



MIAMI COUNTY YMCA 2023 TRACK CLUB



The Miami County YMCA is offering an instructional youth track program.

The program will teach age appropriate running and field events. The track team will compete at Yellow Springs Meets twice during the season (there will be additional fees per meet).

Age Levels: The groups they will be competing in are based on age.

8 and under; 9/10; 11/12; 13/14; 15/16 depending on birthday.

Practices: Practices will be held on Mondays and Wednesdays (Piqua HS Track) at 6:00 p.m. beginning **June 5**. Participants are encouraged to attend all practices but they are not required. Coaches can provide workouts for the participants to do on their own if they cannot attend the practices. The Season ends June 28.

Meets: We will be competing in meets with other small clubs at Yellow Springs. There will be no practice on meet nights.

June 21 & 28

July 12—may be an optional meet

*Athletes are not required to attend all of the meets.

Costs: The cost will be \$45 for members and \$80 for non-members. Included in the fee is a team shirt.

Questions: Contact Jaime Hull at 773-9622 or j.hull@miamicountyymca.net

Athletes may compete in sprints, long distance, and long jump. Other events are possible depending on coach or volunteer experience.

Coaching: The YMCA Track Club is looking for additional employed coaches along with parent volunteers. If you are interested in helping coach in either capacity, please contact Jaime Hull at the YMCA (773-9622) or j.hull@miamicountyymca.net

