

Tuesday Night Running Club 2018

Summer is the time for the Tuesday Night Running Club!

We meet at **7 pm** and have some fun running. The ages of participants vary (so feel welcome to join us), the skill levels vary (so don't be intimidated) and we also vary the locations (so that you won't be bored). Join us to stay in shape or, for high school students, to get in shape for whatever sport you may be participating in this fall.

June 12th- James Street Park. *Meet in the parking lot by the handball wall.*

June 19th- North Hornell. *Meet in the parking lot by the north side of the bus garage.*

June 26th- Arkport Central School. *Meet in the parking lot by the track.*

July 3rd- Hornell High School. *Meet in the back parking lot.*

July 10th- North Hornell. *Meet in the parking lot by the north side of the bus garage.*

July 17th- Arkport Central School. *Meet in the parking lot by the track.*

July 24th – Canisteo-Greenwood Elementary School. *Meet in the parking lot of the elementary school near the track.*

July 31st-- Belle Haven. *(drive toward Canisteo on Route 36 to the first left you can take after the flashing light; go down the hill and turn left onto McBurney Rd. Park where you can.)*

YOU'RE ALSO WELCOME TO PARTICIPATE IN OUR PRE-PRACTICE OPEN CAMP THE WEEK BEFORE OFFICIAL HIGH SCHOOL SPORTS PRACTICES START.

THESE RUNS WILL TAKE PLACE AT 8:30 AM!

August 6th- North Hornell Elementary School. *Meet near the bus garage.*

August 7th- Arkport Central School. *Meet in the parking lot by the track.*

August 8th- Canisteo-Greenwood Elementary School. *Meet in the parking lot by the track.*

August 9th- Hornell High School.

Be sure to bring bug spray and water. If you need more information, call me at 478-5228 or e-mail me at damian.demarco@hornellcsd.org

See you soon!

Southern Tier Cross Country Camp

Hosted by: Coach Tim Chichester & Coach
Steve Whittemore

Who: Students entering grades 6-12 looking to improve their fitness for a fall sport (cross country, soccer, etc).

Includes: Camp Shirt, quality workouts, guest speakers (including 2x Olympic Trials Qualifier Coach Tim Chichester), and small snacks.

Location:

6/26, 6/28: Arkport Village Park
7/3, 7/5: Shawmut Park, Hornell
7/10, 7/12: Alfred Almond HS Track
7/17, 7/19: Arkport Village Park
7/24, 7/26: Shawmut Park, Hornell
7/31, 8/2: Alfred Almond HS Track
8/7, 8/9: Shawmut Park, Hornell
8/14, 8/16: Alfred Almond HS Track

Dates: Every Tuesday and Thursday throughout the summer 5-7 PM.

Cost: \$20 dollars total for 1 week (2 sessions) or \$30 for siblings.

Sign up online:

<https://goo.gl/forms/WRecysboMQy0fJcl2>

Contact us: timchi12@gmail.com