

Cross Country Club

Entering Grades 6-9



Do you want to feel the wind in your hair this summer while learning proper running techniques? If so, this is the program for you! Join Enfield High School's head cross country coach Leeann Cerpovicz and JFK's head cross country coach Brain Zawodniak to start developing a love of running while learning the ins and outs of proper distance running. Participants will develop core strength, learn proper hydration practices and start working on their running "tool kit". Instructors will lead warm ups, skills and drills, games and competitions, as well as short and long distance runs. Long distance runs will be conducted within a two-mile radius of the Enfield Annex and will include runs on sidewalks through local neighborhoods. Participants should wear comfortable clothing and sneakers and bring a water bottle. Due to COVID-19, several additional polices are required of all participants and their families. Please see page 2 for details. **Limit: 30.**

Dates: Monday - Thursday, August 2 - 12, 2021

Time: 8:00 - 9:30 AM

Fee: \$49.00 Residents / \$61.25 Non-Residents

Activity Number: 3603.0228.401

Location: Enfield Annex Track, 124 North Maple Street

- Registration Begins -

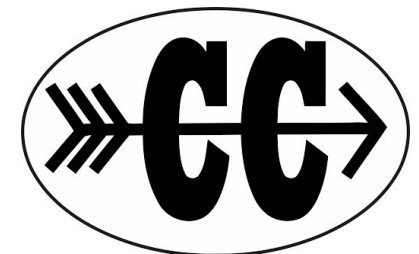
Residents: Friday, May 14 at 8:00 AM

Non-Residents: Friday, May 21 at 8:00 AM



WE'VE MOVED!!

Enfield Recreation | **124 North Maple Street**
860.253.6420 | www.enfield-ct.gov/recreation



PROGRAM POLICIES RELATED TO COVID-19

- **Participants must complete a self-screening before arriving at the program. If you or anyone in your household does not feel well for any reason, please do not attend the program. Please notify us if you or someone in your household tests positive for COVID-19 on the day of the program or in the 14 days immediately following your last day of participation.**
- Participants should not arrive more than 10 minutes before to the start of the program.
- **Participants and parents/guardians will be required to follow all current masking mandates.**
- Upon arrival, a visual health screening will be conducted by program staff.
- Contactless sign in and out will be held at the track. Participants will be required to sanitize their hands at the beginning of the program. Hand sanitizer will be available to use throughout the program as needed.
- Participants must follow all staff directions to keep socially distanced throughout the program.
- No high-fives, first bumps, hugs or huddles will be allowed. Incidental contact may occur during controlled games and competitions, but will be limited and monitored by program staff.
- Equipment will not be shared to the best extent possible. Used equipment will be sanitized before and after the program and during the program as needed.
- An email will be sent to registered participants the week before the start of the program with details, reminders and any updates.

Policies are subject to change based on new local, state or federal regulations.

We will communicate any changes via email.