



**The Lincoln Jets provide a rewarding, challenging, and above all, a fun environment for athletes of all ages and abilities to participate in Track & Field. The Lincoln Jets offer qualified coaches to teach proper technique from beginning to elite athletes, in a safe, controlled environment.**

The Lincoln Jets Track Club is open to all boy and girl athletes between the ages of 5 and 17. This year, athletes can compete in twelve or more sanctioned meets, including local, state, regional and national Junior Olympic competitions. The Jets also offer a non-competitive program that includes the same qualified instructional supervision as the competitive program. The Jets Track Club is a non-profit Nebraska Corporation and a member of the Nebraska Association of USA Track & Field.

The Lincoln Jets take pride in providing a well maintained website for channeling organized information to each and every athlete. All participating athlete's can show off their photos and personal accomplishments to relatives and friends across the world. Personal records and growth are as important to an athlete as placing in an event or breaking a club record. The website provides an opportunity for the athlete to relive the fun and excitement of each track meet. The Jets website provides club information, coach's biographies, meet schedules, practice and training techniques, current news, newsletters, and advertising from our corporate supporters.



Last year, 2009 was our eighth season for the Lincoln Jets. A total of 600 athletes ranging from ages 5 to 17 have competed for the Jets over the years.

Track and Field is a very popular Olympic sport and one of the very earliest sports known to man. With the emergence of soccer to the United States and other activities such as baseball, softball, golf, tennis and year round basketball, track and field has become more like a minor sport. Many great athletes were great track athletes. Today, many sports use running as a punishment, so track is erroneously looked upon as not a fun activity to do. In order for track and field to survive in the future we must teach the fun aspects of running, jumping and throwing at an early age. The fun aspects include activities such as relay races, hop scotch, tag and jumping rope.. Our philosophy is to introduce track & field to children under 11 years of age, stressing the mechanics and fun of running, jumping and throwing. Each person or athlete possesses an ability to perform one of these functions and his or her ability will change as they grow. Track and Field helps young athletes prepare for other sports and provides an alternative plan if they don't make a team sport. Some kids need





a long-term goal or plan to develop over several years, while others possess the ability to compete at a matured young age. It is important to have a different plan for each individualized person and emphasize self-improvement and development with minor emphasis on early age competition that leads to increased burn out rates. The 12-15 old group begins to develop strength, coordination and stamina and are more locked into the sport, while the older kids focus on the competition and more specialized event training. We build team relationships and friendships through, stretching together, running to live music, relays, team water balloon fights, and a picnic.



Nearly 100,000 Americans are members of USATF. USATF organizations include the U.S. Olympic Committee, NCAA, NAIA, Road Runners Club of America, Running USA and the National Federation of State High School Associations. Fifty-six USATF associations oversee the sport and its 2,500 clubs at the local level. The Nebraska association has 43 active clubs and over 1,000 athletes. With the expected growth, the Lincoln Jets would like to become one of the largest groups within the Nebraska association.

### A Sport for Everyone ... For Life!

Just a few of the ways USATF serves our sport include:

- Establishing grassroots programs, such as the Junior Olympics to help develop future stars who will follow in the footsteps of Maurice Greene, Stacy Dragila and John Godina
- Developing, selecting and leading Team USA - the World's #1 team - at the Olympics, World Championships and more than 12 other international events each year. Promoting programs of training and competition for men and women and boys and girls of all ages.
- Establishing and enforcing the rules and regulations of our sport
- Sanctioning more than 4,000 events each year. (Over 12 in the state of Nebraska)
- Providing insurance to sanctioned events, member clubs and member-athletes.



The Lincoln Jets practices two times a week from April 1<sup>st</sup> to July 31<sup>st</sup>. Practices are not required by the athlete to compete but we do recommend attending practice. Our goal as coach's, is to be sure that no athlete leaves Jet practice without an opportunities for individualized training with an event coach or head coaches.

The cost for each athlete can vary depending upon involvement. A thirty dollar program fee and a seventeen dollar membership to USATF will allow participation in all practices and the Jet sanctioned Track Meet. Most meets require a \$4.00 per event fee so, on the average, an athlete would need \$60.00 to \$500.00 depending upon a need for uniform and qualification for nationals. Fees can be reduced or bought out by each athlete participating in fundraising projects. Cost to the Jets program include: shot puts, discus, javelins, starting equipment, stop-watches, uniforms, warm-ups, medical supplies, batons, starting blocks, high jump equipment, training equipment, a tent, treats, awards, picnics, websites, team membership fees and track meet expenses for hosting the Jets first Nebraska Association meet. The Lincoln Jets athletes have partnerships with businesses. Gold, silver and bronze advertising programs are as follows:

<b>Gold Medal Level</b>	<b>\$500.00</b>	• website logo advertising on front page
<b>Silver Medal Level</b>	<b>\$250.00</b>	• website logo advertising on sponsors page
<b>Bronze Medal Level</b>	<b>\$100.00</b>	• website logo advertising on sponsors page