

NST 2024 Running and/or Soccer Club

After school class duration: 10 weeks (Bells Ferry)

NST Running Club and Soccer Club start date: Wednesday, Sept 4th ends Nov 20th

Cost: \$160/one child only. \$80/additional sibling. Automatic \$80/child for children of school staff.

Included in cost: 10 weeks of running and/or soccer classes, one day per week, every Wednesday. Running and soccer clubs split up after everyone warms up together and are split up as equally as possible by age and ability. Overall class size does factor into how the groups are split.

Pickup at 3:30pm at the front of the school (Class runs 2:30-3:45)

New Rules for 2023:

1. **Only online registration are accepted**
2. **All children must be 5 by the first day of class, Kindergarten through 5th grade**
3. **You must be signed up and paid 48 hours before first day of class to start that week**

The running club is a game based club. For example, games such as sharks and minnows, relay racing, zombie tag, etc. We make the club fun and challenging for all ages and fitness levels. NST also does speed and agility practice which is another good fitness tool. The soccer club works on a lot of 1 v1, 2 v2 and always ends with a scrimmage game. We play fun games such as world cup and the numbers game. **The soccer club does not play games on weekends.** This is just an after school program, one day per week, on the day that we mentioned above. Both clubs are directed by Coach Quinton Hart and always have another qualified coach in attendance.

Please visit www.nstwsports.com for more details.

Please email or call with any questions: Quinton Hart | info@nstwsports.com or 770-871-6299

Please sign up thru nstwsports.com

***Please send a transportation note to front desk or teacher each Wednesday**

***All ages welcome in both clubs**

***Please give all emails for parents that will be picking up**

***Players will be released from dismissal to the gym to check in with us**