

Meet YOU at the TRACK!

Join us this spring to check out the sport of track and field and see if joining our team will be a good fit for you! Our comprehensive coaching staff is passionate and well educated in their events. We love working with beginners and experienced athletes who are looking for a competitive environment. Youth athletes will learn and practice skills in a real competition environment with skilled and professional coaches. Participants will be split into age groups and spend time in each of our event categories. All participants will receive an event t-shirt and lunch will be provided. We invite you to participate the following morning in a time trial competition to test out your favorite events. While at our event, meet our sponsors and inquire about our scholarship application.

Events Covered

		<u>Age Groups</u>
Sprints	Javelin	
Hurdles	High Jump	9 and under
Relays	Long Jump	10-12 yrs
Shot Put	Triple Jump	13-15 yrs
Discus	Pole Vault	16-18 yrs

Where:

Mounds View High School Track and Field Stadium
1900 Lake Valentine Rd, Arden Hills, MN 55112

When:

Clinic: Sunday, May 19th 8 a.m. - 1.p.m.

Meet-and-Greet/Social Hour: Sunday, May 19th 1 p.m.

Time Trial: Sunday, May 19th 5 p.m. - 8 p.m.

Cost:

Clinic- FREE to all participants (*club donations will be accepted*)

Time trial- \$20 per person (\$60 cap per family)

***2 field and 2 track events per athlete, if no field then 3 track events

We are confident that your child will leave Victory Track and Field clinic a better athlete. It is our desire to provide your child with a track experience that is exciting, fun and most importantly, one that encourages self-confidence.

Was that not enough?!

Join our track team from June-August and October-March! All ages will have the opportunity to compete throughout the summer and winter months.

We can't wait to meet you this June!



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Clinic/Time Trial Competition

Mixed Events Clinic

Sunday, May 19th 8:00 a.m. - 1:00 p.m.

8:00-8:30 a.m.	Registration
8:30-8:45 a.m.	Introductions
8:45-9:00 a.m.	Active Warm Up
9:00-9:15 a.m.	Acceleration Mechanics
9:15-9:30 a.m.	Acceleration with your event group
9:45-11:45 a.m.	Event Groups (15 minute rotations) Group Events Rotation: Sprints/Relays Hurdles Shot Put/Discus/Javelin (30 minutes) High Jump Long Jump/Triple Jump Pole Vault ??
12:00-1:00 p.m.	General Strength, Core Session, Cool Down & Stretching Routine
1:00 p.m.	Lunch, Questions, Registration for the time trial

Time Trial Competition

Sunday, May 19th 5:00 p.m. - 8:00 p.m.

5:00 p.m.	Gates open
5:15 p.m.	Guided general warmup
6:00 p.m.	First event on the track
6:00 p.m.	Field Events begin
TBD	Guided Cool Down and Stretching Routine

Track Events (Rolling Schedule)

100m Hurdles
100m Dash
4x200m Relay
4x100m Relay
400m Dash
800m Dash
200m Dash
4x400m Relay

Field Events (Cafeteria Style with the exception of the high jump)

High Jump
Long Jump (3 jumps)
Triple Jump (3 jumps)
Pole Vault
Shot Put (3 throws)
Discus (3 throws)
Javelin (3 throws)