



MARLBORO TRACK AND FIELD 2023

"THE MULTI-TALENTED TEAM"



Marlboro Track is a co-ed, competitive track and field program offered through Marlboro Boys' and Girls' Club (MBGC). We teach every age appropriate track and field event (e.g., sprints, distance, hurdles, high jump, shot put, discus, javelin, pole vault, race-walk, long jump, triple jump, etc.) and emphasize individual growth and development, self-discipline, and commitment. We are a member of the Amateur Athletic Union (AAU) and United States of America Track & Field, Inc. (USATF) Organizations. Our program is time-intensive and demands the commitment and full participation of the athlete and the parent(s).

- The team is open to boys and girls with a positive attitude ages 7 –18 as of 12/31/23. Athletes born 2017, 2018 or 2019 may request evaluation for participation.
- Interest meeting on **Wednesday, March 22, 2023, 7:00PM at Frederick Douglas HS**
- Most practices are held at Frederick Douglas HS 6:15-7:45 (M & W 8 & under; M,W & TH 9 and up)
- Endurance training on W and TH 6:00 pm April 12th and 13th at Patuxent River Park.
- SPORTS' FEE - \$350. This COVERS more than what you pay -- but not everything.
- Register online at www.mbgc.org starting **March 17th**. Registration will end when we reach our maximum number of participants. Please register early to guarantee a slot. No refunds.
- There's something for everyone.
- The coaches lead The Team and make all decisions regarding events.
- Track can be divided into two seasons "regular" and "extended." The regular season consists primarily of local meets and ends on or about late June. The extended season continues into early August.
- We have a track meet scheduled for almost every weekend during the season.
- Most meets are local and held on Saturdays but there are some Sundays and out of town meets.
- **Track meets are VERY LONG – ALL DAY LONG -- and participation is expected for the entire meet.**
- **Please get your Passport NOW – the Team is heading to Canada for a meet July 7-9th**

For general info you may leave a message on our website at <http://www.marlbortrack.com>. For immediate questions you may contact: Mitch Mitchell (Track Commissioner) at mitchjamitchell@aol.com or 202-258-1768, co-Team Administrators Venus Coley at vlcoley@aol.com or 202-345-5760 or Bernice Hamm at marlbortrack22@gmail.com or our Head Coach Tracey Wilkinson at tsasserlaw@verizon.net. Also, be sure to "friend us" on Facebook.

See you at the meeting where you can meet some of our coaches, ask questions and learn more about our program before "joining the family."