



Now in our 9<sup>th</sup> year, the Tri-State Athletic Club is a USA Track & Field-member, volunteer, youth track & field/cross country club open to anyone ages 6 & up regardless of experience and/or ability. Our mission is to help grow the sport of track & field/cross country by providing quality instruction and competitive opportunities in a challenging, but fun, environment. Our athletes have enjoyed success as Association and Regional champions, and medalists at both the USATF Youth Outdoor Championships and USATF National Junior Olympic Track & Field Championships.

As part of our commitment to keep opportunities accessible to everyone, our memberships are \$100.00 for the first family member and \$50.00 for each additional family member. Memberships are for good for one year from the season (cross country, indoor track, or outdoor) they join to allow families to do as much as they would like with us during that period. Memberships cover their USATF memberships and uniforms (theirs to keep) with all remaining funds going towards meet entry fees and club expenses.

The first day of practice for our summer season will be Monday, April 22. During the spring/summer practices are Monday through Thursday at Spring Valley High School beginning at 5:30pm and typically concluding around 7:00pm. High and middle school students who are currently members of their school teams may not begin practicing with us until the conclusion of their scholastic season. Practices are not mandatory because we recognize that parents have their own obligations and our athletes frequently participate in multiple sports/activities. Practices are always intended to be efficient with emphasis on the development of proper technique, conditioning, strength, and race preparation.

If you have any questions, please contact Coach Jason Lea at 304-617-3044 or [jasonhlea@hotmail.com](mailto:jasonhlea@hotmail.com). You can also find us on Facebook by searching for Tri-State Athletic Club