



# DUBUQUE

## WINTER TRACK CLUB 2024

Join **FASST TRACK CLUB** for winter training and development in track & field.

### Who can join?

FASST Track Club is open to all school-age individuals and teams.

- 🏃 Youth Track Club – Grades K-5
- 🏃 Middle School Track Club – Grades 6-8
- 🏃 High School Track Club – Grades 9-12

### What do you get?

- 🏃 4 FASST training sessions (specialized coaching in all event areas/based on age group)
- 🏃 Free entry into 1 USATF sanctioned meet hosted by FASST at University of Dubuque (UD)
- 🏃 FASST Track Club t-shirt

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

- 🏃 Sunday, January 21 – Intro meeting, registration, and practice at 5:30pm (all age levels)
- 🏃 Practices on Sundays January 21, 28, February 4, \*11 – 6pm-7:30pm at UD Indoor Track  
\*Feb 11 practice from 12noon-1:30pm due to Super Bowl
- 🏃 FASST CLASSIC MEET – Saturday, February 17 also at UD – 11am – 3pm (approx.)

### Where do we meet?

- 🏃 University of Dubuque – A.Y. McDonald Indoor Track (150 McCormick St Ext, Dubuque, IA)

### What is the cost to join?

- 🏃 Youth Track Club (elementary school age/grades K-5) – \$75
  - 🏃 Middle School Track Club (middle school age/grades 6-8) – \$85
  - 🏃 High School Track Club (grades 9-12) – \$95
- \*all club levels include t-shirt, 4 training sessions, and entry fee for FASST Classic Meet

**REGISTER ONLINE** – <https://runsignup.com/club/IA/Dubuque/FASSTTrack>

**Register by Monday, January 1 to guarantee shirt size. Late fee of \$10 applies for day-of or late registration. NO REFUNDS WILL BE GIVEN FOR ANY REASON AT ANY TIME. NO EXCEPTIONS.**

*FASST LLC maintains general liability insurance and is a USATF member club.*

*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.*

We look forward to growing with you!

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



Facebook | <https://www.facebook.com/TheFASSTtrack>

Twitter | [@TheFASSTtrack](https://twitter.com/TheFASSTtrack)

Instagram | [@thefassttrack](https://www.instagram.com/thefassttrack)

**NOTICE: Distribution of this flyer does not constitute an endorsement by the Dubuque Community School District. Any production or printing cost for these flyers was paid for by the sponsoring organization.**

Train  **FASST**. Be Faster.