

LA CROSSE TRACK CLUB



Mission Statement / Statement of Purpose

The La Crosse Track Club will promote and encourage health and fitness among children and adults in our communities through participation in track and field and distance running.

To accomplish this mission, the La Crosse Track Club will educate individuals of any age in the events of track and field; promote road races, track & field meets, or other related activities; disseminate information on running, track and field, and general fitness and health promotion via publications, presentations and educational programs; support research endeavors as possible; support our local communities; offer guidance to members; and provide awards.

Our Organization's Core Values

Health - Physical, psychological, and emotional wellness through exercise, maintaining healthy lifestyles, and providing safe environments.

Integrity - Fairness, honesty, and with respect for the sport and for each other.

Excellence - Pursuit of success at the regional, state, and national level.

Teamwork - Sharing of ideals, expectations, and goals leading to group strength, support, and unity.

Our Organization's Key Strategies

Train Smart - The Club will adopt sound principles of training with vigorous efforts to improve technique, strength, and endurance.

Have Fun - The Club will design practices, competitions, and social events with a central goal of having fun while participating in healthy activities.

Develop Partnerships - The Club will actively seek community partners with shared values and potential for mutually beneficial relationships.

Grow - The Club will continuously seek new members through active recruitment, networking, and positive public relations.

Goals for Each Athlete Participant

