

Tri-State Athletic



It is my pleasure to announce the beginning of the 2005 summer season for the Tri-State Athletic Club. It is my hope that we will be able 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.

The Tri-State Athletic Club (TSAC) was created this year for a variety of reasons. First, while 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, 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.

Second, the TSAC seeks to provide the opportunities that have been difficult for an athlete to have access to on their own. By bringing together the talent that exists within this area we help to give athletes in the sport of Track & Field the opportunity to compete in the USATF Youth Outdoor National Championships, the USATF National Junior Olympic Championships, the Hershey Youth Program, as well as creating opportunities for Open and Masters' athletes to continue in the sport as well.

Third, this club seeks to enlarge the sense of community that exists within athletes who compete in track & field in the tri-state area. Despite the large concentration of high schools in the area, many of our athletes will never compete against each other at the same time. This is a truly disturbing phenomenon. Track & Field is the most communal sport, allowing athletes to meet and get to know athletes from other schools and parts of the country without sacrificing competition.

Finally, this club was created to be here for the long run. We hope to provide the best possible coaching and competition for our athletes as they strive to perform to their best. Our main goal will always be to see to the greatest development of an individual's potential, whatever that may be, while helping to instill a strong work ethic and a commitment to excellence both in the classroom and in sport.

Below you will find a series of questions and answers that will hopefully give you a better sense of what we are about. Please feel free to contact us at any time with questions.

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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. Practice will begin Monday, May 16 at 5:30 pm at Huntington High School. Practice will be held Monday through Thursday. High School athletes cannot begin practicing with the club before their last competition (ex. Any athlete who qualifies for the State Meet in any of the three states cannot practice with us until after that meet, but should an athlete's season end at a Regional/District/League meet they can practice with us the following day). I am a USATF Level I Coach with over 10 years experience at the youth, high school and collegiate level. Any other coaches will be experienced and capable of providing excellent instruction to athletes. We hope on being able to introduce a couple of new events to some athletes including the Weight Throw (an event

all throwers learn in college), Hammer Throw (its outdoor equivalent), and the Triple Jump (not contested in OH and WV, but in all but one other state).

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).

