

2023 Rochelle Area Track Club

Oldest Active USATF Track Club in Illinois



Who: Boys and Girls entering 1st grade-12th grade (high school athletes can either participate and practice or help as assistants. If they participate, they will register and pay)

Dates: Tuesdays-Wednesday-Thursdays June 20-July 20

Times: 5:30pm to 7:00 pm Tuesdays-Thursdays; athletes should wear running shoes, shorts, and a t-shirt for practice

Coaches: Dale Bergeson--Head Boys Track and Field Coach, Alison Vrana--Head Girls Track and Field Coach, Colfay Pointer--RTHS Alum and incoming Head Girls Track and Field Coach, several assistant coaches, and high school athletes

Skills: Athletes will have the opportunity to try all track and field events that interest them, as well as learn and practice fundamental skills related to proper warm-ups, core and leg strengthening, jumping and throwing, block starts, and relay exchanges. This year we will NOT have a home track meet due to work being done on the track; however, we will attend two away meets as a team.

How do I sign up?: Sign-ups will be Tuesday, June 13th from 5:00-6:00pm and Wednesday, June 14th from 5:00-6:00pm at the RTHS Track building. \$55 per athlete; a copy of a birth certificate is required. Cost covers USATF membership, insurance, and club souvenir. There is an option to rent a uniform. If you choose to rent a uniform, there is a \$30 uniform rental fee--the fee will be returned when the uniform is returned at the end of the season. Sign-up forms will be available; however, they are also available on the website ahead of time as well. www.rochelleareatrackclub.org.

To sign up by mail: Mail the form (found online), a **copy** of the athlete's birth certificate, \$55 club fee to:

RTHS: Rochelle Area Track Club
% Alison Vrana
1401 Flagg Rd.
Rochelle, Illinois 61068

****Please make checks payable to RATC****

For any questions contact Alison Vrana (avrana@rthsd212.org)