

R.C. Striders Track Club

NOW RECRUITING

**For the 2012
Track Season
Boys and Girls
Ages 4-18**

**Practice Starts
February 27, 2012**

**Time: 5:30 p.m.
Location: Normandy
High School**

Registration \$37

Uniform: \$35

**For more information please
contact:
Rowena Denton 314-686-1989
Shayla Curtis 314-546-0992
Or email us @
rcstriders@gmail.com**

**COME JOIN
THE FUN!**

*Come be a part
of a CHRIST
centered team, get
in shape, meet new
friends, and travel.*



Running track
helps build
stamina, strength,
and speed. It
helps to improve
self discipline,
focus, and aids in
the conditioning
for other sports.

**Mission: We strive to teach, de-
velop, and coach the best tech-
niques in track and field to each
of our athletes as well as instill-
ing good sportsmanship and
moral values to help our youth
get through life.**