

The Hunterdon Lions Track Club is looking for coaches!

The Hunterdon Lions Track Club (formerly the Lady Lions Track Club) is about to begin its 4th season. What started out as a handful of “pioneering” track and field enthusiasts has grown into a program that in 2008 had 160 registered members, boys and girls in grades 4 through 8. We expect an equally large turn-out for the 2009 season.

What will be different in 2009 is that we will hold one practice for boys and girls combined (last year we held separate practices). Last year our small coaching staff, supplemented at times by several awesome parents, managed (just barely sometimes) to keep the kids on track (pun intended). However, this year, with the combined group, we know we’ll need help! To that end, we are reaching out to parents and the broader Hunterdon running community in search of coaches.

No experience is required, just a desire to impart the joy of the sport to the kids. Of course, experienced track and field athletes and/or coaches are welcome.

Practices will be held twice a week (Wednesday nights from 7:00 - 8:30 PM and Saturday afternoons from 2:00 – 3:00 PM) starting the week of 3/15/09 and wrapping up the week of 5/24/09. We are hoping for a “core group” of coaches who can commit to being at practice on a regular basis, however, we are open to scheduling coaches with specific event experience (e.g. shot put, javelin, etc.) for individual practices and would even love to have coaches we could call upon, on occasion, to substitute. As a coach, you would not be responsible for designing workouts, but the head coaches would be open to your input.

If you are interested, please fill out the “Coaches Information Form” posted in the “Handouts” section of the club website (www.hunterdonlionstc.org). You will be contacted, via e-mail, by one of the head coaches who will notify you of an upcoming coach’s orientation meeting. At that meeting you will learn more about the program. Ultimately, if you decide to participate, you will need to become a member of the USA Track & Field Association (USATF) and submit to a background screening (both paid for by the club). Both are requirements for coaches of USATF member clubs.

In the meantime, if you have any questions, do not hesitate to contact one of our head coaches at the following e-mail addresses:

Wes Knowles: Wes@hunterdonlionstc.org

Jim Crossin: Jim@hunterdonlionstc.org