



One Step Ahead

News and Notes

www.long-island.usatf.org

April 2009

YOUTH OUTREACH PROGRAM

The USATF-Long Island Outreach Program, designed for elementary and middle school students, introduces them to the sport of track & field while encouraging a healthy, active lifestyle. Childhood obesity and the inactivity created by TV, computers and video games are a great concern in today's world, and we in USATF-LI are happy to do our part in combating these things.

In the Youth Outreach Program, track & field is presented as a "sport for life" – in every sense of its meaning. After a brief introduction and short video showing a variety of track & field events and athletes of all ages, the classes are broken into small groups and work with one of our clinicians on techniques such as hurdling, starting, warm-up routines, race walking, turbo javelin etc. The groups rotate from clinician to clinician so that they get a chance to try all of the activities. At the end of the class, all students are given a souvenir USATF-LI tee shirt.

On April 20 and 21, USATF-LI was invited to the Dinkelmeyer and Park Avenue Schools in Bellmore. Many thanks to Jill Skelly, USATF-LI Secretary and a teacher in the district, for arranging our visit. Youth Chair John Martin, along with Sue Polansky, Alex Cuozzo and clinicians Gary Westerfield and Fred Benlein led the classes which were made up of 6th graders at both schools. The children were particularly interested in the sport because the school district will be having an interschool track & field meet for all 6th graders on May 1st.

The kids had a great time, but our clinicians had even more fun working with them and helping to create excitement and interest and knowing that they are promoting healthy activity. We are hoping to see many of the youngsters at our meets this summer. Thank you Bellmore.



Park Ave. students learn to start, hurdle and warm-up.



UPCOMING EVENTS

SPRING TRACK & FIELD- Youth, Open & Masters

May 17 - *Rolling Thunder Invitational* – William Floyd H.S.
Mastic Beach

May 25 - *Infant Jesus Invitational* – Comsewogue H.S.
Pt. Jefferson Station

June 14- *USATF-LI Championship and Junior Olympic Qualifier*
Site to be determined

SUMMER TWILIGHT MEETS – Thursday evenings under the lights. Sites will be posted as soon as they are firmed up.
July 9, July 30, August 6, August 13, 2009.

WATCH OUR WEBSITE FOR DETAILS

www.long-island.usatf.org

USATF-LI GRAND PRIX SERIES OF ROAD RACES

IMPORTANT NOTICE

Date correction:

June 20 – *Schwachman Diamond Dash 5K*

Please make note that the date was changed from June 13.

Cancellation:

Flying Point 10K Autism Awareness Run scheduled for September 20, 2009 will NOT be a part of the Grand Prix Series.



Jill Skelly, Park Avenue School Principal Ms. Speidel, Sue Polansky, Gary Westerfield, Alex Cuozzo, Fred Benlein, Phys Ed teacher Tim and John Martin at the Park Avenue School



Dinkelmeyer School Park Avenue School
6th graders show off their tee shirts