

Tri-State Athletic



It is my pleasure to announce the beginning of the 2005 Indoor season for the Tri-State Athletic Club. It is my hope that in year two we continue to grow and build off our rookie campaign last year. As we look forward toward this season our goal is the same: helping to serve the needs of athletes in the West Virginia – Kentucky – Ohio region who wish to become more involved in the sport of track & field by opening up opportunities not readily accessible in the past.

This season we plan on expanding our meet schedule and hope to field more relays than last year. Last winter our athletes worked very hard training outside nearly every day and the response we received both from parents and other coaches was beyond what we had hoped for. On the track, we capped the season with a victory in the boy's 800m at the final meet at Marietta College. However, the most important accomplishment of last season was to see more young people from the competing in the sport of track & field and giving themselves an opportunity to be achieve to their potential.

The Tri-State Athletic Club (TSAC) was created last year to help continue the progress that has been made overall in the sport. Track & field is experiencing a massive growth on the scholastic level highlighted by the record breaking exploits of Alan Webb, Xavier Carter, Monique Henderson, and many others nationwide over the past several years. However, the tri-state area and West Virginia specifically have not seen the same growth. In fact, in West Virginia, the sport is in trouble. From the shortening of the Outdoor Track season, to the elimination of the Men's programs at Marshall University and West Virginia University, to the amazing lack of support from administrators who prioritize baseball and softball, our sport, the oldest in the world and the only sport that everyone can participate in needs to be strengthened for the young people coming up to be able have the same opportunities that many of us have already enjoyed.

We our very much looking forward to an even better year this year and hope you will choose to a part of what we are building. Below you will find some additional information to help answer any questions you may have. Please feel free to contact me with any additional questions. See you around the track,

Jason Lea
Founder, Head Coach
Tri-State Athletic Club
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1) What is the Tri-State Athletic Club?

The Tri-State Athletic Club is a **non-profit, volunteer** track & field club created to help athletes in the West Virginia-Kentucky-Ohio area. The TSAC is a member of USA Track & Field.

2) What is the purpose of the TSAC?

The purpose of the TSAC is to provide and enhance opportunities for members to further develop their abilities and be exposed to additional competitive venues including, Indoor Track, the Nike Indoor Classic, the Adidas National Scholastic Outdoor Championships, and USATF competition.

3) Who can join the Tri-State Athletic Club?

Anyone old enough to compete in USATF competition (10 yrs. +) can join. There is no upper age limit for membership and since track & field is a lifelong sport, individuals wishing to compete in open and Master's competition are welcome. Please note that the main emphasis, especially during indoor, will be on scholastic and youth athletes.

4) What will it cost to join the TSAC?

The cost of membership for youth and scholastic athletes for one year will be \$150.00 for the first family member + \$40 (approximate cost of uniform and USATF membership) for each additional member.

5) What will I get for my membership?

The membership fee will cover the cost of uniform (must be purchased) registration fees for USATF, meet entry fees, and equipment costs. Our hope is to be able to have successful enough fundraising to assist with transportation and lodgings when possible. However, it may at times be necessary for club members to cover additional travel related expenses. We hope to avoid a situation of a parent or athlete having to constantly pay more and more money out over the course of a season; we want this to be a quality, affordable experience. **Neither myself nor anyone associated with the club will receive any payment. All funds go directly towards the club.**

6) Will there be practices?

Yes. Again this year we will use Huntington High School as our main practice location with practices being Monday through Friday and starting as close to 3:30 as possible with our first practice taking place no later than the Monday after Thanksgiving. Last year, we ended up starting around 4:00 due to athletes commuting from Hurricane and Charleston. However, weather and the day's workout will also dictate if practice is held at Marshall University, Ritter Park or some other location.

8) How many meets must some one compete in?

Athletes can compete in as many or as few as they would like with the exception of meets where there are entry standards in which case the athlete must qualify according to the standards (this only occurs at a few meets).

