

# Summer 2010

## Who are we?

Now in our 6<sup>th</sup> year, we are a volunteer based USA Track & Field (USATF) member club open to boys/girls and men/women ages 5 & up of any experience or ability level. Our mission is to grow participation in track & field and cross country in the tri-state area of West Virginia, Ohio, and Kentucky by providing quality instruction and competitive opportunities.

## When and where are practices?

For the spring/summer season we practice at Spring Valley High School Monday thru Thursday. Practices begin at approximately at 5:30, although we understand if athletes have to arrive late, and typically last no more than 2 hours. Our goal is to have productive, efficient practices.

## Membership

Membership fees are \$100 for the first family member and \$50 for each additional family member. Membership is valid for one year from the season (spring/summer, fall/cross country, and indoor) that an athlete joins. The fee covers an athlete's USATF membership and uniform (which they keep) with the balance going to entry fees and club expenses.

## Competition

Our youth athletes follow the USATF Jr Olympic program which advances through the Association (in Charleston, WV) and Regional (Richmond, KY) championships to the National Jr Olympic Track and Field Championships (Sacramento, CA). Last year we had 17 athletes compete at the national meet in Greensboro, NC. We will also compete in the Capital City Striders Invitational in Charleston, WV and the Russell Blunt Invitational in Durham. Athletes who qualify will have chance to compete in the USATF Youth Outdoor Championships. Additionally, we will host 3 all-comers meets again this summer.

## Information and Questions

If you have any questions, please contact Coach Jason Lea at 304-617-3044 or [jasonhlea@hotmail.com](mailto:jasonhlea@hotmail.com)

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