



Norwell Youth Track Club

Director : Chuck Martin ----- Email Address - norwellxc@aol.com

*** Practices / Meets --- All meets and practices are optional**

*** Cancellations----** *In the summer we tend to get thunder showers around practice times. We will try to notify people via email by 5:30 pm. If we do cancel, I will always send a worker to the high school tennis court area just in case people do show up.*

*** Hingham Meets - Athletes must arrive at 5:15. There may be a fee of \$5 that will cover all the Hingham Meets. Parents are responsible for the transportation. Norwell All Comers arrive @ 5:45.**

*** Please register through the recreation department prior to attending the first practice. Registration closes July 1st at 12noon.**

2009 Summer Schedule

June 10 th	(Wed)	1st Practice 6 -7:30 pm @ Norwell HS (basic Intro drills / Hershey Practice)
June 15 th	(Mon)	Practice 6 -7:30 pm @ Norwell High School (Hershey Practice)
June 17 th	(Wed)	Practice 6 -7:30 pm @ Norwell High School (Hershey Practice)
June 18th	(Thur)	Norwell Recreation Hershey Track Meet Ages 9-14 Only @ 5:30
June 22 nd	(Mon)	Practice 6 -7:30 pm @ Norwell High School (Intro to Hurdles)
June 24 th	(Wed)	Practice 6 -7:30 pm @ Norwell High School (Intro to Hurdles)
June 27th	(Sat)	Hershey State Finals- Qualified Athletes Only- Nashoba Regional
June 29 th	(Mon)	Practice 6 -7:30 pm @ Norwell High School (Intro to Long Jump)
July 1 st	(Wed)	6 -7:30 pm @ Norwell High School (Intro to Long Jump))
July 6th	(Mon)	Norwell All Comers Meet @ Norwell High School
July 8 th	(Wed)	Practice 6 -7:30 pm @Norwell High School(intro to High Jump)
July 9th	(Thur)	Hingham All Comers Meet - 6 p.m. @ Hingham High School
July 13 th	(Mon)	Norwell All Comers Meet @ Norwell High School
July 15 th	(Wed)	Practice 6 -7:30 pm @Norwell High School (Intro to High Jump)
July 16th	(Thur)	Hingham All Comers Meet - 6 p.m. @ Hingham High School
July 20 th	(Mon)	Norwell All Comers Meet - 6:00 p.m. @ Norwell High School
July 22 nd	(Wed)	Practice 6:00-7:30 Practice at Norwell High School
July 23rd	(Thur)	Hingham All Comers Meet - 6 p.m. @ Hingham High School (Athletes must arrive at Hingham High School @5:30 pm)
July 27th	(Mon)	Norwell All Comers Meet @ Norwell High School
July 29 th	(Wed)	Last Practice / PIZZA PARTY / Capture the Flag @ Norwell High School