

VALLEY STREAM P.A.L

TRACK 2019 REGISTRATION

PO/DIRECTOR: RAY LAJARA

Email :

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Online registration available at

WWW.VSPAL.NET

TRACK : BOYS & GIRLS AGES 3-16 PRACTICES RUNS LATE
MARCH TO JUNE .

PRACTICES ARE TUESDAYS AND THURSDAYS 6:30-7:30PM

AT VALLEY STREAM CENTRAL HIGH SCHOOL

MEETS ARE HELD AT MITCHELL FIELD ON SATURDAYS

(DATES TBD)

SIGN UP ONLINE

FOR MORE INFO PLEASE CALL COACH WALTERS 516 637-6499

FEE \$60

IT IS BETTER TO BUILD YOUTH THAN MEND ADULTS

Contributions to Nassau County Police Activity League, Inc. are tax-deductible

WE ONLY ACCEPT CHECKS OR MONEY ORDERS. NO MORE CASH.

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