



# SoCal Hawks

## Track & Field and Cross Country

### QUICK FACTS

**WHERE** .... SF Valley - Grant HS  
 WLA - Culver Cit HS  
 WLA - University HS

**WHO** . .... based on athletes birth year  
 (see table below)

**WHEN** ..... Season is February -May

**FEES**  
**Early Bird Special** ..... good till Dec. 8th  
 \$25 off plus FREE uniform  
 1-4 Kids \$260/\$465/\$620/\$720

**Registration fee** .... Dec. 9th - Feb. 28th  
 1-4 Kids \$285/\$495/\$645/\$745

### TRACK & FIELD

We will have 6-8 track meets on Saturdays  
 We will have one Invitational meet, its 2-days (Sat/Sun.)  
 Team has 2 fundraisers during the season.  
 Track shoes will be available for purchase in February  
 Athletes must wear their t-shirt to practice, especially 1st two weeks  
 Athlete (uniform and warm-ups) will be provided in February

AGES	BORN	DIVISION
5-6	2013-2014	Sub-Gremlin
7-8	2011-2012	Gremlin
9-10	2009-2010	Bantam
11-12	2007-2008	Midget
13-14	2005-2006	Youth



### REGISTRATION

#### TRACK & FIELD

**Registration Starts:** December 8th  
**Online Registration Starts:** November 1st  
**Registration Deadline:** March 10, 2019

#### FALL CROSS COUNTRY

**Registration Starts:** July  
**Season starts:** August 1st  
**Please visit website:** hawkstrackclub.com  
 Visit Cross Country Information

### PRACTICES

DAYS	YEARS	TIME
SF Valley: Mon/Wed	2012-2014	5:45 p.m. - 6:45 p.m.
SF Valley: Mon/Wed	2009-2006	6:15 p.m. - 8:00 p.m.
West LA: Tues/Thurs	2012-2014	6:00 p.m. - 7:00p.m.
West LA: Tues/Thurs	2009-2006	6:15 p.m. - 8:00p.m.

### MORE INFORMATION

For more information contact the Hawks Track Club at 818.321.7133

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[www.facebook.com/HawksTrackClub](http://www.facebook.com/HawksTrackClub)

Follow us on Twitter!  
[www.twitter.com/SoCal-Hawks](http://www.twitter.com/SoCal-Hawks)



### PROGRAM INFORMATION

This program includes practices and meets (track meets are held at other locations in SF Valley). Participants receive warm-ups, t-shirt, ribbons, medals, running uniform. Team gathering hosted at the end of the season. Parents must provide transportation to all meets. Parents must attend 15min. monthly meetings at practice. Parents must volunteer at meets, see registration form. Parents must participate in Fundraisers, see registration form.



Hawks Track Club  
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[www.HawksTrackClub.com](http://www.HawksTrackClub.com)

REGISTRATION  
**SPRING TRACK & FIELD:** February - May  
 SIGN-UPS: Open in November  
**FALL CROSS COUNTRY:** August - October  
 SIGN-UPS: Open in June

**COMING SOON!**  
**Winter Flag Football**  
 Girls Only - Age 7-14  
 Sign-Ups: November  
 Season: December-February

## **What to Expect**

The Hawks Track Club has two locations for practice. San Fernando Valley athletes practice at Grant HS on Mondays & Wednesdays from 6:00pm-8:00pm. West LA athletes practice on Tuesday & Thursdays from 6pm to 8pm at Culver City HS and/or University HS. The track and field season begins in February and ends in mid May. The first couple of weeks of practice the athletes will complain about running, stomach and legs will hurt because their body is adjusting to their workouts plus they are getting in shape. Please avoid junk food, have them eat a light snack prior to practice. Our track meets (Meet#1-5) and the 2-Day Invitational Meet are for all Hawk athletes. Open Meet: Is the last meet for Sub-Gremlins age 4-5 yrs. old. and it is for athletes who HAVE NOT meet a qualifying time in previous meet. Final & IEC Championship meet are qualifying meets and by invite only. We will have monthly 15min. meetings at practice on the 1st day of practice in the month of March, April and May.

### **Evaluation**

Early in the season, the coaches will work with the kids to perform a Runner Evaluations. This evaluation will help guide the coaches and assist the parents in understanding the best approach to make this Track and Field season a positive experience for their children. The evaluation will focus on the running ability of the child, their athletic experience level, their time available, practice days available, and their personal goal for this track season. With this information, the coaches can make an assessment of the best training approach anlevel of competition for each child and share that recommendation with the parents.

### **Assessment**

After the evaluation assessment, we will have team 1 and team 2 for each practice site. Team1 will practice with the entire combined team once a week on Mondays for the San Fernando Valley area and Tuesdays for the West LA area. Team2 will also be formed this year to pursue a higher level of training and competition. This team will practice with the complete team two-three days per week. All athletes are to participate in one week of practice to attend a Saturday meet.

### **Parent Participation**

This program is a Parent Participation sport. Parents must volunteer hours in order for their child to participate. Parents are responsible for transporting their children to and from each track meet and practice. Important: Parents, don't purchase shoes until after the parent's meeting.