

YOUNG ATHLETICS TRACK FIELD CLUB

2024

Dear Athletes, Parents/Guardian,
Our winter weather has taken a hold of us yet as I write this message to folks interested in our track and field program for the spring of 2024? I hope everyone enjoyed their Holiday Season with family and friends and look forward to an amazing new year.

As the winter does approach our minds quickly fast forward to Spring Sports. Before we all know it our track and field season for 2024 will be just around the corner.

Young Athletics Track and Field Club (YA) began the Spring Season of 1988. This is our 36th year of operation, I just cannot believe I began this journey with some very dedicated, wonderful coaches and friends that long ago. We have been blessed to

meet so many amazing kids and families during this time. WOW!!

Our club focus is "our athletes". We want the kids to work on fitness. We want them to meet new friends. We want them to experience the many aspects of running, jumping (long and high) and throwing. We want them to FUN in our sport. We focus on "Personal Bests" and not winning. All practices have the dynamics of warm up, track training, field training and cool down. High jump is for atom and senior athletes only (athletes ages from 11-14yrs).

The club is all about our kids and we are graciously sponsored by the Optimists of North Waterloo!! We are proud members of Waterloo Region Associated Track and Field Clubs as well as a club in good standing with the Ontario Minor Track Association of Ontario (MTA).

So, Young Athletics Track and Field Club begins Tuesday April 23rd ending Thursday June 20th.

The first evening of registration is at the track Tuesday April 23rd. There is no pre-registration.

Practices are held every Tuesday and Thursday nights.

Our first April practices (23rd, 25th, 30th, May 2nd) run from 5:15pm-6:15p.m. at Resurrection Secondary School, University Avenue, Kitchener.

- Practices for the months of May and June are Tuesdays and Thursdays from 5:15p.m. - 6:45p.m starting May 7th until June 18th. Celebration of participation is June 20 with a rain date of June 25th.

- Please walk athletes down to the track and wait with them until athletes are called into groups, thank you.
- For April 23rd please download and bring a completed registration form (one form per child) with cash or cheque for \$210.00, cheque made out to Young Athletics Track and Field Club.

For families with 3 or more children joining the club the membership is \$210.00 for first child, \$190.00 second child, \$170.00 for each additional child.

Please, please check that your child(ren) date(s) of birth are correct since no one in the club will be born in 2024.

Registration fee includes: membership to Ontario Minor Track Association/athlete insurance/rental of facility/subsidy of registration for Track Camp Day in June, BBQ banquet (Celebration of Participation), event practices, treats.

We have an amazing group of nationally certified coaches/ event specialists/youth coaches in all age groups. All coaches are volunteers.

As we are governed by the Ontario Minor Track Association we fall under their age group guidelines.

Our age groups are: Birthdays as of January 2022

Pee Wees	born 2018, - 2019,
Mites	born 2016 - 2017,
Tykes	born 2014 - 2015,
Atoms	born 2012 - 2013
Seniors	born 2010 - 2011

In order to keep our registration rates cheaper we all work together in our community. We are proud to be a part of

the Run Waterloo Series. Young Athletics is responsible for registration, food preparation, security, distribution of race numbers for the Father Day Run weekend June 14-16, 2024. Second event is Fall Run, October 18-20, 2024. All the details will be posted once they are confirmed by the Race Director(s). It is imperative that we have parent(s) volunteer at one of these events. Stay tuned to volunteer at 2 major exceptional running events.

A portion of monies are given to the club to help us cover the \$\$\$\$ for the season, as costs increase each year.

Each family may copy/refer to the calendars of events for the months of May and June from our website. It is your job to know what happens with the club. All details are posted to reduce questions at practices since myself and others want to coach our events and enjoy your child(ren).

The club t-shirt (handed out the first week of practice) is worn by most athletes during practice times. We cannot stress the importance of athletes wearing appropriate tied tightly running shoes for practices. No street shoes or skateboard shoes. Runners Choice, our local experts at 55 Erb Str., W., Waterloo will assist in the proper sizing of appropriate footwear for children.

Long hair must be tied back. Wear lots of sunscreen and bring a water bottle clearly marked. We are not responsible for lost or stolen items.

Try to refrain from eating right before practice since "stitch pain" is real and causes discomfort with many of the athletes. Small snacks and sips of water are perfect.

Since weather fluctuates from April to the end of June wearing the layered look is

always a great way to dress. Clothing and water bottles can be placed in a laundry basket to be moved by coaches/assistants from practice area to practice area.

Back by popular demand,

Dates to Remember:

(more details to follow on our website)

- ❖ May Fartleck, Tuesday May 14th
raindate 16th
- ❖ May Mini Meet, Tuesday May 21st
raindate 23rd
- ❖ May (T) Challenges, Tuesday May 28th
raindate May 30th
- ❖ June (F) Challenges Thursday June 11th
raindate 13th
- ❖ Fathers Day Event June 14-16th, 2 1/2 hours of volunteering on the day of your choice
- ❖ June track camp for Kids, Sunday June 2nd, at Resurrection (details to come)

❖ June Celebration of Participation & Silent Auction, Thursday June 20th, 5:15-7:00pm, Waterloo Park (Young street entrance). Rain date Tuesday June 25th same location

Looking forward to meeting everyone on April 23rd, 2024!!!

Dianne Crossley,
Head Coach/Club Coordinator

Contact Info:

Club Website: Youngathletics.weebly.com

Cell: 519-580-3092

(no calls during the work day but do text and I will answer when I am able)

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