



Prospect Girls Track & Field

WHY YOU SHOULD DO TRACK & FIELD:

- Track and Field is the sport that harnesses the skills needed for every other sport: speed, strength, endurance, and coordination.
- Track is a no-cut sport. All abilities are welcome and there is an event(s) for you.
- There are 18 events to choose from. They are: Sprints, Distance, Relays, Hurdles, Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus.
- No experience necessary and bring a friend! You will make life-long friends and create memories that last a lifetime.
- Track is PURE! All kids can run, jump, and throw. It is fun to run fast, jump far and high and throw objects as far as you can. Come test your limits.
- It is measurable. We measure objectively (distance or time). We can chart your progress and celebrate when set Personal Records and surpass your wildest dreams. It is my coaching imperative to help you improve. If you are willing to work and put in the work, I am confident you will improve.
- It is “good” for you. You will surround yourself with teammates that are in great shape and are striving to get even fitter. Our goal is to create a supportive and healthy environment to help you flourish.
- It is diverse. We have athletes on our team that come from nearly every other sport because there is an event for everyone. The best athletes at Prospect do Track & Field because athletes love to compete and Track will make you a better athlete. Talk to any college coach. College coaches want multi-talented athletes that are multi-dimensional.

****Preseason Informational Meeting on Mon, January 13 @3:15pm in Rm161**

****BEGINS Tuesday, January 21st at 3:25pm in Room 161.**

See Coach Wintermute with questions (pete.wintermute@d214.org)