



2019 INDOOR TRACK

Eligible athletes – 9 years thru 13 years – born 2005-2010

Our first practice will be on Tuesday, December 10th at 5:30 p.m. at Bellmore UMC Fellowship Hall.

Practices would be Tuesday and Thursdays at 5:15 p.m. and Saturday mornings.

Saturday mornings will be outdoors at Mephram High School@ 10:00 am through December weather permitting.

In January Saturday practices are moved indoors to the Grand Avenue Gym in Bellmore @ 10:00 am.

The season runs through to the middle of March.

If you will be joining us, please mail *ALL* paperwork to:

Sheryl Hall – P.O. Box 664 Plainview, NY 11803

- The fee is \$65 payable to Bellmore PAL.
- **There is also a \$35 *monthly* charge (4 months) for the use of Fellowship Hall & the gym.**
 - *This is due in one lump sum during the first week of practice.* Also payable to Bellmore PAL
- Membership in the USATF-LI is required and the fee is \$20 per year. A copy of the athlete's birth certificate is needed for date of birth verification.
 - If you did Summer Track you would be already a USATF member

Bellmore UMC Fellowship Hall is on Royle Street (behind Applebees) in Bellmore.

We look forward to seeing you.

Malcolm A. Hall

Malcolm A. Hall

Head Coach

*Nassau County Police Activity League - Track
Bellmore - N. Bellmore / Merrick Unit*