

Greater Norristown PAL Track Club

Join Us!

Speed Improvement Training in Sprints, Middle & Long Distance
Long jump and Triple Jump Training, Form jumping and Shot put

"Team Speed"
The New Season Is Here...



Registration @ The Greater Norristown PAL Center
340 Harding Boulevard, 19401, 610-278-8040

The first practice will be held on Monday, March 8, 2010
@ Roosevelt Field, Norristown PA, 19401.
Call 610-278-8040 for more information.