



2026 WINTHROP RECREATION DEPT SUMMER PROGRAM



WINTHROP REC RAMBLERS TRACK AND FIELD



June 22 to August 8

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)

The team will practice once a week usually on Tuesdays and meets will be on Thursdays, as schedule becomes available you will be sent an updated schedule. One 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. For more info reach out to Coach Van Tassel @ vantasselet2@gmail.com

Team Shirts - will be the same as in past years. See link to order Shirt -