



## SUMMER TRACK CLUB 2024

Join **FASST TRACK CLUB** for summer development in track & field!

### Who can join?

- 🏃 Youth Club – (completed) Grades K-4
- 🏃 Middle School Club – (entering) Grades 6-8
- 🏃 High School Club – (entering) Grades 9-12

### What do you get?

- 🏃 FASST Track Club TEAM t-shirt (not guaranteed after registration deadline – May 19)
- 🏃 Seven (7) FASST coach-led track & field training sessions
- 🏃 Entry into one (1) USATF sanctioned track meet hosted by FASST

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

- 🏃 Monday, June 3 – Intro meeting, registration, and first practice at 5:15pm (all age levels)
- 🏃 Practices on Mondays/Wednesdays – June 3, 5, 10, 12, 17, 19, 24 – 5:15-6:30pm
- 🏃 FASST TRACK MEET – Wednesday, June 26
- 🏃 All practices and meet at University of Dubuque

### Where do we meet?

- 🏃 University of Dubuque – Douglas J Miller Track (150 McCormick St. Dubuque, IA)

### What is the cost to join?

- 🏃 Youth Track Club – \$85
  - 🏃 Middle School Track Club – \$95
  - 🏃 High School Track Club – \$105
- \*all club levels include t-shirt, 7 training sessions, and entry into our home meet

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

*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.*

We look forward to growing with you!

Visit us at [www.fasstsportcom](http://www.fasstsportcom)

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



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Train  **FASST**. Be Faster.