



Now in our 15th year, the **Tri-State Athletic Club** is a USA Track & Field-member (USATF), volunteer, **YOUTH TRACK & FIELD/CROSS-COUNTRY CLUB** open to **any & every kid 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** at the **Association, Regional, and National** level, including medalists at both the **USATF Youth Outdoor Championships** and **USATF National Junior Olympic Track & Field Championships**, and a **National Champion in Cross Country**

SPRING/SUMMER 2019 (April-July): Our 1st day of practice will be Monday, April 22nd. Registration and practice are always open to new kids. There is never a deadline for joining the club. However, there are deadlines for individual meet entries

PRACTICES: Monday through Thursday beginning at 6:00pm until 7:30-8:00pm. For the beginning of the season, we will primarily meet at Ritter Park at, or near, the NEW shelter. As we get into the season, we will move practice onto the track, and we will update our families when that time comes. Kids should come prepared with appropriate shoes, clothes (shorts, shirt, sweatpants or tights), and something to drink (preferably water)

COMPETITIONS/TRAVEL: We compete in the USA Track & Field Jr Olympic program which includes Association, Regional, and National championships. We are part of the West Virginia Association and Region 5 (MI, OH, WV, KY, Lake Erie). During the Summer season, athletes must qualify to the Region 5 meet from the WV Association meet. We also compete in other youth meets as well. We make every effort to keep travel to a minimum

MEMBERSHIPS: \$100 per child (\$300 family max). That covers 1 YEAR from the season in which they join (Spring/Summer, Fall/Cross Country, or Winter/Indoor Track) so that families have as many opportunities to participate as possible. The membership also includes their individual USATF membership and a uniform, which is theirs to keep. All remaining funds go towards meet entry fees and expenses like equipment.

OUR GOAL is to provide each child who participates with the opportunity to challenge themselves so that they can find a level of personal success and accomplishment. We **DO NOT** promise greatness or championships. We **DO** promise that we will do everything we can to help them grow and succeed.

COACHING: Head Coach Jason Lea is USATF Level 2 and United States Olympic Committee (USOC) SafeSport-certified coach with over 20 years of experience at the youth, high school, and collegiate level

For any questions, please contact Coach Jason Lea at 304-617-3044 or coach.lea@tristateac.org. You can also find and contact us on Facebook by searching for Tri-State Athletic Club

2019 Meet Schedule*

(subject to change)

Summer

Jun 1	Ny'esha Flanigan Memorial Invitational	Cincinnati, OH
Jun 7-8	Capital City Striders Invitational	TBA, WV
Jun 22	USATF WV Association Championship	TBA, WV
Jun 25-30	USATF Youth Outdoor Championship	Durham, NC
Jul 5-7	USATF Region 5 Meet **	Louisville, KY
Jul 13	Queen City Invitational	Cincinnati, OH
Jul 20	Ohio Track & Field Classic	Columbus, OH
Jul 23-28	USATF National JR Olympic Track & Field Championship**	Sacramento, CA

Fall

Nov TBD	USATF WV Association XC Championship	Charleston, WV
Nov 23	Cross Country Coaches Youth National Championship	Hebron, OH
Dec 14	USATF National Jr Olympic XC Championship	Madison, WI

*- Participation in any meet is optional. Where listed, multiple-day meets represent the total duration of a meet and NOT necessarily the number days that a family will have to be there

** - Meets that must be qualified for by place as part of the USATF JR Olympic advancement