



Training and competition opportunities for boys and girls ages 7-18.

Speed In Action Track Club (**formerly PSA Track Club**) is a Track & Field Club specializing in training youth to build a strong foundation in the three areas of track & field (running, jumping, throwing). Our goal is to emphasize technique, build endurance and gain strength for optimal performance for each of our track and field participants.

Important facts about Speed In Action Track Club:

How do I join?

- Visit [www. speedinactiontc.org](http://www.speedinactiontc.org)
- Complete the Registration/Waiver form
(turn in the registration form during our parent Meeting in March or mail to 4019 SE 13th Gresham, OR 97080 with payment to Speed In Action Track Club)
- \$180.00 club fee
- Copy of birth certificate for first time USATF (United States Track and Field) members



When does the track season start?

We begin practicing Thursday March 16th @ 5:00 pm. Our practices are at Sam Barlow High School Track. Practices will be on Mondays and Thursdays to begin the season, however beginning Tuesday, April 11th we will begin a third practice weekly for the remainder of the season @ 5:00 pm. Gordon Russell Middle School will be the location of our Tuesday weekly practice. As we're conditioning before our meet's start we will have two Saturday practices: March 25th and April 8th @ 10:00 am. Currently these two Saturday practices are scheduled to be at Barlow High School. Our track meet schedule is not quite complete. However our first meet is tentatively scheduled for Saturday April 15th at Jefferson High School in Portland. Meets will continue on Saturdays through mid July.

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