

New Energy

r u n n i n g t e a m

a youth running
program
of the


**TIDEWATER
STRIDERS**
RUNNING CLUB

PLAN TO JOIN the Tidewater Striders' New Energy Youth 2021 Running Team

New Energy is an informal youth group training together to improve their times in road races as well as their performance in track and field and cross-country events sanctioned by the USA Track and Field (USATF) and AAU. Motivations vary from those who simply enjoy running, to those who are goal oriented and recognize the need to train in order to perform well in races. With its group approach to running practices, New Energy provides a fun, sociable forum for running preparation and development.

New Energy welcomes all youth runners, ages 6-16, regardless of ability. Practices are informal, and participants are encouraged to attend as many as possible. Runners must have a good pair of running shoes to avoid injuries. Uniforms, Warm ups and other gear can be purchased, but are optional. **Membership in the Tidewater Striders is required by the third practice** in order to participate in sessions and compete on a team basis in Track and Relay teams. The cost is \$12.00 per year or \$18.00 for two years. The Team participates in road races held in the Tidewater area, which are part of the Youth Grand Prix 1-mile series and are sponsored by local organizations such as school PTAs. Check race flyers for specific information by visiting www.tidewaterstriders.com. A New Energy Team race schedule will be part of the program and can be found under 'Youth Programs' on our Web Site.

Coaching is provided by volunteers who are Tidewater Striders members. Again this year, Steve Sheppard and Angelo Celesia will provide leadership for our program. Other running enthusiasts/parents will also assist.

New Energy provides youth runners and their families an enriching environment which can be a building block to the youth runners' future. In the past, **New Energy** runners attended National Cross Country and Track and Field Championships around the Country. Many previous New Energy runners are currently participating with high school and college teams where they have excelled in Cross Country, Indoor and Outdoor Track and Field with All State and National recognition. New Energy has produced numerous All-American medalists, State Champs and one National Champion in Cross Country.

New Energy Team Training - Visit <http://www.liveanswer.cc/newenergy/NewEnergy.html> for more detailed information and online signup.

Virginia Beach Training Site: Starts Sept 14, 2021 - Tuesdays /Thursdays, from 5:30-6:30 pm. at Mt. Trashmore. Meet near the Kid's Cove area facing South Blvd. tnwalsh43@gmail.com

Suffolk Training Site: Starts Sept 13 - Sleepy Hole Park, Monday/Thursday 5:30-6:30 pm. Meet near front Playground/ Picnic Area. NewEnergySuffolk@gmail.com

Norfolk Training Site: Starts Sept 16 - Lakewood Park, Thursdays 5:30 – 6:30 pm. Meet in the first parking lot on the left after passing the Park Office. Dave@mediationhamptonroads.com

Chesapeake Training Site: Starts Sept 14 - Chesapeake City Park, Tuesday/Thursday 5:00–6:30 pm. Meet at the cabana opposite the skate park. frank.scaringello@gmail.com

Peninsula Training Site: Starts Sept 16 – Thursdays 5 – 6 pm. Old Stable Road Newport News Park. newenergy.peninsula@gmail.com

P.O.W.E.R Training Site: Starts Sept 14 - Tuesdays from 5:30 - 6:30 pm. at Mt. Trashmore (near Kids Cove). P.O.W.E.R. (Program Of Wonderfully Exceptional Runners) is an outreach running program designed especially for children with exceptional needs. kimberly.moore@phmloans.com

For more information, contact:

Coach Angelo Celesia: acelesia@aol.com 757-288-7715

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TO SIGN UP AND REGISTER FOR OUR TEAM Use our Online Sign Up:

<https://runsignup.com/Race/VA/VirginiaBeachChesapeakeSuffolkNorfolkNewportNews/NewEnergyYouthRunningTeam>