



Tiger Field Club



Summer 2021



About: The North Allegheny track and field staff want to provide tiger athletes with a summer off-season program where athletes can try out different field events or develop skills in an event that already have experience with. We welcome athletes in our club with any level of experience, including those who have never participated in the track and field. We are prepared to tailor our program to meet the needs of each individual member. The Tiger Field Club is intended for boys and girls entering grades 7-12 at North Allegheny in the upcoming school year and have an interest in one or more field events. Specifically, athletes will have the opportunity to try a new field event or continue to hone their skills in their respective events. Events that will be coached are **pole vault, long jump, triple jump, high jump, shot put, discus, and javelin**. As a staff, we are composed of North Allegheny middle school and high school coaches and NA alums. We hope you are as excited as we are for this new opportunity and that you will join us for the first annual Tiger Field Club!

Who: Any North Allegheny student entering grades 7-12 in the Fall of 2021.

Time & Location: In-person sessions will occur **every Wednesday** from **6-8 pm** from **June 23rd to August 11th** (8 sessions) at the North Allegheny Intermediate High School Track (350 Cumberland Rd, Pittsburgh, PA 15237) with 2 exceptions: July 14th and 28th will be 7-8:30pm

Purpose: For NA track and field athletes to have an opportunity to work on field event skills in the off-season with NA track and field coaches.

Mission: The North Allegheny Tiger Field Club's mission is to provide quality individualized instruction in the techniques and training necessary for success in the PIAA field events.

Coaching Staff: William Howell, E. J. Robertson, William Burns, Shannon Yon-Kelley, Jolene Yon, Justin Eskra, Mike Kleber, Frank Cremonese and John Neff (Head Varsity Coach)

Cost: \$80 for the summer (8 sessions), no partial registration, if you are having a hardship and cannot pay, please reach out to Coach Robertson (namstf@gmail.com)

How to Sign-Up:

- 1) Fill out and submit the registration form [HERE](https://forms.gle/n64361Mr4EML3ymw8) (<https://forms.gle/n64361Mr4EML3ymw8>)
- 2) Print out and complete [Medical Waiver Form](#) (also included in registration form, this can be uploaded or brought with you on your first day)
- 3) Pay \$80 registration fee via PayPal (@WHowell2742) prior to your first session or bring cash or check (made payable to William Howell) to your first session. If paying via Paypal or with check please include the registrant's full name.