer Browse 1 Pavilion) June 12-August 11, with a vacation week off from July 17-21. High school practices will continue to be held Monday through Friday from 7:30-9:30am, while middle school practices will be held Tuesday, Wednesday, Friday, 7:30 -9:00am.

Costs: Students entering grades 9-12 in the fall: \$150 Students entering grades 7-8 in the fall: \$100

Registrations will be accepted on a first come-first served basis. All participants must have all registration forms including signed waivers and registration fees in for insurance purposes prior to participation.

Families who wish to take advantage of this opportunity should do the following:

1. Register their student online here:  
[https://docs.google.com/forms/d/1COXfTWYINzMjhEhVuz30\\_9SI0vm8h3TeHkQa6C3VIE](https://docs.google.com/forms/d/1COXfTWYINzMjhEhVuz30_9SI0vm8h3TeHkQa6C3VIE)
2. Print and fill out the attached waiver. Also available online here:  
<https://docs.google.com/document/d/1xyfz5pebSz3oHOvI5sq00DJH3ypP-3kxMVAo8DLW5gE/edit>
3. Send in their waiver and payment (Checks payable to Allegheny North Athletics, LLC) to John Neff, Summer XC Registration, PO Box 271, Wexford, PA 15090.

Although this program is more costly than in previous years, each session amounts to less than four dollars at each level. A professional, skilled, developmental training program in a positive educational environment at an affordable price was our desired goal.

Of course, questions of any kind can be addressed to me at [natigerstrack@gmail.com](mailto:natigerstrack@gmail.com).



Coach John Neff