

TRACK AND FIELD CROSS COUNTRY



Spring Track Clinic Sunday, March 7-21

Oak Brook Park District, 1450 Forest Gate Road 2-4 PM Kids, 9-14 \$100
Experience the Chicago Flyers track program for Beginner to National Level athletes

Summer Track Season, April-July

3 Start Dates. Little Flyers (6-8) Chicago Flyers (9-14) Training and Meets

XC Camp & Season, August-November

- Racing through a pandemic, the Chicago Flyers won the 2020 AAU Northern National Cross County Championship! We were able to offer track and a full competitive cross-country season while abiding by all IDPH guidelines.
- Practices include running mechanics, speed, athleticism, sprint/mid/long distance events, with a heavy emphasis on teamwork. Practices are creative with a sense of play yet technically demanding. Kids learn to love running and are never bored.
- Members range from beginner to national level athletes with most continuing to run in high school.

Register at www.chicagoflyers.org or contact info@chicagoflyers.org for more details.

