

VYC Track & Field

2010

Season Begins March 1, 2010

Develop Your Speed

Build Your Endurance

Improve Your Technique

Ages 5-15

Events:

Running Events: 100m, 200m, 400m, 800m, 1500m, 3000m, 4x100m, 4x400m and 80/100m Hurdles

Field Events: Long Jump, High Jump and Shot Put

Track is the one sport that is good training for all sports, whether it's Football, Basketball, Soccer or Baseball. Track & Field will improve your speed, endurance and coordination. "Track makes better athletes".

Sign-ups :

Most teams begin sign-ups in December, check websites for dates, times and locations.

New Team Opportunities:

Looking to start up a team?
Contact us at
info@valleyconference.org.



A tradition since 1966



Boys & Girls

VYC TEAMS

Antelope Valley Back Draft
contact: Richard Warner, (661) 209-6525
[email: avtrackclub@sbcglobal.net](mailto:avtrackclub@sbcglobal.net)

Hawks Track Club
contact: Moletta Hawkins, (818) 321-7133
[email: hawkstrackclub@yahoo.com](mailto:hawkstrackclub@yahoo.com)
www.HawksTrackClub.org

High Desert Heat
contact: Greg Butts, (661) 951-0464
[email: info@highdesertheat.com](mailto:info@highdesertheat.com)
www.HighDesertHeat.com

Los Angeles Falcons (Glendale/La Crescenta)
contact: Coach Carlos, (818) 541-0355
[email: coachcarlos@la-falcons.com](mailto:coachcarlos@la-falcons.com)
www.LA-Falcons.com

Northridge Pacers
contact: Coach David M., (818) 833-1910
[email: pacertc275@aol.com](mailto:pacertc275@aol.com)
www.NorthridgePacers.org

North Valley Golden Bears
contact: Eli Wells, (818) 979-5123
[email: epco.33@verizon.net](mailto:epco.33@verizon.net)
www.nvgbears.org

Reseda Cowboys
Terrell Stanley, (818) 471-3711
[email: terrell.stanley05@gmail.com](mailto:terrell.stanley05@gmail.com)
www.ResedaCowboys.com

Santa Clarita Track Club
contact: Michele Ewing, (661) 296-8009
[email: thdarce@sbcglobal.net](mailto:thdarce@sbcglobal.net)
www.RunStorm.org

Thimsha Tigers
contact: Austin Shanks Sr., (818) 335-1233
[email: thimsha28@yahoo.com](mailto:thimsha28@yahoo.com)
www.thimsha.com

Valley Raiders (Encino/Van Nuys/Studio City)
contact: Scott Corr-Robinett, (818) 345-5155
[email: valleyraiderstrack@yahoo.com](mailto:valleyraiderstrack@yahoo.com)
www.ValleyRaiders.com

www.valleyconference.org