



USATF MEMBERSHIP

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

There is an annual fee. Apply on-line at: 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.



2023 Youth Indoor Track & Field Program

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



INDIANA TRACK CLUB

Indoor Track & Field 2023



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 9th through February 9th
- Practice is Monday – Thursday
- 6:30 p.m. – 8:00 p.m.
- **No Practice on nights of home IU Basketball game -- Feb.7th**

WHERE:

- Indiana University Indoor Track

COST:

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

Which includes:

- \$10 for **annual** Indiana Track Club membership for new 2022 members (includes a club T-shirt).
Scholarships available based on need.

REGISTRATION:

- **Registration table will be set up at each 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 Rumple at intrackclub@yahoo.com or check the club's facebook page.

COACHING STAFF

Explorers Head Coach

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

Competitors Head Coach

Rick Rumple - 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.