



Mudsock Track & Field Spring 2024



Forté Sports Medicine and Orthopedics is honored to partner with Mudsock Youth Athletics as the official orthopedic and sports medicine provider. Forté's highly skilled, fellowship trained orthopedic surgeons and staff provide comprehensive, specialized sports medicine and orthopedic care to patients of all ages. Forté's certified athletic trainers offer on-site injury prevention consultation and injury screenings for Mudsock Youth Athletics leagues. For sudden injuries, Forté Fast Orthopedic Care, located in the Carmel and Noblesville clinics, offers same-day access to a specialist and treatment plan to get you or your family feeling better, faster. Learn more about [Forté Fast Orthopedic Care for Mudsock Youth Athletics and families](#).

Mudsock Track & Field is excited to offer Kindergarten through 12th graders an opportunity to participate in Track & Field. Our focus will be on fitness, fun and training to participate in meets. Our program is a great introduction to Track & Field or an opportunity to expand and extend the Track & 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 during the month of January 2024. Registration will be accepted online at www.myathletics.com. Spring fees (early bird pricing) will be as follows:

- \$135 for grades K–8th (does not include the cost of uniform)
- \$100 for grades 7th – 12th (half season) (does not include the cost of uniform)

*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 in Track & Field. Early bird pricing will be available during the month of January. Beginning February 1st, registration fees will increase.

FAQs

When Does the Season Take Place?

The track season takes place from 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?

The league is currently working with the Hamilton Southeastern School District to find a suitable location for practices that works for both the district and Mudsock Track & Field. Please check <https://trackxc.myathletics.com/> for updates prior to the season.

How Do I Purchase a Uniform?

We will email information, prior to the start of the season, on 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 & 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)

*Please note: Events in bold currently do not have coaches. If you are willing and able to volunteer your time as a coach in one of these events, please contact the Track & Field board at fishersfire@gmail.com.

If coaches cannot be found, these events may not be offered this season.

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, 2024.

8 yr old & under (2016+)

9 & 10 yr old (2014/2015)

11 & 12 yr old (2012/2013)

13 & 14 yr old (2010/2011)

15 & 16 yr old (2008/2009)

17 & 18 yr old (2006/2007)

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 \$30)

While not mandatory, Mudsock Track & Field recommends all athletes register 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 athlete's birth certificate directly to their account and MUST DO SO for proof of age to compete at the USATF State, Regional & National meet. USATF membership will allow athletes to participate in the post-season USATF tournament.

Athletic.net

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.

Parent/Guardian 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 and/or guardians 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 \$38 non-refundable is subtracted.
February 16 – March 15 – 50% refund after \$38 non-refundable is subtracted.
March 16 – March 31 – 25% refund after \$38 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 a proud partner of Mudsock Youth Athletics. Dr. Joseph Richardville, sports medicine specialist with Franciscan Physician Network, is now seeing patients in Carmel. Dr. Richardville provides a full-spectrum of care for the whole athlete, from pre-participation physicals, evaluating injuries and concussion testing to recommending proper sports nutrition, athletic training, physical therapy and surgical services. For more information, visit FranciscanHealth.org/sportsmedicine. To schedule an appointment, call 317-781-1133.