

Top Ten Reasons to Join Track

1. **Lifetime sport**- Running is something that you can use now and throughout your entire life!
2. **Conditioning for other sports**-Whether it be soccer, basketball, or volleyball, speed is always a valuable trait!
3. **Become stronger**-both mentally and physically!
4. **Chance to meet new people**-from all grades and other schools.
5. **Everyone gets to run!**-All athletes will participate in every regular season meet.
6. **Learn how to set goals**, be consistent and compete against yourself.
7. **Challenging yet relaxing practices**- enjoy yoga after a hard workout.
8. **Reliable Coaches**-All coaches truly enjoy instructing and participating at practices.
9. **Events to suit every athlete's strengths**-A wide range of events include: long distance, sprints, relays, long jump, and shot put.
10. **Low-stress, Low-drama** - Great sport to end the school year!