



## **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: [www.usatf.org/membership](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.



# **2020 Youth Indoor Track & Field Program**

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



# INDIANA TRACK CLUB

## Indoor Track & Field 2020



### WHO

- Boys and girls, ages 6-18 interested in track and field.
- Beginners and experienced athletes welcome.
- All athletes must live within a 50 mile radius of Bloomington

### WHEN:

- January 6th through February 12th
- Practice is Monday – Thursday
- 6:30 p.m. – 8:00 p.m.
- **No Practice on nights of home IU Basketball games -- Jan. 8<sup>th</sup> and Jan. 23rd**

### WHERE:

- Indiana University Indoor Track

### COST:

- **\$120 for Explorers**
- **\$120 for Competitors**

#### Which includes:

- \$10 for **annual** Indiana Track Club membership for new 2020 members (includes a club T-shirt).  
*Scholarships available based on need.*

### REGISTRATION:

- **There will be a special registration session on January 5th 4:30 – 6:00 at the IU indoor track.**

### 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) or check the club's facebook page.*

### 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

Indiana Track Club  
High School Open  
Saturday February 15th, 2020