



SUMMER REGISTRATION OPENS May 1st

## Summer Training Starts Monday June 8th

**Running gets kids outdoors, builds strong bodies and increases energy.**

Without Limits, recognized by the USA Track and Field Association, continues to share our love of running with young athletes in southeastern North Carolina. We're committed to helping the individual athlete learn key techniques by engaging them in activities proven to develop teamwork, goal setting, self confidence, proper training fundamentals, improving running form and developing techniques to prepare for the mental rigors of training and racing. Our athletes range from emerging Division I NCAA scholarship athletes, to six year olds who aren't sure exactly which shoe goes on what foot.

### 2015 Coaches

- Matthew Hammersmith (USATF Certified, RRCA and Collegiate Athlete)
- Audrey Cook (Collegiate Athlete and Inspiring Mother)
- Victoria Voronko (Professional Athlete through Furman Elite)

### 2015 Summer Pricing and Practice Options (Ages 6 - 17)

- Monday's and Wednesday's June 8th - August 12th (Weekend of 4th of July OFF)
- Monday 7:15pm – Sprints and Distance at Greenville Senior High School
- Wednesday 7:15pm – Sprints and Distance at Greenville Senior High School
- GTC All Comers Meets Every Tuesday are FREE at Furman Track
- 1 Practice Per Week: Monday OR Wednesday: \$160.00
- 2 Practices Per Week: Monday AND Wednesday: \$200.00
- Weekend Camp Mount Mitchell (July 29th - August 1st)
- Registration & More Information: <https://www.iamwithoutlimits.com/greenvilleyouth/>

