



North Shore Breeze Summer League

To: Interested Athletes
From: North Shore Breeze Organization, Inc (nfp)
Purpose: Summer Track Program

My name is Vernon George, coach and president of the North Shore Breeze track and field organization. I want to introduce you to our summer track and field program. It is open to all athletic boys and girls, beginning at age 6. We also offer an open division that allows college athletes as well as adults up to age 35 to participate in our program. North Shore Breeze has been affiliated with the USATF (United States Track and Field Organization) since the year 2000. Athletes in this organization compete against each other throughout the world. Our program provides a gentle and positive introduction to the sport of track and field. Our primary focus is on developing proper running form, basic stretching techniques, and fundamental event drills such as 100M Dash, 200M Dash, 400M Dash, 800M Run, 1500M Run (athletes must be age 9 or greater), Shot Put, Long Jump, High Jump (athletes must be age 9 or greater) and Triathlon (athletes must be age 9 or greater).



Our program consists of three different age levels of training; Elementary School, Middle School, and High School. These levels are primarily based on the age of the participant. It is our philosophy that athletes participate in a program that is geared towards his\her age and ability. If you're an athlete who is serious about learning what track and field is all about, please feel free check us out at <http://www.northshorebreeze.com>. We practice Monday – Thursday from 5:30 PM until 7:30 PM at Zion Benton High School. If you're interested in participating in our summer league, please do not hesitate to contact us. We can be reached by email at nsbreeze@yahoo.com or you can contact us by phone through Vernon\Kimberly George at 847-872-1855

We look forward seeing you over the summer.
Sincerely Yours,

North Shore Breeze Track and Field Staff