

Spring 2017

TOTAL TREK QUEST

Practices begin
the week of
February 27
Space is limited!
Register Today!

TTQ is a fun, high energy program designed exclusively for boys in 3rd-5th grade! TTQ incorporates strength and stretching exercises with training for a 5K. Boys in this program will develop positive peer relationships and feel a part of a team while working toward individual goals. Additional practice activities focus on developing a healthy lifestyle, social/relationship skills, how to make healthy decisions, and being proud of who they are.

Spring Kickoff Event

At

The Lost City

12350 James St Holland, MI 49424

<http://www.the-lostcity.com>

Saturday, February 25

10:00am-12:00pm

(Please mail in form *by* February 23 or register at Kickoff)

Early registration is encouraged as some teams will be full by the kickoff!

FREE

Unlimited Laser Tag, Mini Golf, and Mini Bowling!!!

For all Spring TTQ participants and their families

*Boys must be accompanied by an adult

PARENTS

Please plan to attend a parent information meeting the last 15 minutes of your son's first practice to meet the coaches and learn pertinent information about the TTQ program.

- Practices last for 90 minutes immediately following school dismissal. Program includes the kick-off event, 18 practice sessions, and the final event.
- Included during practices: healthy snack, games, strength and stretching exercises, and RUNNING. Please send water bottles and athletic clothes that are weather appropriate!
- Participants will learn healthy habits, how to set goals, and to develop their individuality.
- A healthy snack will be provided! Snack donations are appreciated.
- Final event will be the Tulip Time Run on Saturday, May 6. **Registration for TTQ boys is included in the program.** Parents and friends encouraged to participate. More details to come.
- Total Trek Quest programs are coached by committed adults who have completed program training, CPR/First Aid certification, central registry clearance and background checks. Coaches are always needed; please consider being a coach!
- If school is cancelled for any reason, TTQ will also be cancelled that day.

Cost is \$40.00, but scholarships are available. Late registration may also be accepted. For more information or questions contact: Brandon Melynky at 616-396-2301 x152 or bmelynky@pathwaysmi.org

**Download registration form at: <http://pathwaysmi.org/strengthening-youth/total-trek-quest>



Total Trek Quest, a program of Pathways, MI, is made possible by grants from the Ottawa County United Way and Lakeshore Regional Partners.

~ Practices begin promptly at the end of the school day and last for 90 minutes ~
Practices begin the week of February 27.

Boys will meet outside the school office at the program location for the first practice.

Practice days are subject to change.

~*Tentative Spring Teams*~

We are still in the process of recruiting coaches and schools!

BE A COACH! Let us know if you'd like to coach your son's team!

School	Practice Days	School	Practice Days
Allendale	M/W	Coopersville	T/Th
Holland Public		Grand Haven	
Holland Language Academy	M/TH	Robinson	M/W
Holland West	M/F	Rosy Mound	T/Th
Vanderbilt	T/Th	West Ottawa	
Black River	M/W	Great Lakes	TBD
Holland Boys and Girls Club	TBD	Lakeshore	M/W
Rose Park	TBD	Lakewood	T/Th
		Waukazoo	T/Th
		Woodside	M/W
Jenison		Zeeland	
Bursley	M/W	Lincoln	T/Th
		New Groningen	TBD
		Roosevelt	TBD
Allegan Public		Innocademy	TBD
Dawson	TBD		
Pine Trails	TBD		
W.M.A.A.A.	TBD		

Boys will be registered on a first come first serve basis and may be put on a wait list. Wait lists are developed depending on team size and the availability of coaches.

TTQ reserves the right to cancel TTQ teams in which less than 5 participants are registered by February 25. In the event that Pathways, MI cancels a team, refunds will be given.

The final 5K run will be the Holland Tulip Time Run on Saturday, May 6. Additional details will be provided during the season, including through newsletters which will be sent out via email or available at the Pathways, MI website: <http://pathwaysmi.org/strengthening-youth/total-trek-quest>

