

HUNTERDON LIONS TRACK CLUB

See next page for Registration Information

Registration is open NOW!



Goals

The Hunterdon Lions Track Club offers an introduction to the sport of track & field to boys and girls, in the 4th through 8th grades. Our primary aim is to expose children to the multiple disciplines of track & field, and to help them gain an appreciation for what it means to attain and maintain a level of fitness. We hope to instill a love for athletics and a healthy lifestyle that will last a lifetime. We offer the chance to compete with other children of the same general age, at the local and state levels and, subject to qualification, regional and national levels. Perhaps most importantly, we provide a sports activity that offers fun and friendship to all ages and levels of talent.

Practices

Practice will begin on Thursday, March 24th, and continue through May; longer for those competing at the USA Track & Field (USATF) state / regional meet levels. Practices will be on Monday and Thursday evenings from 7:00 – 8:30, and Saturday afternoons from 2:00 – 3:30 at the North Hunterdon HS track. Boys and girls will practice together. The coaches will make an effort to divide the kids into groups based upon age and/or ability. We realize that many families have busy lives, and that soccer, lacrosse, CCD, music, and other activities may, at times, interfere with attending track practice.



Meets

We will have at least one intrasquad meet. We are also working to schedule meets with other area clubs (Westfield, Hillsborough, Central, etc). We will also participate in the USATF Youth State Association meet in early June and the Youth Regional meet in early July (for those who have qualified for advancement) – these meets are for those athletes who are interested in competitive track & field, dedicated to the sport, and are USATF members. We feel that competing in the meets is an important part of the program, and that all athletes should compete in the local club meets as a minimum expectation.

Events Offered

In addition to the running events (100, 200, 400, 800, 1500, and 3000 meters, 4x100, 4x400 and 4x800 relays), we will be offering training and competition in the following additional events: hurdles, shot put, javelin, long jump, and high jump. We have identified individuals with backgrounds in most of these events who are willing to help coach them; if you fit that description, additional volunteers are welcome! The kids always enjoy trying a number of these events.



Registration is open now! Reserve your spot today!

Registration includes:

- Club t-shirt
- Car magnet
- Unlimited entry in the club meets
- Entry in USATF Association meet (State Championships)
- Practice and competition in the full range of events offered
- End of season party
- Unlimited fun with friends!

Registration fee is **\$100** for each child. Registration and payment is online only. Please go to our website at www.hunterdonlionstc.org and click on the "Registration & Medical Release Form 2022" link in the upper right corner of our "Welcome" page (You'll see more detailed instructions there).

Registration will close end of day Sunday, March 6th (or sooner if we reach our maximum).

If you have questions in the interim, do not hesitate to contact one of the Head Coaches, below.

Coach Bryan Lisa bryan@hunterdonlionstc.org

Coach Dave Richards daver@hunterdonlionstc.org

The attached information is being distributed by the Clinton Township School District at the request of the organization. The District's distribution of this literature is purely a courtesy to our parents and students and is not an endorsement by the District.