

MORE INFORMATION



Registration opens February 19th! Reserve your spot today!

Registration fee is **\$110** for each child by March 1. (Late registration, if space: \$130). Registration and payment is online only. Visit www.hunterdonlionstc.org and click on the "HLTC Registration 2024" link.

Open to current 4th-8th graders

Events Offered

- ❖ Running: Sprints (100/200/400), mid-distance (800/1500), hurdles (80/100), relays
- ❖ Throws: Shot put, javelin, discus
- ❖ Jumps: Long jump and high jump

❖ **WHERE:** North Hunterdon High School track

❖ **WHEN:** March 28th through June 1st

➤ M & Th - 7 – 8:30 pm, Sat - 2 – 3:30 pm

➤ *NOTE: Attendance is not mandatory, however, athletes are encouraged to attend practices, as workouts are often designed for continuity*

Our USATF and SafeSport certified coaching staff have backgrounds in these events, but we're always seeking more help. Additional coaches and volunteers are welcome!

Registration includes:

- ❖ Club t-shirt
- ❖ Practice and competition in the full range of events offered
- ❖ Entry fees for club home meets and USATF Association meets
- ❖ End of season picnic celebration with new friends and future classmates!



Meets & Competition

HLTC aims to have intrasquad meets, meets with other youth clubs and participate in the Skylands Championship. We offer participation in the USATF Youth State Association meet (June) and USATF qualifying meets (July). Meet participation is not required, but encouraged as an important part of athletes' development.

More about HLTC

In our **19th season**, the Hunterdon Lions Track Club is open to 4th through 8th graders of all abilities, intended to provide a safe, fun, and inclusive environment to learn the fundamentals of track & field. The goals of the program are to:

- ❖ Build self-confidence and a strong work ethic
- ❖ Promote health and well-being
- ❖ Introduce the fundamentals of each track & field event

Our coaches strive to prepare athletes for high school while teaching athletes social responsibility by supporting each other and building a sense of community. As athletes progress, we encourage them to reach their full potential by continually setting goals, both on and off the track.

If you have questions in the interim, do not hesitate to contact the Head Coaches below.

Coach Bryan Lisa & Coach Lou Palma
hunterdonlionstc@gmail.com

The attached information is being distributed by the School District at the request of the organization. The District's distribution of this literature is purely a courtesy to our parents and students and is not an endorsement by the District.



Join us for another fun season of spring track & field!

