



Black Bear Winter Club T&F Season – Get ready for the high school season!

We know you're looking forward to the upcoming Track & Field season that begins on **Jan 30, 2024**. However, Black Bear Track Club is full of fall/winter training programs. It is tailored to prepare Bartram Trail athletes for the spring track & field season. Black Bear is THE excellent opportunity to hit the track running.

Please take note of the following winter club program options.

- Black Bear Distance Project
 - Dec. 5– Jan 27
 - For all levels of distance runners.
 - Schedule: Tue, Thu 4:05pm, Sat 7:30am
 - Fee: \$150
- Sprints/Hurd/Jumps Winter Season
 - Nov. 7 – Jan 27
 - Tue, Thu, 6:30-7:20 weight room then 7:20 - 8:30am speed session
 - Sat. 8:30am @ BTHS Track
 - Fee \$200
- Throwers T&F Winter Season (Pending)
 - Dates: TBD
 - For all levels of throwers.
 - Training Schedule (TBD)
 - Fee TBD

Step 1: Make sure you have an updated physical added to Athletic Clearance. It must be on the [FHSAA EL2](#) Form and dated May 15th, 2023, or later. (Expires one year from date)
<https://athleticclearance.fhsaahome.org/>

Step 2: Update your USATF membership through 2024 [USATF 2024 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