

INFORMATION

Welcome to the Greenwich Track Club, especially for children in Grades 2 to 8 who live in the Greenwich area.

The aim of the GTC is to provide an outlet for all youngsters who love to run or who want to enhance their performance in other sport activities.

The Greenwich Track Club is owned and run by Bill Bogardus. Bill is an elementary physical education teacher in Greenwich, CT.

Through many running and endurance events, such as the Iron Man Triathlon, Bill strives to instill value and the importance of living a healthy lifestyle into his students and athletes. His philosophy is not about winning and losing, but rather participating with full effort and having fun.

DESCRIPTION OF EVENTS:

Weekly track and cross-country training for all skill levels and abilities.

We hold three sessions a year – spring, summer and fall. Each session runs approximately 8 weeks, meeting three times a week (it is not mandatory to attend all three days). One of the days is Sunday, where we meet at Camp Simmons, the Boys & Girls Club of Greenwich Facility at 744 Lake Avenue. The other two days are either at Havemeyer track (behind town hall) or the GHS track.

The track sessions will focus on fitness, flexibility and fun, encompassing speed work; footwork and agility; building strength and running techniques. The cross-country training will focus on technique and building endurance.

Parents and siblings are welcome to run with their GTC member on Sunday at no extra cost as long as they sign the GTC Medical Waiver form.

A Club Championship with various track events is held at the end of the spring and fall sessions.

MEMBERSHIP FEE:

There is an annual membership fee of \$30 per child (January-December).

The cost per 8 week session is \$195 for the first child and \$175 for each additional child.

Please make checks payable to “Greenwich Track Club”.

Fee includes:

- GTC t-shirt.
- GTC water bottle
- GTC car magnet.
- One-year membership to the Boys & Girls Club of Greenwich (if not already a member).

SCHOLARSHIPS:

The GTC is able to offer a number of scholarships to its program through the generous support of its sponsors. Please contact Bill Bogardus directly. Scholarships are awarded on an individual needs basis.

REGISTRATION:

You will need to complete:

- GTC Registration and Consent for Treatment forms.
- Boys & Girls Club of Greenwich membership form if not already a member and you plan to run on Sundays.
- Provide a **copy of your child's most recent Medical form** (required for insurance purposes).
- Family members of GTC members who intend to run on Sundays must also complete the GTC Sunday Family Members Medical Waiver form.

All forms are downloadable from the "Contact Us" section of our website.

Forms and payment can be mailed to: Greenwich Track Club, 453 East Putnam Ave, #3L, Cos Cob, CT 06807, or brought to one of our pre-registration days. Checks are made payable to "Greenwich Track Club".

COACHES:

Currently our coaches are:

- Bill Bogardus, Head Coach, USATF Level 1 certified
- Chris Thompson, Assistant Coach, USATF Level 1 certified
- John Langley, Assistant Coach, USATF Level 1 certified
- Matt Yardis, Assistant Coach
- Terry Wright, Assistant Coach

CANCELLATIONS:

We run during **all** weather conditions, apart from thunderstorms. Please call 861-6835 or 273-0511, or check the website for information. Occasionally cancellations have to be made at the very last minute.

EQUIPMENT:

- A sturdy pair of running sneakers.
- Wear comfortable clothing, suitable for the weather conditions.
- Runners should bring a water bottle to every training session.

We look forward to training with you!

Details are subject to change. Please check the details for each individual session prior to the start.