



## YOUTH INDOOR TRACK AND FIELD

**STARS – TOTALLY INCLUSIVE YOUTH SPORTS** is a sports program created for the purpose of developing stamina, speed, agility, flexibility, and strength both physically and mentally for all who participate.



**STARS** would like to introduce Youth Indoor Track and Field as our first program.



**STARS Youth Indoor Track and Field training sessions** will be open to the first 40 who sign up. The ages will be for those between 5 and 14 years old.



The series will involve:

- Training in proper running mechanics
- speed acceleration drills natural strength exercises
- All athletes will compete in 2 running events and 2 field events, concluding with a relay event.
- The series will incorporate drills and competition among the participants.



**STARS** Youth Indoor Track and Field Training series will conclude with a final session that will include an awards presentation for individual rankings.

### TWO OPTIONS:

#### OPTION #1 (limited to the first 40 entries)

- Indoor training/competition
- All sessions on Mondays @ Jewish Community Center (JCC) from 6 – 7 pm from January 20<sup>th</sup> until March 10<sup>th</sup>

Final session on Saturday March 15<sup>th</sup> @ St. Vincent – St. Mary High school

- Cost is \$50.00 which includes the final championship on March 15<sup>th</sup> @ St. Vincent – St. Mary High School

#### OPTION #2 finals only

- STARS/ATC Indoor Championship @ St. Vincent -St. Mary High School on Sat March 9<sup>th</sup>
- Time: 9 am check in / warm up
- Competition begins at 9:30 am (order of events)

9:30 – 10:00 am:	60 m dash (all divisions 2 sides of the track)
10:00 – 10:45 am:	standing long jump (8 and under & 9/10 males first followed by females); mini jav (8 and under & 9/10 females first followed by males); 400 meter dash (11/12 & 13/14)
10:45 – 11:30 pm:	standing long jump (11/12 & 13/14 males first followed by females); mini jav (11/12 & 13/14 females first followed by males) 400 meter dash (8 and under & 9/10)
11:30 pm	800 m run (11/12) 1600 m run (13/14)
Noon	AWARDS PRESENTATION
•	Cost is \$40.00

Athletes will participate in 4/5 events each.

Events per divisions:

**D III & IV (8 and under; 9/10) 4 events: 60 m dash, 400 m dash, standing long jump, mini javelin**

**DII & DI ( 11/12; 13/14) 5 events; 60 m dash, 400 m dash, 800 m run (11/12), 1600 m run (13/14), standing long jump, mini javelin**

**Awards based on final rankings from all events. Awards given to the top 16 in each age division and gender.**



YOUTH INDOOR TRACK AND FIELD

FLYER AND REGISTRATION

WHEN: MONDAYS: JANUARY 20<sup>th</sup> – MARCH 10<sup>th</sup> with the finals on Saturday March 15<sup>th</sup>

TIMES: 6:00 PM – 7:00 PM (Monday sessions) Saturday March 15<sup>th</sup> (check in & warm up @ 8:30 am)

WHERE: Jewish Community Center (JCC) 750 White Pond Dr. Akron, OH 44320  
Monday sessions.

ST.VINCENT – ST. MARY HIGH SCHOOL 15 N. MAPLE STREET, AKRON, OH 44303  
Saturday March 15<sup>th</sup>

COSTS: OPTION 1: \$50 PER ATHLETE                      OPTION 2 FINALS ONLY: \$40  
DEADLINE FOR REGISTRATION – JANUARY 15<sup>TH</sup> for Saturday sessions; March 11<sup>th</sup> for final only

Ages: 5 – 14 year old

For more information, please contact Dan Lancianese 330-352-5602 or at dlancian22@gmail.com

PAYMENT AND REGISTRATION ONLINE AT [www.atcsports.org](http://www.atcsports.org); You can also pay using VENMO by calling (330) 352-5602. Or you can MAIL PAYMENT AND REGISTRATION TO THE FOLLOWING:

FINANCIAL ASSISTANCE IS AVAILABLE TO ANYONE IN NEED. JUST CONTACT DAN LANCIANESE @ (330)352-5602

STARS/ATC  
3108 Sparrows Crest  
Akron, Oh 44319



YOUTH INDOOR TRACK AND FIELD

NAME: \_\_\_\_\_ AGE (AS OF 3/1/2025): \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_  
EMAIL ADDRESS: \_\_\_\_\_ GENDER Male Female  
PHONE #: \_\_\_\_\_

Option 1 \_\_\_\_\_ Option 2 \_\_\_\_\_

EMERGENCY CONTACT NAME: \_\_\_\_\_ BEST PHONE #: \_\_\_\_\_

**WAIVER OF LIABILITY & PHOTO RELEASE**

The undersigned participant (Parent/Guardian) understands that this release forever discharges and holds harmless, Stars and the affiliated coaches/volunteers from any liability or claim that participant may have against Stars with respect to bodily injury, personal injury, illness, death, property loss or damage that may result from participant's activities, whether caused by the negligence of Stars, directors, employees, agents, volunteers or otherwise. Participant (Parent/Guardian) also understands that there are inherent physical risks associated with activities and programs and that, Stars does not carry or maintain health, medical, or disability insurance coverage for any participant. Each participant is expected and encouraged to obtain his or her own medical or health insurance coverage. I also authorize Stars (including its directors, boards, agents, employees, and volunteers) to use my image and/or voice in any media form (including, but not limited to, cable television, videos, internet communications, and publicans). I release Stars from any and all claims and liability regarding the making or use of an audio and/or visual recording of my image and/or voice (including claims related to rights of publicity or privacy, defamation, or portrayal in a false light, whether intentional or unintentional).

ATHLETE SIGNATURE: \_\_\_\_\_ DATE \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE (if athlete under 18): \_\_\_\_\_ DATE \_\_\_\_\_