

TRACK AND FIELD CROSS COUNTRY



Spring Track Clinic, Sundays - March 5-26

Hinsdale Central Outdoor Track 3-5 PM Kids (9-14) \$180

For Beginner to National Level athletes, experience the Chicago Flyers track program

Summer Track Season, April-July

Little Flyers (6-8) Chicago Flyers (9-15) High School Sprinters

Beginner to National Competitors. 2 start dates.

Hinsdale Central and Westmont High School

XC Camp & Season, August-November

Athletes, 9-15 years

Practices include running mechanics, speed, athleticism, sprint/mid/long distance events, with a heavy emphasis on teamwork. Kids learn to love running and are never bored. Over 2000 athletes have started their running and speed training with the Chicago Flyers with 95% participating in high school sports.

In 2022, over 50% of track athletes qualified for nationals. Our cross-country teams won state and placed 2nd, 3rd, and 4th at nationals. Whether new to running or an elite athlete, our athletes are injury-free, have fun and experience personal success in their sport.

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