

BARC

Ballston Area Recreation Commission



2021 BARC TRACK & FIELD REGISTRATION

Who:

Boys and girls who are **entering** Grades 3-9 in September of 2021 and reside in the Towns of Milton, Malta, or Ballston, or the Village of Ballston Spa.

When and Where:

Day: Wednesdays

Time: 6p-7:30p

Dates: July 7, 14, 21, & 28 & August 4.
Raindates August 18 & 25

Where: Ballston Spa High School Track

Cost: \$40.00 per child, \$70.00 for 2 siblings; with a limit of \$100.00 for 3 siblings or more. This is the cost to residents of the Towns of Milton, Malta, or Ballston, or the Village of Ballston Spa who reside in the Ballston Spa School District. If you do not reside in the Ballston Spa school district, there is an additional fee of \$25.00.

Description: This program is a great experience for all of the people involved (staff & athletes). It promotes a FUN environment for young athletes to try out some of the events offered in track & field. The program introduces our younger athletes who are new to the sport (no experience necessary) to the fundamentals of high jump, long jump, relays, and some running events from sprinting to longer distances. This is all while giving experienced athletes in the sport more advanced coaching with the goal of improving their mechanics, form and technique in our running and field events, as well as hurdles.

HOW TO REGISTER: Log onto www.ballstonarearec.org and go to the 'Register/Log In' link. If you have already created an online account, you will be able to access the information used from your last registration. **If any of your personal information has changed, please update it.** If prior to this, you have not registered online for a BARC program, you will need to create an account and register. Registration will be from 5/28/21- 7/4/21. If you need help registering, email Cheryl Kelly at ckelly@ballstonarearec.org.

*** We will be following all state COVID 19 guidelines for recreation programs, which may include restrictions on groups size, equipment usage & spacing. These guidelines will be provided prior to the start of the program.**