



Granite State Flash Cross Country Running



Running is the most natural sport. It's the first sport your child got into all on their own- usually the day after they first started to walk! Cross Country (XC) running is simply running outside on various terrain. Other than good training shoes and a water bottle there's not much needed to get started with this safe and healthy activity and it is a terrific sport to improve conditioning for every other sport.

This program is for new or experienced youth runners 5-18 that don't have a school XC team, have their coach's permission to supplement their school's program, or are just interested in seeing what distance running is all about. The main focus of the program is having FUN and making friends while increasing cardio fitness and base running strength. Additional topics to include Warm-Up/Cool Down techniques, Core Strengthening, Nutrition and Hydration, and Teamwork. Parents are encouraged to attend and run or walk along with the group. There will be workouts provided for additional training between coached sessions. Optional meets may be scheduled against other youth programs. Interested runners can sign up for the Granite State Flash competitive USATF program starting in October.

Practices: Sundays and Thursdays 4:15-5:45p at either Amherst or Manchester locations. Dates may change due to scheduling conflicts and will be communicated.

- **AMHERST- Amherst Middle School, 14 Cross Road, Amherst NH. Meet in side parking lot by bleachers.**
- **MANCHESTER - Livingston Park, 156 Hooksett Rd, Manchester NH. Meet in field across from playground.**

Coaches: Janice and Justin Platt are the Program Directors for Granite State Flash, a premier youth USATF cross country and Track & Field club. Both coaches are USATF certified and also coach at the middle school and high school levels. Janice will lead the Manchester workouts and Justin will lead the Amherst workouts.

Cost: \$40 per session

Register:

- **Session 1 (8/27-9/21) @ Amherst**
- **Session 1 (8/27-9/21) @ Manchester**
- **Session 2 (9/24-10/19) @ Amherst**
- **Session 2 (9/24-10/19) @ Manchester**