

Coach O Midwest Championship Series

Coach O is proud to announce the beginning of a new sponsorship with the Midwest Championship Series. This Series has been working with athletes participating in track and field indoor events for several years, and the addition of Coach O sponsorship raises the meet to a new level.

The Championship Series is a four event mini meet with a final Championship event. The dates for these meets are:

Saturday, January 18, 2014 – 60m, 800r, 200m, 400m, 60 hurdle, LJ, SP,HJ

Saturday, February 8, 2014 – 60m, 1600r, 400m, 4 x 200, LJ, SP, HJ

Saturday, March 1, 2014 - 60m, 800r, 200m, 400m, 60 hurdle, LJ, SP,HJ

Saturday, March 15, 2014 - 60m, 1600r, 400m, 4 x 200, LJ, SP, HJ

Saturday, March 29, 2014 (Championship Event) – 60 hurdle, 60 m, 1600 r, 4 x 200, 6 & Under 40m, 800m, 200m, 400m.

Each meet will be held at Bowen Field House (Indoor Track) at Eastern Michigan University, Ypsilanti, MI. The mini meets will begin registration at 12:00 pm with events beginning at 1:00 pm. A charge of \$5 will be made at all mini meets for athletes, parents, coaches, spectators. The Championship Meet will begin registration at 9:00 am with events beginning at 9:30 am. Registration for the Championship Meet must be made at www.coacho.com by March 15, 2014, with an entry fee of \$20 per athlete. For all further information, please contact Karen Hall, Greater Detroit Sports Club, at khall@vistamaria.org.

By joining the Greater Detroit Sports Club with Coach O, it will be possible to give greater exposure to the sport of track & field for young athletes ages 5-14. This program was started in 2003 to give training opportunities to the younger athlete and it has grown tremendously over the years. It has been able to start youngsters at local meets and train them properly to go to state and even national level meets. It gives the athletes as well as the coaches an opportunity to take advantage of the personnel and equipment available to advance to more competitive levels. Coaching clinics are available to assist with training the athletes properly and to minimize injuries and accidents. The Greater Detroit Sports Club is excited to be working with the Coach O organization because it is such a “well run and efficient organization” according to Karen Hall. “We will be able to accomplish more of our goals because of our affiliation with Coach O.