

HUNTERDON LIONS TRACK CLUB

See next page for Registration Information

Prior members register starting **Friday, January 18th**.
New member registration begins **Friday, January 25th**.



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 21st, 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. 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 have reserved

use of the track at North Hunterdon HS for our program. We realize that many families have busy lives, and that soccer, lacrosse, CCD, piano, and other activities may, at times, interfere with attending track practice.



Meets

We will have at least two meets with the Hunterdon Hawks track club (Voorhees), one at each HS. We are also working to schedule meets with other area clubs (Westfield, Hillsborough, Central, etc), as well as our Skylands Invitational, which pits all of the clubs listed above in one “Championship” meet. 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, including the

Skylands Championship, 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. All meets are conducted by age groups – 9-10, 11-12, and 13-14, so kids compete against kids roughly their own age.



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 begins Friday, January 18th for prior members and Friday, January 25th for new members.

Registration includes:

- Club t-shirt
- Club singlet (racing shirt) * **if don't have one from last season**
- Car magnet
- Unlimited entry in the club meets (e.g. with the Hunterdon Hawks)
- 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 **\$115 with singlet and \$100 without** 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 2019" link in the upper right corner of our "Welcome" page (You'll see more detailed instructions there).

Registration will close end of day Sunday, February 3rd (or sooner if we reach our maximum).

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

Coach Carlton Blake carlton@hunterdonlionstc.org

Coach Bryan Lisa bryan@hunterdonlionstc.org

Coach Mike DiMarcello mike@hunterdonlionstc.org

Coach Joe Galisto joe@hunterdonlionstc.org

Coach Wes Knowles wes@hunterdonlionstc.org

Coach Patti Letko patti@hunterdonlionstc.org

Coach Carlos Noya carlos@hunterdonlionstc.org

Coach Dave Richards daveR@hunterdonlionstc.org

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