



Mudsock Track & Field 2022 Spring



For over 40 years, Forté Sports Medicine and Orthopedics has served the residents of Indiana with highly skilled and specialized orthopedic care from fellowship-trained physicians. Forté Sports Medicine and Orthopedics is honored to partner with Mudsock Youth Athletics and provide access to specialized physicians for all injury and recovery needs for families in its programs.

Mudsock Track & Field is excited to offer 1st through 12th graders an opportunity to participate in Track and Field. Our focus will be on fitness, fun and training to participate in meets. Our program is a great introduction to Track and Field or an opportunity to expand and extend the Track and Field season offered by local schools. Our athletes range from first time track athletes to nationally ranked track athletes. We encourage Mudsock Track & Field Athletes to participate in their school track program (if offered by their school) during the season. All athletes will participate in the Indiana Youth Track Association (IYTA) events, this is included in your program fee.

Registration Fees

Open Spring registration will be held the month of January 2022. Registration will be accepted online at www.myathletics.com . Spring fees will be as follows:

- \$120 for grades 1st – 8th
- \$90 for grades 7th – 12th (half season)

*Please note, the registration fee includes the \$30 IYTA fee.

There will be a multi-player discount available for families registering three or more children. A \$10 late fee will be added to each registration after January 31, 2022.

FAQs

When Does the Season Take Place?

The track season takes place from mid-April through early July with Regional and National qualifiers able to compete through July.

Practices will be held on Monday and Thursdays from 6 p.m. to 7:30 p.m., and Saturday mornings 10 a.m. to 11:30 a.m.

Track meets will include Mudsock Track & Field sponsored meets, Indiana Youth Track Association (IYTA) meets (generally 4 meets which take place at the end of May and throughout the month of June) and the USA Track & Field State Meet held in Mid-June, with the opportunity to advance to the Regional meet (early July) and Nationals (late July). The full meet schedule will be available on the league website prior to the season.

Where Do Practices Take Place?

All practices are held at Riverside Intermediate/Jr. High School track located on Eller Road unless otherwise notified. The track is located behind the school.

How Do I Purchase a Uniform?

We will email information, prior to the start of the season, over how to purchase uniforms and spirit wear. This link will be sent to all registrants via email, in our weekly newsletter and posted on our site. We will also have uniforms available at our first practice to try on for sizing.

*Any promotions for running shoes, spikes and gear will be communicated as the season approaches.

Do I Need to Purchase a New Uniform if I Ran Cross Country?

Please note, Track and Field AND Cross Country use the same uniforms which can be reused and/or passed down from season to season. It's our goal to minimize the cost as much as possible for your athletes to participate in our league!



Meijer is pleased to support Mudsock Youth Athletics in its mission of bringing sports to local kids. As a family company, Meijer aims to enrich the lives of families in its community. By sponsoring youth sports programs like Mudsock, Meijer gets to support local kids as they learn valuable life skills, build friendships, get active and, most importantly, have fun!

What Are the Events?

Events (Availability of events varies by age group)

Sprints (100m, 200m)

Hurdles (80m, 100m, 110m, 200m, 400m)

Middle Distance (400m, 800m)

Distance (1500m, 3000m)

Relays (4x100m, 4x400m)

Throws (discus, shot put, javelin)

Jumps (high, long, triple)

What are the USATF Age Groups?

These are the age groups the athletes will be placed in for competition. Age is determined by the child's age as of December 31, 2021.

8 yr old & under (Sub Bantam 2014+)

9 & 10 yr old (Bantam 2012/2013)

11 & 12 yr old (Midget 2010/2011)

13 & 14 yr old (Youth 2008/2009)

15 & 16 yr old (Intermediate 2006/2007)

17 & 18 yr old (Young Adults 2004/2005)

What are the Additional Membership Requirements and Costs?

IYTA Membership (covered under your registration fee)

All Mudsock Track & Field athletes automatically receive membership in the Indiana Youth Track Association (IYTA) including entry into IYTA sponsored meets. (All IYTA meets are local: Westfield, Noblesville and Fishers). We will participate in 4 IYTA events during the year, which make up most of the track meets. Athletes will be responsible for all costs of travel to all meets and for all fees to enter non-Mudsock Track & Field/IYTA sponsored meets.

USATF Membership (cost \$20)

All athletes must be registered for a USATF membership by visiting [USATF.org](https://www.usatf.org) and using the FIRE code 16-0177 to link with our team. Membership lasts one year and must be renewed. You can upload the athletes birth certificate directly to their account and MUST DO SO for proof of age in order to compete at the USATF State, Regional & National meet.

Athletic.NET Account (FREE)

Families are encouraged to create a free account for their athlete at [Athletic.net](https://athletic.net) so that they can keep track of their athletes records throughout their Track & Field and/or Cross Country career.

Parental Volunteering

Volunteers are necessary for Mudsock Track & Field to flow. When you sign up to volunteer, Mudsock Youth Athletics will email you a link to a background check to complete. Parents interested in assistant coaching can contact fishersfire@gmail.com. We will provide all the information, coach training and workouts needed to assist the Head Coaches. We are interested in individuals who want to help our community of athletes find their natural talent and competitive spirit and then put it into action on the track!

Refunds

January 1 – February 15 – Refund after \$32 non-refundable is subtracted.
February 16 – March 15 – 50% refund after \$32 non-refundable is subtracted.
March 16 – March 31 – 25% refund after \$32 non-refundable is subtracted.
After March 31 – No refund.

Participants who sustain an injury prior to the start of the season will only be granted a refund with supporting documentation from a physician. If documentation from a physician is not provided, no refund will be given. Any injury that occurs during the season does not qualify for a refund of any amount.

Connect With Us

Website: More Information is available at <https://trackxc.myathletics.com/>

Facebook: Visit www.facebook.com/MudsockFire

Questions: Further inquiries can be made by email to fishersfire@gmail.com



Franciscan Health is excited to announce its new partnership as a Proud Hospital Partner of Mudsock Youth Athletics. Join us on Saturday, January 29 from 1-4PM for the public open house for our new orthopedic hospital in Carmel that is opening Spring 2022. There will be tours of the new hospital, refreshments, prizes, special guests and entertainment. We hope to see you and your families there! Hospital address: Franciscan Health Orthopedic Hospital Carmel, 10777 Illinois St., Carmel, IN 46032.