

TAILWIND TRACK CLUB

2014 Spring Season

Welcome to the Tailwind Track Club, spring 2014 edition. We always look forward to this time of year – the weather is getting warm (not today) and Tailwind begins another season! Tailwind Track Club is open to all persons in the area ages 6 – 18. I hope this letter will help answer most of your questions regarding Track Club.

Who can participate and what is expected?

Tailwind Track is for youth ages 6 – 18 years of age. Home schoolers are most definitely welcome! We encourage and require effort to be put forth at practice and for everyone to do their best. By doing this and listening to the coaches everyone will learn, improve and have a good time.

What are the objectives of Track Club?

- 1) To learn and improve new skills, including motor skill development
- 2) To get excited about fitness and track and field
- 3) Provide opportunities for good competition with other track athletes around the state, region & nation.
- 4) To have fun!

Track club begins with warm-up exercises and drills to not only get the muscles and mind ready for more rigorous activity, but to improve motor skills and sprint, distance & jumping development. Many times track club will close with a relay and is lots of fun! While every night is not the same, that is a general overview. We follow a USA Track & Field (USATF) curriculum with some variation based on the age of the student-athlete and our experience

*There are a few changes for this spring season. **First**, numbers are restricted and after the track program is full we will start a wait list. **Second**, this season we will focus solely on sprints, horizontal jumps, distance and relays; other track events may be introduced, but will not be practiced on a regular basis. **Third**, we are offering 2 seasons – a core season and a competition season. The first season will be April 7 – May 29 and the competition season will run May 15 – June 22. The competition season includes several track meets, culminating with the USATF NC District Championship meet June 19-22 in Durham. Anyone may do both seasons, with the commitment of going to at least one meet in the competition season.*

When and where is track club?

Track club is every **Monday and Thursday evening from 5:30 – 6:45** at the Watauga High School Track. The first night of club is **Monday, April 7th** with everyone running a pre-season mile time trial and a parent meeting after at 6:45.

What does it cost?

Registration is \$60 for the April 7 – May 29th season and \$60 for the May 12th – June 22nd season, or \$90 for both.

Tailwind registration includes USATF annual membership and \$50 scholarships are available. Please go ahead and mail and/or email registrations back as numbers are limited this year and once full we will start a wait list.

Who are the coaches?

Tailwind Track Club is coached by Watauga high and middle school coaches, parents, former ASU track athletes and track and running enthusiasts. The coaches bring enthusiasm, experience, encouragement and knowledge to practice every week. We are always in need of additional parent coaching assistants, so if you are interested – or know someone who is and can commit the time, please contact one of us as soon as possible.

For more information, contact:

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