



Tiger Field Club



Summer 2024



About: Back by popular demand due to our successful Summer programs we plan to continue Tiger Field Club in the Summer of 2024. For those new to the program, Tiger Field Club is designed for North Allegheny students entering grades 6-12 in the 2024-25 school year who have an interest in one or more field events or hurdles. 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 this summer are pole vault, long jump, triple jump, high jump, shot put, discus, javelin and NEW last year, hurdles. As a staff, we are composed of North Allegheny varsity and junior high coaches and NA alums. We hope you join us this Summer.

Who: Any North Allegheny student entering grades 6-12 in the Fall of 2024.

Time & Location: In-person sessions will occur on Wednesday's from 6-8 pm (8 total sessions) on 6/12, 6/19, 6/26, 7/10, 7/17, 7/24, 7/31 and 8/7. All sessions will be held at the North Allegheny Intermediate High School Track (350 Cumberland Rd, Pittsburgh, PA 15237)

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, Jolene Yon, Ben McConnell, Jayne Beatty, Bryan Weet, Justin Eskra, Tad Thayer, and **Head Varsity Track and Field Coach John Neff.**

Cost: \$150 for the Summer (8 sessions), includes T-Shirt and EOY pizza party.

How to Sign-Up:

1) Fill out and submit the registration form below (or scan QR code):

<https://forms.gle/9au83ZdYuN1AUPKd8>

2) Print out and complete **Medical Waiver Form** (<https://tinyurl.com/2p9zayrn>), this can be uploaded or brought with you.

3) Pay \$150 registration fee via Venmo (@BillHowellINA) prior to your first session or bring cash to your first session. If paying via Venmo please include the registrant's full name.

QR Code for Registration

