**Hershey Blaze TC Winter Training & Indoor Track Program**

As we prepare for a new year of competition, we recognize the necessity for our athletes to get a jump start on their fitness and training. Though some programs offer a full indoor season, we believe it is important for our athletes to get in shape, learn some skills as well as continue to enjoy the other activities they may be involved in throughout the winter. That is why we chose to offer our winter training sessions.

The Hershey Blaze Track Club’s winter training program will begin on January 4th, 2015. This 8-week program will consist of aerobic conditioning, speed development, strength training, and fitness preparation for the various outdoor track events. Participants in this program will also have the opportunity to take part in off-season indoor competitions to prepare for the Spring season. Recommended competitions are listed below, but each participant should confirm race intentions with their coaches to discuss the focus of the event. While coaches may be attending these meets, athletes are able to try whichever events they would like. HBTC will be handling all meet registrations and you must register by the deadline given for each event.

Because we are registering your athletes early, we do have to have a registration that includes your USATF membership, club insurance and winter t- shirt. We will also register for AAU and you can choose to register at the time of indoor or you can wait until outdoor registration in March.

Cost: $65/individual

Please download and complete the Hershey Blaze Track Club Registration Form and bring it to registration on Dec. 15th or 17th or you can mail it in to the club P.O. Box.

Practice workouts will depend on the event group of the participant. runners will meet for workouts on Sunday afternoons unless there is a scheduled competition.

HBTC athletes may register for Sparks as well. Sparks will be meeting 2 days per week and have local meets in each session in a modified gymnasium. Sparks is not designed to be competitive but to develop youth athletes for track & field competition in a fun environment.

**HBTC 2015 Winter Training Schedule**

*(There may be some minor modifications for practices and additional meets)*

*January 3, 2015- United Age Group Indoor Developmental Meet #2- Widener University*

**January 4, 2015- First Practice at Lower Dauphin High School Track**

**January 11, 2015- Practice at Lower Dauphin High School Track**

**January 18, 2015- USATF Mid-Atlantic Indoor Championship- Widener University**

**January 25, 2015- Practice at Shank Park- Hill Training** or

*United Age Group Indoor Developmental Meet #3- Widener University*

**February 1, 2015- Practice at Shank Park**

**February 8, 2015- Practice at Lower Dauphin High School**

**February 15, 2015- Practice at Lower Dauphin High School**

*February 16, 2015- Armory Youth Championships presented by the NY Road Runners Club*

**TBD- USATF Northeast Zone Championship (qualifier for nationals)**

**February 22, 2015- Practice at Lower Dauphin High School**

**March 1, 2015- United Age Group Indoor Championships- Lehigh University**

**March 14-15, 2015- USATF Hershey National Youth Indoor Championships- Landover, MD**

***-Practices & recommended meets are in bold UAG developmental meets are extra meet that you can choose to***

***attend but register through HBTC.***

**Sparks Developmental Program**

Track and Field competition is a fun sport that is full of excitement and provides young people an opportunity to improve their physical fitness. Track can also be highly competitive which can result in disappointment in youth who are developing at different levels. The Sparks Developmental program is our non-competitive program in which we hope to further encourage kids to learn track and field and further develop into strong competitive athletes should they choose.

The Sparks Indoor program offers practice sessions designed to introduce track and field to kids from 4-14 and also provide an opportunity for the kids to compete in 2 Indoor track and field competitions that are held in adapted gymnasiums, which can easily accommodate most indoor track events. Typically, a central area is surrounded by a 200-meter oval track with four to eight lanes. Our meets will offer the same events but the “track” will be created using the gym floor. We will offer most of the running events, standing long jump and shot put.

There will be two 5 week sessions which will include 2 meets- a mock meet and a championship meet. At the conclusion of each session there will be an ice cream party to celebrate the accomplishments of each child.

The Sparks 1st session will begin on December 29th and conclude at the end of January. The 2nd session will start on February 2nd and conclude at the beginning of March. There will be registration and kick off events on December 15th & 17th at Granada Gym in Hershey.

Information on SPARKS can be found [***here***](http://www.hersheyblazetc.org/uploads/1/8/9/9/18997465/sparks_program_kickoff.pdf)***.***

Sparks athletes can also sign up for Hershey Blaze Track Club and can attend Sunday training session. All Blaze members are eligible to compete in regional and national track meets.