

BTTF Athletes and Families,

We know you're looking forward to the 2022 Track & Field season that begins on **Jan 31, 2022**. However, our club, Black Bear Track Club, is full of optional fall/winter training programs. It is tailored to prepare Bartram Trail athletes for the spring track & field season. While not mandatory, Black Bear is an excellent opportunity to hit the track running.

**Please take note of the following winter club program options.**

- Black Bear Distance Project
  - Dec. 6 – Jan 29
  - For all levels of distance runners.
  - Schedule: Mon, Tue, Thu 4:15pm
  - Fee: \$100
  
- Intro to Sprints, Hurdles, & Jumps:
  - Dec. 6 – Jan. 29
  - For all 9<sup>th</sup>/10<sup>th</sup> graders, returning JV, novice TF athletes.
  - Tuesdays and Thursdays, 4:15-5:35pm
  - Fee: \$100
  
- 2021-22 Throwers T&F Winter Season
  - Begins Nov. 8 – Jan. 29
  - For all levels of throwers.
  - Mon 4:15-5:35pm, Wed 2:15-3:35, Thu 4:15-5:35
  - Fee \$150
  
- Advanced Sprinters, Jumpers & Hurdlers (Already started)
  - Varsity returners only
  - Mondays, Tuesdays, 4:15-5:35p and Sat. 8am

**Step 1:** Make sure you have an updated physical added to Athletic Clearance. It must be on the [FHSAA EL2](https://athleticclearance.fhsaahome.org/) Form and dated May 15<sup>th</sup>, 2021, or later. (Expires one year from date)  
<https://athleticclearance.fhsaahome.org/>

**Step 2:** Update your USATF membership through 2022 [USATF 2021 Membership required](#). Choose Black Bear as your club. #14-1542

**Step 3:** Register at <http://www.blackbeartrackclub.com> and choose your program.

Questions? Contact: Coach Frank [david.frank@stjohns.k12.fl.us](mailto:david.frank@stjohns.k12.fl.us)



## What does a potential Track & Field athlete need to try-out on Jan. 31, 2022?

1. Complete the BTHS Athlete Registration at:  
<https://athleticclearance.fhsaahome.org/>  
This includes an annual physical that will not expire before the end of the track season.
2. Returning varsity will begin practice on Mon 1/31 and help facilitate try-outs.
3. Show up ready to try-out from Mon 1/31 - Thursday 2/3 at the BTHS track 4:15pm (2:15 on Wed).

**Eyes on the BTTF webpage!** It will be periodically updated with information on the 2022 T&F season:  
<http://www-bths.stjohns.k12.fl.us/track/>

- Information includes
  - Link to Athletic Clearance registration website.
  - Dates for try-outs