



## **USATF MEMBERSHIP**

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

There is an annual fee of \$19.95. Apply on-line at <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.

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



# **2010 Youth Indoor Track & Field Program**

[www.IndianaTrackClub.com](http://www.IndianaTrackClub.com)



# INDIANA TRACK CLUB

## Indoor Track & Field 2010



### WHO

- Boys and girls, ages 7-18 interested in track and field.
- Beginners and experienced athletes welcome.
- All athletes must live within a 50 mile radius of Bloomington.

### WHEN:

- January 4 through February 11
- Practice is Monday – Thursday
- 6:30 p.m. - 8:00 p.m.  
*(No practice on nights of home IU basketball games)*

### WHERE:

- Indiana University Indoor Track  
*The Gladstein Fieldhouse is next to Assembly Hall on Fee Lane & 17<sup>th</sup> Street*

### COST:

- **\$90 for Explorers** (4 days per week)
  - **\$90 for Competitors** (4 days per week)
- Plus,
- \$10 for **annual** Indiana Track Club membership for new 2010 members (includes a club T-shirt).  
*Scholarships available based on need.*

### REGISTRATION:

- Registration will be at the Fieldhouse prior to practice.
- Or mail the enclosed application by December 27, 2009 to:
  - Indiana Track Club
  - 3390 E. State Hwy. 46
  - Spencer, In. 47460

### PROGRAMS

#### Explorers (ages 7 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](mailto:intrackclub@yahoo.com)*

*also, check the club's website at [IndianaTrackClub.com](http://IndianaTrackClub.com) for more information!*

### COACHING STAFF

#### Explorers Head Coach

*Carol Rumple - Head Girls Track & Field Coach at Owen Valley High School*

#### Competitors Head Coach

*Rick Rumple - Assistant Track & Field Coach at Owen Valley 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 Winter High School Open Meet is scheduled for February 13, 2010*