



ACS Track & Field

New Exciting Features & Benefits

- **New and Improved Track Process and Program.**
 - **Developed to Promote the Athlete**
 - **Recognized Achievements**
 - **Records of each Athletes Progress and Achievements are Kept**
 - **Shorter Practices and Improved Results**
 - **Training includes Speed, Jumping, Throwing, Strength & Flexibility, X-Factor, Mechanics/Technique, and “Recovery Days”**
 - **Exciting Track Meets including HS Meets at College Locations**
 - **Additional Home Track Meets**
 - **Record-Rank-Post (Posting Results building competitive excitement)**
- **More After School Practices & Less Mornings than previous years**
- **Power, Speed, Explosion, Agility, Stamina**
- **Improved Communications and Sources of Acknowledgments**
- **More Healthy Action and Less Injuries as the New Planned Training Sustains Good Health & Improves Muscle Tissue and Overall Successes**
- **Strengthens the Body and Mind for any Sport and any Challenge**
- **Faith Based – Learn what God has planned for you with what he provided**
- **Positive Attitude and Culture. Athletes that Love their team and sport**
- **College Scholarships – You will be noticed for potential scholarships**
- **Excelled Academics – Research shows Track & Multi-Sport Athletes Excel**
- **Outstanding Team Bonding and Family Events - Friends and Family for Life**
- **Training including the Weight Room which helps all athletes**
- **Complete understanding of Physical and Mental Growth**
- **New Uniforms and Warm-ups**
- **Additional Athlete Rewards and Fun Competitions**

Run, Jump, Throw – Choose to make yourself Better!

Run for Fun & Personal Bests