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***ALPHA CRUSH Comes to Roswell Area Park 8/25 !!***

As part of our mission to help young distance runners in the North Fulton area prepare for running in high school, we are now adding a new practice squad and weekly practice at Roswell Area Park (RAP). Alpha Crush Running Club has been a very successful youth running club since 2011 with many team and individual accomplishments, led by Coach Matthew Chestnut since its inception. We are now expanding our reach to further support the Roswell area schools. No previous experience and no qualifications are required!

* ***WHERE:*** Roswell Area Park (RAP) at Roswell Jr. Hornets Football Field Parking Lot. Our warm up and runs will all be within RAP.
* ***WHEN***: Mondays from 6:00-7:30pm (First practice is 8/25 and will go through mid-November). Alpha Crush will continue to have regularly scheduled practices Monday/Tuesday/Thursday at Wills Park in Alpharetta. Roswell area runners are requested to attend joint team practices Tuesday and/or Thursday at Wills Park Equestrian Center Field.
* ***WHO:*** Open to all 6th, 7th, 8th grade boys and girls in Roswell area (other ages may be added later if volunteers are willing).

Registration is now open for all interested runners at [www.alphacrush.org](http://www.alphacrush.org). Please visit our website for all the information regarding team requirements, schedule of meets and practices, coach information, uniforms and other need to know information. We will also need some parent volunteers that are able to help run with and supervise the children. Please let us know if you would be willing to complete a background check and assist us with practices. Our first scheduled meet will be the Roswell Covered Bridge Run at Garrard Landing in Roswell on the morning of 9/6.

If you or anyone you know is interested in joining our youth running club, please join us on 8/25 at 6pm at RAP for a parent meeting and first practice. Meeting and practice will be led by Assistant Coach Paul Tardif. For any questions, please visit our website at [www.alphacrush.org](http://www.alphacrush.org) or email me to RSVP at [ptardif@bellsouth.net](mailto:ptardif@bellsouth.net).

We look forward to meeting all our future runners!

Sincerely,

Matthew Chestnut – Head Coach, Paul Tardif – Assistant Running Coach