




# **FASST** TRACK CLUB





2019

Join **FASST TRACK CLUB** this summer and enjoy our comprehensive and fun approach to developing skills and knowledge in the sport of track & field.





## Who can join?

-  Youth Track Club – Ages 12 and under
-  High School Track Club – Ages 13-17
-  College/Open – High school graduates and older – Ages 18 and up

## What do you get?

-  FASST Track Club team kit (based on age level)
-  Ten FASST training sessions (specialized coaching in all event areas)
-  Entry into three USATF sanctioned track meets (fees based on club level)
-  Two group sessions at Building Better Athletes performance center in Dubuque, IA




## When do we start, train, and compete?

-  Monday, June 10 – Introductory Meeting & Registration Night at 6:00pm (all age levels)
-  Tuesday & Thursday evenings **June 11, 13, 18, 20, 25, 27, July 9, 16, 23**
  - o Youth practice sessions 5:45pm – 6:30pm
  - o High School & College/Open sessions 6:15pm – 8:00pm
-  Thursday, July 11, 2019 – Wisconsin Track Club Open – Verona, WI
-  Thursday, July 18, 2019 – Wisconsin Track Club Open – Verona, WI
-  Wednesday, July 24, 2019 – FASST Track Club Open – Dubuque, IA

## Where do we meet?

-  University of Dubuque - Douglas J. Miller Outdoor Track and Throws Area
-  A.Y. McDonald Indoor Track (if raining)

## What does it cost to join?

-  Youth Track Club \$75 (includes youth team kit: t-shirt, water bottle & home meet fee only)
-  High School Track Club \$150 (includes team kit: jersey, t-shirt, water bottle & all entry fees)
-  College/Open Club \$50 (includes jersey & water bottle only /entry fees not included)

**REGISTER ONLINE – [www.signmeup.com/130866](http://www.signmeup.com/130866)**

*FASST LLC maintains general liability insurance along with USATF umbrella coverage.*

*Each participant must have a signed waiver/release on file before participating in practice or meets.*

*FASST Track Club will always have staff/coaches on hand who are certified in First Aid/CPR/AED and a Certified Athletic Trainer or Doctor present when pole vault practice is being held.*

We look forward to growing with you!

Email us at [thefasstrack@gmail.com](mailto:thefasstrack@gmail.com)

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Lead Throws Coach  
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Train  **FASST**. Be Faster.