

WINTHROP REC RAMBLERS TRACK AND FIELD

June 24 to August 9

Boys and Girls ages 7 to 15

Practices will be at Track and Grass areas
around

FEE: \$40.00 - YMCA, USATF Membership (\$35), Team Shirt (\$20)

Team will practice once a week on Tuesday from 5 to 7. The first hour will be for ages 7-10, hours two will be for ages 11-15. Meets will be on Thursdays, starting at 10 am. A schedule will be published when one becomes available.

Once you register Coach Van Tassel will be in touch about practices, meets, and team shirts.

Each practice will consist of a dynamic warm up that focuses on running skill development. After the warmup, practice consists of stations run by members of the high school track and field team. Athletes will get to learn and practice high jump, long jump, triple jump, hurdles, shot put, discus, javelin, race walk, running events, and relays. Practice often ends with a game or group challenge followed by a static stretch.

We encourage athletes to try all the events as part of the learning experience and to help them find out where their strengths are.

Team members will need a USATF Membership to compete in meets. - <https://usatf.sport80.com>

Team Shirts - will be the same as in past years. See link to order Shirt - Orders Due June 5th
- Link: <https://forms.gle/UxoTh9YAEanwx6gVA>

Questions - email coach Van Tassel - vantasselet2@gmail.com