



WINTHROP REC RAMBLERS

TRACK AND FIELD TEAM

Welcome to Winthrop Rec Summer Track for 2024

Here is the important information for the coming season.

- Practices will be on Monday from 6-7:30 pm and Wednesdays from 9-10:30 am.

Practices will be at new track at Charlies Field and Maxwell Complex

The hope is that everyone can make it to at least one practice a week.

USATF Membership Portal - <https://usatf.sport80.com/>

T-shirt Order Form - <https://forms.gle/udB2k7jvQDQmCHeu6>

Order of Events

- <https://drive.google.com/file/d/15aeCbh8vY4y1Kzfab7ubLLWB0VQQyr5x/view?usp=sharing>

Meet Schedule - Draft

- <https://docs.google.com/document/d/1zYS320EvWnagivFebmzKDgRvRKf9j14zY8czoYHnc0/edit?usp=sharing>

First practice will be June 24th!!!

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 ended 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 Shirts - will be the same as in past years. This year we are going to include an option for a tank top (they run small) as well. If you need any, please fill out the form. Choose the size and include info for the name on the back. Most kids have chosen to have their last name on the shirt. The cost for a shirt is \$20 paid to Ed Van Tassel - they are a Forest Green moisture wicking tech-shirt.

Orders will be due June 15th!

Meets are every Thursday - Starting at 10 am

- Warmups are at 9:45, it is important that athletes are here for team warmups.
- Schedule will be out soon.

- Meets are either A or B Meets - Girls do half the events one meet and the boys do the other half one

meet. This helps keep the meets shorter and allows kids to do more events over the summer.

- Athletes are allowed to do 3 events with the oldest age group allowed to do 4 events.
- We will use a google form each week for entries - Sample.
- Relays will be available each week and these will be discussed at practice.
- Meets last between 2 - 3 hours - depending on whether relays are run or not.

• Especially for younger athletes and families, look at the schedule of events and choose early events to shorten the length of your meet.

• All events are run in age groups; they are as follows: 8 & under, 9-10, 11-12, 13-14 - Ages are based

on how old your athlete will be at the end of this year.

• Ribbons are awarded to the top 6 athletes in each event for all meets. Relays are a great way to ensure ribbons are being awarded on a weekly basis.

I think that is all the information for now. Weekly emails will be sent out during the season, with details for meets and results as they come in. If you have questions send them my way and if you do not need to be on this list anymore, please let me know and I will remove you.

Thanks - Coach VT - It is going to be a great summer!!



