

### Find a facility

- Cost
- Location
- Availability
- Good relationship with high school coach
- Equipment

### Gather your group of coaches.

- Any volunteers
- Parents
- High school athletes
- Reason they want to be coach
- Are they coachable?
- Training program

### What is your club's mission?

- Elite program
- Grass roots program

- Both
- What age group do you want to focus on?
- Under 14, over 14, both
- do you want to limit the size of the club

What type of club are you

- distance only
- sprints only,
- jumps only
- throws only
- multi events
- How many days a week do you want to train?
- track club only, or cross country too
- Year-round, spring, or summer

Figure out what your club can offer

- be honest

- What event coaches do you have?
- It is ok if you are unable to offer certain events.
- do you have coaches for the amount of athletes you want
- About 15 athletes per coach

-Communication is key.

- keep your coaches informed
- Parents like to know as much as they can
- make sure parents know what is expected from them
- make sure athletes know what you expect from them
- make sure practice schedule, meet schedule, important deadlines are available
- Use email, Facebook page, and athletic.net to get information out there.
- make sure high school athletes keep coach informed
- Club and school