



The Grizzly Track Club is an organization focused on training and preparing high school athletes for upcoming sports. It is open to students from all schools. Members are responsible for joining USATF (cost is \$30). If you are already a 2024 USATF member, please submit your prior e-mail confirmation, or write your account number on your permission slip. You will need to renew for 2025 to be able to continue with the program in January. Everyone must also complete and return the Parental Permission: Health Authorization: Release Form. There is no other cost to participate.

Distance program winter 2024-2025 pre-season for track

Will be hosted for 8 weeks, beginning Monday 12/9/24 through Friday 2/1/25. Practices are 4-5 days a week and will be held from 4:00-5:30 pm, meeting at the track barn. We will have occasional weekend run options and social events including your families. We will be in the weight room 2 days a week.

For more information, please contact Coaches Carrie and Steve Chavez, by email: Carrie: cchavez@srvusd.net, Steve: schavez@srvusd.net

USATF Membership Info.

1. Go to <https://www.usatf.org/membership/application/>
2. Go to “New Membership” area
3. Fill out “Name” “Home Address” and “Personal Information” sections
4. Under “USATF Registered Club” type in 491 for club number
5. For “Sports Codes” check both track events and field events
6. In “Membership Categories” select Athlete
7. Click “Next” at the bottom to go to the verification page
8. Select “Checkout” to submit payment information
9. Write down your USATF member number for future reference

GTC checklist to turn in

- Copy of USATF membership confirmation e-mail with USATF number on it
- Parental Permission: Health Authorization: Release Form filled out