

WIRe 2 WIRe



'JR. ELITES'

Program Director: Coach David Matherne
david@wire2wirerunning.com

W2W's focus: to develop strength, speed, & stamina in young runners.

1. It is designed for both **middle school** and **high school** kids.
2. Athletes have a **responsibility** to be **leaders**, not just runners.
3. We have assembled an impressive **coaching staff** to train our Jr. Elites.
4. It is open to **all** ability levels. 'Elite' is a mindset.
5. Better times is **not** the ultimate goal...better kids is the goal!



Some important concepts:

- Most weeks we will offer 2 sessions (unless we're in XC or Track season)
- There will be a strength component to every session.
- Schedule of practices and suggested races can be found on our website:
www.wire2wirerunning.com
- For those interested, there will be opportunities to inspire and work with our younger athletes:
 - 'LiVE WIRES' (grades 1-5)
 - Summer Running Camp (grades 3-8)
- We plan to establish satellite Jr. Elite programs in Rome & Calhoun in 2024.
- Quarterly, there will be a 'focus race,' out-of-town, where we all show up in **W2W lime** and show out!!
- Both Fall and Summer, we will organize a trip to Nationals for XC and Track.

COACHING STAFF: David Matherne * Matt Terry * David Geirlak * Sherry Spinks * Dr. Joell Hathaway