

Come Run, Jump, and Throw with US!  
Join the  
**Hays Striders Track Club**



## Information and Sign-up Meeting

Sunday, March 26, 2023      4:00 PM

**Hays Recreation Commission Leisure Center  
(Enter the Southwest Entrance)  
1105 Canterbury Drive**

**\*\*\* If interested, attendance at this meeting is HIGHLY ENCOURAGED \*\*\***

For additional information please call Dave or Elaine Haberman  
Dave (785-639-5211) Elaine (785-639-5922 after 4 PM)  
or visit our website [www.haysstriders.com](http://www.haysstriders.com)

**PARENTS:** The Hays Striders Track Club is a youth track and field team associated with the Missouri Valley USATF and AAU organizations. The Striders are sponsored and backed by interested parents who devote time and energy to help young people participate in track and field. The club may receive donations from parents, area civic and business organizations, and private donors to off-set expenses.

The Striders compete in developmental meets in Kansas and qualifying meets throughout the Region. The club's participation in the qualifying meets could qualify athletes for the National Junior Olympic Games. The Striders practice *Monday - Friday from 6 - 7:30 PM at the HHS track*. Practice begins *April 3 2023*. Students currently participating in a school track season are eligible to join when their season ends. There is no deadline for sign-up.

Parents, coaches and athletes of The Hays Striders are dedicated to developing track and field skills while stressing self-discipline, self-confidence, leadership, cooperation, physical activity and nutrition. The team emphasizes individual workouts based on individual goals.

