



## USATF MEMBERSHIP

We encourage athletes to apply for a USA Track & Field (USATF) membership.

There is an annual fee of \$20.00 Apply on-line at <http://www.usatf.org/membership>. You will receive a USATF member number immediately.

To register with USATF as a member of the Indiana Track Club enter our club member number "0190" in the designated space on the application. Print the confirmation page to use as proof of membership until you receive your membership card in the mail. If you prefer to register by mail, a printable entry form can be downloaded on-line as well.



# 2017 Youth Indoor Track & Field Program

Indiana Track Club  
3390 E. State Hwy 46  
Spencer, Indiana 47460



# INDIANA TRACK CLUB

## Indoor Track & Field 2017



### WHO

- Boys and girls, ages 7-18 interested in track and field.
- Beginners and experienced athletes welcome.
- All athletes must live within a 50 mile radius of Bloomington

### WHEN:

- January 2nd through February 8th
- Practice is Monday – Thursday
- 6:30 p.m. – 8:00 p.m.
- **No Practice on Jan.3, Feb.1**  
**Due to IU Basketball games**

### WHERE:

- Indiana University Indoor Track

### COST:

- **\$110 for Explorers**
- **\$110 for Competitors**
- **Plus,**
- \$10 for **annual** Indiana Track Club membership for new 2017 members (includes a club T-shirt).  
*Scholarships available based on need.*

### REGISTRATION:

- Registration will be at the Track prior to practice.

### PROGRAMS

#### Explorers (ages 6 to 12)

- Coaches teach the basics of track, introducing running, hurdles, long jump, high jump, pole vault, shot put and relay events.
- Emphasis is placed on sportsmanship, positive attitudes, and having FUN!
- The program ends with a “fun” track meet with the kids competing in selected track and field events, followed by a pizza party

#### Competitors (ages 9 to 18)

- Coaches help the athletes determine which track and field event areas might best fit them.
- Emphasis is placed on conditioning and technique work in preparation for competition.
- Competing in the track meets is optional.
- Additional nominal fees are associated with these track meets.

*For more information, contact Rick Rumble at [intrackclub@yahoo.com](mailto:intrackclub@yahoo.com)*

*also, check the club's facebook page for more information!*

### COACHING STAFF

#### Explorers Head Coach

*Carol Rumble –Former Girls Track & Field Coach at Owen Valley High School*

#### Competitors Head Coach

*Rick Rumble - Assistant Boys & Girls Coach at Bloomington North High School*

#### Assistant Coaches

Local high school and middle school coaches; IU athletes and students; and community members with expertise in particular event areas.

### TRACK MEET SCHEDULE

High School Open  
Saturday February 11, 2016

*Participation in the track meets is optional.*