



QUAD CITIES

WINTER TRACK CLUB 2025

Join **FASST TRACK CLUB** for winter training and development in track & field.

Who can join?

FASST Track Club is open to all school-age individuals and teams.

- 🏃 Youth Track Club – Grades K-5
- 🏃 Middle School Track Club – Grades 6-8
- 🏃 High School Track Club – Grades 9-12

What do you get?

- 🏃 4 FASST training sessions (specialized coaching in all event areas/based on age group)
- 🏃 Entry into 1 USATF sanctioned meet hosted by FASST at **University of Dubuque (UD)**
- 🏃 FASST Track Club t-shirt

When do we start, train, and compete?

- 🏃 Sunday, January 26 – 4pm-5:30pm - Intro meeting, registration, practice at PepsiCo Rec Center
- 🏃 Practices on Sundays February 2, *9, 16 same times as above.
*Feb 9 practice will be 3pm-4:30pm due to the Super Bowl
- 🏃 FASST CLASSIC MEET – Saturday, February 22 also at UD – 10am – 3pm (approx.)

Where do we meet?

- 🏃 Augustana College – PepsiCo Recreation Center (1025 30th Street, Rock Island, IL)

What is the cost to join?

- 🏃 Youth Track Club (elementary school age/grades K-5) – \$100
 - 🏃 Middle School Track Club (middle school age/grades 6-8) – \$125
 - 🏃 High School Track Club (grades 9-12) – \$125
- *all club levels include t-shirt, 4 training sessions, and entry fee for FASST Classic Meet

REGISTER ONLINE – <https://runsignup.com/club/IA/Dubuque/FASSTTrack> (use this link for all clubs)

Register by Sunday, December 1 to guarantee shirt size. Late fee of \$10 applies for day-of or late registration.

NO REFUNDS WILL BE GIVEN FOR ANY REASON AT ANY TIME. NO EXCEPTIONS.

FASST LLC maintains general liability insurance and is a USATF member club.

Each participant must have a signed waiver/release on file before participating in practice or meets.

FASST Track Club will always have staff/coaches on hand who are certified in First Aid/CPR/AED.

We look forward to growing with you!

Email us at thefassttrack@gmail.com



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Twitter | [@TheFASSTtrack](https://twitter.com/TheFASSTtrack)

Instagram | [@thefassttrack](https://www.instagram.com/thefassttrack)

These materials are neither endorsed nor sponsored by the Davenport Community School District, nor does the school district take any position with regards to the materials presented.

Train  **FASST**. Be Faster.