

2024 – 2025 INDOOR TRACK

Eligible athletes – 9 years thru 13 years – born 2012-2016

Winter track is for serious runners - athletes who love the sport, want to improve their running skills and understand that hard work is involved.

We ask that only dedicated parents and athletes sign up as we expect maximum attendance at practice and meets.



Our first practice will be Thursday, December 5th at 5:30 pm at Bellmore UMC Gil Atkinson Hall @ **2638 Royle Street in Bellmore (across from Applebees parking lot).**

Practices will be Tuesdays and Thursdays at 5:30 pm and Sunday afternoons at 12:45 pm

Sunday afternoon practices will be held at the First Presbyterian Church gym at **474 Wantagh Avenue.**

The season runs through to March 18th, 2025

Registration will be online at LeagueApps

- * The fee is \$75 payable online at time of registration.
- **There is also a \$35-\$40 monthly charge per athlete(4 months) Payable to Bellmore PAL for the use of Gill Atkinson Hall and the United Presbyterian Church gym.**

Fee for families with 2 or more athletes is \$55-\$60 per month

The facility use fee depends upon the number of athletes registered, and is non-refundable

*** The total amount is due in one lump sum during the first week of practice. **Approx** \$140 for family with one athlete: \$200 for family with more than 1 athlete.*

- Membership in the USATF-LI is required, and the fee is \$30 per year – www.long-island.usatf.org **A copy of the athlete's birth certificate is needed for age verification at time of registration.**

Club Affiliation is 59-0108 (Bellmore-N.Bellmore PAL)

*** If you did Summer and/or Cross Country you would already be a USATF member.*

Registration will be limited to 25 athletes – preference will be given to athletes who competed in XC.

We look forward to seeing you.

Coaching Staff

Bellmore-N.Bellmore/Merrick PAL Track

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