

www.slipstreamtrackclub.com

Slipstream

northeast tennessee
southwest virginia

Track & Field Club

Developmental and Competitive Programs in Track & Field and Cross-Country

2010 CROSS-COUNTRY PROGRAM

The 2010 cross-country season of Slipstream is about to get underway. Detailed practice information and registration forms can be found on our web site, www.slipstreamtrackclub.com. We offer competition divided into age groups from ages 7-18. If numbers allow us to we will put 5-8 runners in each age group together to form a team.

We take athletes of all ability levels. We invite you to come and join us for our cross-country season.

PRACTICE

Please check the club web site for the detailed practice schedule with workouts and dates.

Our first formal practice will be Monday, October 15, 2010 at 6:00 pm at Daniel Boone High School in Gray. We generally have two scheduled practices per week. We will give each runner a workout schedule that covers every day of our season. The practice and workout schedules are included in our web site. High school runners cannot practice with us until their school season is over but we ask that you go ahead and register early so we can do some planning.

We will provide our athletes with a detailed practice and training schedule. It is realized that our club practices will be in the dark and as a result will run only where on the track or grass areas that the coaches deem safe. Club practices are about 1 hour long. Some runners that go to school near each other have gotten together on other days to practice together right after school. Our club encourages this and will help you get organized if needed. Due to travel and time constraints it may be difficult to make all club practices. We understand that and will work with you.



For further information
visit our web site or
contact Brian Buckner

423-742-5004

brian@slipstreamtrackclub.com

AGE GROUPS & DISTANCES

Division	Born	Distance
Primary	2002 & after	2000 meters
Bantam	2000-2001	3000 meters
Midget	1998-1999	3000 meters
Youth	1996-1997	4000 meters
Intermediate	1994-1995	5000 meters
Young Men/Women*	1992-1993	5000 meters

* Athletes born in 1991 who do not turn 19 until after December 4 are also eligible.

2010 CROSS-COUNTRY SCHEDULE

Saturday, November 13, 2010

AAU Southeastern District Cross-Country Championships

Gray, TN

(Qualifying meet for AAU Nationals)

Saturday, November 27, 2010

Footlocker South Region Cross-Country Championships

Charlotte, NC

(This is Thanksgiving weekend. If you have a conflict with family situation, please discuss with club director as you would not have to run this meet.)

Saturday, December 4, 2010

AAU National Cross-Country Championships

Disney World, Orlando, FL

PROGRAM COSTS

The program costs for the cross-country season are quite low. The base fee is \$50 and includes the required AAU membership fee and the entry fee into the AAU Southeastern District Championships. Your AAU membership is good until August 31, 2011. If you participate in our indoor or outdoor programs we will discount those fees by \$20 since you will already have paid for AAU membership. The AAU national fee will be \$30 if paid prior to November 13th and \$40 after. If you plan on going to nationals you should pay that fee at registration. The Footlocker South meet is not an AAU meet. The entry fee varies depending on entries are send in. The entry fees for Footlocker will be posted on the registration form. Uniform cost average about \$32 and we use the same uniform all year.

A BRIEF BACKGROUND

The Northeast Tennessee Track & Field Club was organized in 1993 to provide new opportunities and exposure to track & field and cross-country. Since 1993, over 700 athletes have participated in our programs with a very high return rate year after year. The youth program of NETTFC is designed for those 7-18 years of age. The club has a regional approach to membership and has no specific ties to individual schools. Promotion of track & field and cross-country in a fun and postive manner is an emphasis of the club. Our club is development and competitive based. We believe that the instructional process is as important as the competitive part. We invite athletes from Northeast Tennessee and Southwest Virginia to join our program.

In 1999, we started using Slipstream as a nickname for our club. Over the years we have gradually used Slipstream more and more as our formal name. We are phasing out Northeast Tennessee as our name but for the time being you will continue to see it some due to legal reasons. In competition, we are now going entirely by Slipstream Track & Field Club.