



YOUTH DAYS

TRACK & FIELD MEET | CLINIC PROGRAM | RUN4FUN

Dear Coach/Educator,

RunMtSAC.com is excited to announce that **Mt. San Antonio College (Mt. SAC)** and the **LA84 Foundation** have once again partnered for the 2022-2023 school year! For 38 years, the LA84 Foundation and Mt. SAC have promoted the sports of cross country and track & field throughout Southern California. This partnership (Mt. SAC, LA84 Foundation and You!) has reached over 400,000 elementary and middle school students, sharing the benefits of participation in these two sports.

This Fall, thanks to the continuing generosity and commitment of the LA84 Foundation, these programs will return and will be presented at little or no cost.

You have received this mailer because your school has played an important part of this very successful partnership and we want to inform you of our plans for the 2022-2023 school year.

Please accept our informational Track and Field Instructional Manual as our gift. Designed for coaches at the elementary and middle school levels, it contains helpful information to assist you in running a successful cross country/track & field program, setting up a teaching unit and providing you with vital information to prepare your students for our events.

Please visit the QR code or link below if you are interested or would like more information on the programs outlined below/on the following page.

Thank you for your incredible support! We look forward to welcoming you back to Mt. SAC!

Please feel free to reach out to us if you have any questions.

Sincerely,

RunMtSAC Staff

**INTEREST
FORM FOR
PROGRAMS**



[https://www.mtsacathletics.com/
specialevents/LA84/LA84InterestForm](https://www.mtsacathletics.com/specialevents/LA84/LA84InterestForm)

LA84 FOUNDATION | MT. SAC RELAYS YOUTH DAYS PROGRAM

LA84 FOUNDATION RUN4FUN

This distance running based educational and fitness program culminates with a 2,000 meter run on the world famous Mt. SAC Cross Country course. Participating schools will be assisted by our staff with developing an 8-week curriculum that can be applied to your physical education classes. The goal being the preparation of your students for the culminating run at Mt. SAC.

The program begins on Monday, September 26th, 2022 and will culminate at Mt. SAC, on Saturday, December 10th, 2022. Additional details of the program will be sent out at a later date.

LA84 FOUNDATION/MT. SAC RELAYS YOUTH DAYS TRACK & FIELD PROGRAM

For nearly 40 years, the Mt. SAC Track & Field/Cross Country Teams have partnered with the LA84 Foundation, promoting the sport of track & field through their flagship grant, the LA84 Foundation/Mt. SAC Relays Youth Days Program. The program is designed for elementary and middle schools, has “something for everyone,” and consists of the Track and Field Clinic Program and the Youth Days Track & Field Meet.

TRACK & FIELD CLINIC PROGRAM

Administered by the staff and student/athletes of the Mt. SAC Cross Country/Track & Field Teams, this program instructs students and teachers on the history, events and benefits of the sport of track & field. The no cost program offers two different options:

Option #1: The program staff visit your school/facility and present an hour-long clinic that demonstrates the various events (hurdles, long jump, triple jump, shot put, discus, javelin, etc.) in track & field for you and your students. The clinic also includes a scaled down “learn by doing” component which includes running mechanics, relays and other events, depending on the facility.

Option #2: You and your students take a field trip to world renown Hilmer Lodge Stadium (Walnut, CA), “Where the world’s best athletes compete!” The program will include an hour-long teaching clinic, followed by a “learn by doing” opportunity for your students to try the various events that comprise track & field. This is amazing experience will excite your students about the sport of track & field and prepare them to take part in the Youth Days Track Meet (March).

Clinics will be offered in January and February, Monday through Thursday, beginning at 9:00 am. Clinics held at your school are approximately one hour in length and may be split into multiple sessions for large groups. Clinics held at Hilmer Lodge Stadium begin at 9 am and end at 11:30 am. It is recommended that students bring their lunch and eat in the stadium before departing home.

YOUTH DAYS TRACK MEET

As part of the world-famous Mt. SAC Relays, the LA84 Foundation/Mt. SAC Relays Youth Days Track Meet brings together over 6,000 students from over 100 elementary and middle schools throughout Southern California. The event, held in Hilmer Lodge Stadium (Mt. SAC) is “Where the world’s best athletes compete!” The Mt. SAC Relays is the world’s largest track competition and hosts the very best athletes from throughout the world. Cost is free for elementary schools and \$5 per entrant in the middle school division (medals).

TIMELINE	RUN4FUN	CLINIC PROGRAM	YOUTH DAYS TRACK MEET
	<i>PROGRAM BEGINS</i> Monday, September 26th, 2022 ↓ <i>FINAL RACE</i> Saturday, December 10th, 2022	<i>CLINICS BEGIN</i> Monday, January 16th, 2023 ↓ <i>CLINICS END</i> Tuesday, February 28, 2023	<i>MIDDLE SCHOOL DIVISION</i> Friday, March 24, 2023 ↓ <i>ELEMENTARY SCHOOL DIVISION</i> Saturday, March 25, 2023