

New Energy

r u n n i n g t e a m

a youth running
program
of the



TIDEWATER
STRIDERS
RUNNING CLUB

PLAN TO JOIN the Tidewater Striders' New Energy Youth 2010 Running Team

New Energy is an informal youth group training together to improve their times in road races as well as their performance in track and field and cross-country events sanctioned by the USA Track and Field (USATF) and AAU. Motivations vary from those who simply enjoy running, to those who are goal oriented and recognize the need to train in order to perform well in races. With its group approach to running practices, New Energy provides a fun, sociable forum for running preparation and development.

New Energy welcomes all youth runners, ages 6-16, regardless of ability. Practices are informal, and participants are encouraged to attend as many as possible. Runners must have a good pair of running shoes to avoid injuries. Uniforms (singlet and shorts) and Warm ups (Hoodie and Pants) can be purchased, but are optional. **Membership in the Tidewater Striders is required by the third practice** in order to participate in sessions and compete on a team basis in Track and Relay teams. The cost is \$10.00 per year or \$15.00 for two years. The Team participates in road races held in the Tidewater area, which are part of the Youth Grand Prix 1-mile series (**see back of flyer**), and are sponsored by local organizations such as school PTAs. Check race flyers for specific information by visiting www.tidewaterstriders.com . A Team Race Schedule will be part of the program and can be found under 'Youth Programs' on our Web Site.

Coaching is provided by volunteers who are Tidewater Striders members. Again this year, Angelo Celesia will provide leadership for training. Other running enthusiasts/parents will also assist.

New Energy provides youth runners and their families an enriching environment which can be a building block to the youth runners' future. In the past, **New Energy** runners attended National Cross Country and Track and Field Championships around the Country. Many previous New Energy runners are currently participating with high school and college teams where they have excelled in Cross Country, Indoor and Outdoor Track and Field with All State and National recognition. New Energy has produced numerous All-American medalists, State Champs and one National Champion in Cross Country.

The New Energy Team practices will be on Tuesdays and Thursdays, from 5-6 p.m., at Mt. Trashmore (Kid's Cove area facing South Blvd.), beginning **September 7, 2010**. Visit the Striders Web Site and look under 'Youth Programs' for a complete training and racing calendar.

Additional NEW ENERGY Training Site This Fall:

Suffolk: Tuesday/Thursday 5-6 p.m. at Kidzone Park, behind Farm Fresh on N. Main St. in Downtown

For more information, contact:

New Energy Coach Angelo Celesia: acelesia@aol.com or 288-7715

Suffolk Runners Contact: Matt Trangenstein : trangemo@gmail.com or 846-8526

Dan Edwards, Chairman of the Tidewater Strider Youth Committee: lionrun@aol.com 757-495-3551

Evie Foster, Team Coordinator: NRGRUNR1@aol.com

REGISTER ONLINE using this link: <https://liveanswer.sslpowered.com/New%20Energy.HTML>

OR: Detach & Mail completed form to: Angelo Celesia, 2586 Ocean Shore Ave., Va. Beach, VA 23451
(Also, you may email completed form to acelesia@aol.com or fax to 481-9514)

PLEASE PRINT:

Name of Runner: _____ DOB: _____ Gender _____

Address _____ City _____ ZIP _____

Parent's Name(s) _____ Phone # _____ *Email _____

*{required to receive schedule / team info}

Child currently a Strider Member _____ Child will be joining the Striders as a New Member _____

Parent's/Guardian's signature _____ Date _____