



Press Release/Public Service Announcement

Contact: Frederick Lewis
Phone: (318) 673-7737

FOR IMMEDIATE RELEASE
12:30 P.M., May 12, 2010

SPAR'S 2010 SUMMER TRACK & FIELD PROGRAM AT FULL CAPACITY

SHREVEPORT, LA, May 12, 2010: Shreveport Public Assembly & Recreation (SPAR) Summer Track & Field Program has reached full capacity with all available spaces filled. The program, directed by Olympian LaMark Carter, a graduate of Captain Shreve High School and Northwestern State University, is designed for ages 9 - 19, and is in its fourth year. The training is held at Lee Hedges Stadium.

Coaching is provided in both track and field events. Instructional areas include warm-ups, stretching, conditioning, plyometrics, mechanics, tactics and strategy for sprints; mechanics & techniques for long jump (hang or hitch-kick styles, approach run, take-off, actions in the air, and landing).

The program runs from April 20 through July 11, 2010. Participation is free to the participants.