



www.qcheattrackclub.com

Greetings:

On behalf of the Quad Cities HEAT Track & Field club, we invite you to join us for our inaugural year. We are excited about creating opportunities for Quad Cities youth between the ages of 7 and 18 years old to participate in quality structured programs that promote living active healthy lifestyles in a fun and safe environment. We will participate in USA Track and Field (USATF) sanctioned track competitions. Members of our club will compete in the multievent sport of track & field on local, state, and national levels. Being invited to participate in these competitions is an honor that reflects just how dedicated, hard-working, and talented each youth student-athlete is on the track, in the classroom, and in the community.

The QC HEAT mission is to unlock potential and activate greatness through:

- 1) successfully training and developing our youth to become more knowledgeable about track and field by teaching the proper techniques of running, jumping and throwing
- 2) developing the characteristics of hard work, self-discipline, self-awareness, self-reflection, and leadership
- 3) Promoting a healthy lifestyle of fitness and proper nutrition

Please like us on Facebook (@Quadcitiesheattrackclub) to stay up to date on the latest news about the club.

Please help us build a stronger, more vibrant future for all of our youth.

The Quad Cities HEAT staff and athletes thank you for your support.

Ebonie Bailey,
President /Head Coach

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