

# ***TRAIL TRACK AND FIELD CLUB***

## ***What Is The Trail Track Club?***

The Trail Track Club is an athletic association dedicated to developing athletes to their full potential. The club is focused on track and field, but is an excellent place for athletes of all disciplines to train, particularly through the winter months. Sprinting and endurance running help to keep one in shape and build speed, while throwing and jumping events test and develop flexibility and strength.

## ***Who Is Eligible To Join***

Any athlete born in 2009 and earlier.

## ***Who To Contact***

For further information, contact Dan Horan at 368-5291.

## ***What The Track Club Does***

The Trail Track and Field Club offers coaching in the following events:

### Running

- Sprints
- Distance Running
- Hurdles

### Jumping

- Long Jump
- High Jump
- Triple Jump

### Throwing

- Shot Put
- Discus
- Javelin
- Hammer

## ***Cost***

This year we are offering a special introductory membership rate of \$250. This rate applies to all first time athletes. The normal fees are \$325 for a full year and \$250 for a half year. Half year memberships are for either the indoor or outdoor season. Athletes are also required to register with BC Athletics through the Track Club.

## ***When We Train***

Winter Training – November to March at the Willi Krause Fieldhouse

Tuesday & Thursday - 6:00 to 8:00 pm

Summer Training – April to October at Haley Park

Tuesday & Thursday - 5:00 to 7:00 pm  
Sunday - 2:00 to 4:00 pm

## ***Meets***

The club is planning on hosting the 17th annual West Kootenay Legion Outdoor Track & Field meet at Haley Park on Saturday, May 5, 2018. This event is open to all athletes born in 2009 and earlier.