



PLEASE check with your DOCTOR before starting any exercise program to make sure you can handle the demands of the activities.

Parents and Youth Athletes,

Thank you for your interest in the Berkeley Heights PAL Youth Running Program. We provide **track** and **cross country** coaching to boys and girls grades 2nd through 8th under the name of WolfPack Track Club. All skills levels welcomed.

In the SPRING SEASON, track athletes can participate:

- **Sprints** (100m, 200m, 400m)
- **Middle Distance** (800m, 1500m/1600m/1-mile)
- **Long Distance** (3000m/3200m/2-mile)
- **Relays** (4 x 100/4x 400)

Each gender competes in their age groups according to USATF and AAU guidelines.

Spring/Summer track program begins February 28th and runs through June. All children will compete in USATF and AAU sponsored events and participate in the USATF State Junior Olympic Track & Field Championships in June.

- **Registration fee:** **\$165.00** for Berkeley Heights and Mountainside residents, and **\$195.00** fee for out of town residents covers meet entry fees (except where indicated) and administrative costs.
- **Meet schedule:** published in the WolfPack Track Club (www.wolfpacktc.org) website team calendar.
- **Uniform orders:** **singlet/shorts** \$70 (required) and **warm-ups** \$135 (optional purchase) for an additional cost; returning athletes can use existing uniform. Uniform orders will be announced via e-mail to all registrants.
- **Where we practice:** Governor Livingston H.S. and Columbia Park, Saturday 12pm-1:45pm (preseason), Tuesday and Thursday of each week from 5:45-7:30 pm. See our [schedule](#) for more details.

A typical practice starts with 20-30 minutes of warm-up drills and exercises, 20-50 minutes of running, and another 20-30 minutes of exercises and stretches.

IMPORTANT: BEFORE THE FIRST PRACTICE, All Children must be registered with the **USATF and AAU**. No one will be allowed to practice and/or race without the membership. This is done yearly unless you have selected a multi-year membership. Returning Members, you will need your child's current USATF and AAU membership number and password. Renewal is much easier and your child's birth certificate does not need re-verification.


REGISTRATION STEPS:

STEP #1: Register with the Berkeley Heights PAL <http://www.bhpal.org/Registration/Default.asp?org=bhpal.org>

STEP #2: Register with the USATF <http://www.usatfnj.org/> (\$20 Annual Membership)  **Click to register**

Enter CLUB NUMBER: WolfPack Track Club USATF #: **07-1089**
 Submit Birth certificates (e-mail copy to wolfpacktrackclub@gmail.com)

If you are a new participant the USATF needs a "copy" of your child's birth certificate. DOB verifications (US birth certificate, US passport, US Naturalization certificate, US Green Card/Visa or NJ Driver's License) can be scanned or photo and **emailed to services@usatfnj.org** or **copied and mailed to USATF New Jersey, PO Box 330, Boonton, NJ 07005**

STEP #3: Register with the AAU www.aau.org (\$14.00 Annual Membership)  **Click to register**

Enter CLUB NUMBER: WolfPack Track Club AAU #: **WW747E**