

2008-2009 Highlights

XC, Indoor & Outdoor Track

62.3 seconds average PR in XC

2 All-Americans

2 MIAA All-State Champions

10 XC All-State qualifiers

1 XC EMass Divisional Champion

2 XC League Champions

8 XC Preps All-New England

6 XC All-ISL

8 Boston Globe All-Scholastics

39 Boston Globe All-League honors

Run Smarter

2009 - 2010 Highlights

59 seconds average PR in XC

17 XC All-State qualifiers

2 XC EMass Divisional Champions

6 XC League Champions

2 XC New England Prep Champions

8 XC Preps All-New England

5 XC All-ISL

4 Boston Globe XC All-Scholastics

28 Boston Globe XC All-League honors

...and counting



Emerging Elites is a division of TRACS, Inc.

Emerging Elites
79 Manet Rd
Chestnut Hill, MA 02467

emerging elites

THE TRAINING PROGRAM FOR COMPETITIVE ATHLETES



2010 SUMMER PROGRAM



Emerging Elites is a USATF New England club serving youth athletes in eastern Massachusetts. Emerging Elites offers year-round training programs for talented and competitive athletes.

June 28 - August 21, 2010

www.emergingelites.com

2010 Summer Program

Who: **High Performance Group (HPG)** - j.v., varsity & collegiate athletes
Developmental Group (DEV) - middle school, freshman & j.v. athletes

What:

- 8 weeks of progressive training
- Weekly individualized training plans
- Flotrackr online training log
- 1:7 coach-to-athlete ratio
- Diagnostic Evaluation with Peter Stone, PT
- Core Development Program

Where: **Pine Manor College** in Brookline, MA
Athletes have access to soft running surfaces, gym, locker rooms and showers. Pine Manor is easily accessible by car (free parking) and public transportation. Other venues include the Brookline and Chestnut Hill Reservoirs, Heartbreak Hill and the Charles River footpaths.

Program Schedule

When: June 28 - August 21, 2010

High Performance Group

- Monday & Wednesday, 6:00-8:00pm
- Saturday, 9:00-11:30am

-or-

- Tuesday & Thursday, 6:00-8:00pm
- Saturday, 9:00-11:30am

Developmental Group

- Monday & Wednesday, 6:00-8:00pm
- Saturday, 9:00-11:00am



Educational Seminars

Coaches and guest speakers present to both athletes and parents.

June 16: Nutrition for Training & Performance

June 23: Training: Methodologies & Systems

Aug. 21: Cross Country Racing Strategy

2009 Emerging Elites attend:

Acton-Boxborough Regional	Manchester Essex Regional
Algonquin Regional	Masconomet Regional
Arlington High School	Meadowbrook School
Bancroft School	Medfield High School
Beaver Country Day School	Middlesex School
Belmont High School	Milton Academy
Belmont Hill School	Nashoba Regional High School
Billerica Memorial	Newton Country Day School
Blake Middle School	Noble & Greenough School
Boston Latin School	Oak Hill Middle School
Buckingham, Browne & Nichols	Oak Meadow Montessori
Burlington High School	Phillips Andover
Cape Cod Academy	The Rivers School
Cardinal Spellman High School	The Roxbury Latin School
Dana Hall School	Shepherd Hill Regional
Dover-Sherborn High School	St. Sebastian's School
Duxbury High School	St. John's Prep
Fontbonne Academy	Thayer Academy
Framingham High School	Ursuline Academy
Hamilton-Wenham Regional	Villa Joseph Marie School (PA)
Hopkinton High School	Wellesley High School
Lexington High School	Westminster School (CT)
Loomis Chaffee (CT)	Xaverian Brothers High School

Apply online: www.emergingelites.com

Training Philosophy

Mission:
To professionally coach and develop athletes in structured programs to maximize their performance.

Training Philosophy:

- Develop the **whole athlete** by addressing each individual's strengths and weaknesses
- Develop each athlete as an **individual**, with a personalized training plan
- Develop each athlete with a **long-term vision** for progressive formation as an athlete and person
- Develop each athlete within a **group training** environment of talented and competitive peers



Application and Admission

Early Decision deadline: February 24
Regular Decision deadline: May 20

1. Apply online at www.emergingelites.com
2. Interview with Emerging Elites coaches
3. Acceptance
4. Diagnostic Evaluation (HPG only)

Early Decision guarantees your Diagnostic Evaluation before the Summer Program starts.

Tuition

Payment is due **in full** following the interview and acceptance into the 2010 Summer Program. Payment plans are available.

Developmental Group: \$1,375

High Performance Group: \$1,875



Contact us!

Contact us today for more information on Emerging Elites' year-round training, which includes:

- College Counseling - navigate the recruiting process
- Spring Program
- Summer Program
- Fall Program
- Winter Program - access to indoor track facilities

phone: 617.332.3919

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web: www.emergingelites.com

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