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## ABOUT PUSH TRACK CLUB

PUSH Track Club was formed in 2012 as a result of an increased demand from parents urging us to form a track program that will enhance sports performances, utilizing the performance training methodologies encompassing more power and speed that will carry-over to all facets of track & field. Our program provides a skilled and professionally trained coaching staff which sets us apart from other youth track & field programs. We train boys and girls ages 5-18. We are a sanctioned, 501(c) nonprofit youth track program, governed by USATF and AAU.

Our program runs year round. The regular track season commences early January and ends late July/early August each year depending on how far our participants' progress to the elite track venues, such as the Junior Olympics. Our post season training is incorporated into our summer camp program and we also offer monthly training sessions for a monthly fee. Many of our athletes who are in sports outside of track and field utilize this program to keep fit and to prepare for their in-season sport. Our preseason track training typically begins the first week in October through to the middle of December and incorporates strength and core workouts, to include beach runs, hill work, and weight training.

## TEAM GOALS

We are committed to providing a positive environment, where our participants develop and enhance their track skills and learn teamwork, respect, and discipline, which are the essential skills needed to compete effectively at the next level. We firmly believe that team building also helps to develop our youth both emotionally and socially. As coaches who also mentor our participants, we will help our athletes build positive self-images and strive to reach athletic and academic goals and achievements. Good sportsmanship, for athletes as well as parents, is enforced so that we continue to promote and develop friendships along the way; this is achieved by encouraging our youth in a positive manner and giving parental support and encouragement from fellow teammates.