

Mission Valley Track and Field Club Cross Country

Ages: 4 and Up
Practice Starts September 3, 2024
Come sign-up and get info
Training Places change each week



Conditioning for all Sports
Developing Skills for Other Sports
Individual Training Plans for Better Sports
Performance

The Mission Valley Track and Field Club is a non-profit based group serving Union City and the surrounding areas. The Mission Valley Track and Field Club in conjunction with the James Logan Track and Field Team and James Logan Cross Country Team goal is to Promote Life Skills through the Sport of Track and Field.

The Organization serves Youth, Special Olympic athletes, Master athletes and Seniors from all ethnic and socioeconomic backgrounds locally and in the surrounding communities.

For More Information Contact:

Lee Webb-President/Head Coach

510-304-7172 leave message or text

Practice Dates and Times

Monday, Wednesday, Friday 5:00-6:30 PM Practice

Tuesday 1st Day- Intros, Review Season, Schedule

Practice laces can change. 1st week-Niles Park

website: Missionvalleytrackandfield.com

See Back of Flyer for Sign Up Dates

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