



The Sonics Youth Track Club is an AAU-affiliated track and field organization serving Houston area boys and girls between the ages of 6 and 18 since 1993. The mission of the program is to develop young athletes' physical and mental abilities while also fostering self-esteem and pride. The Sonics Youth Track program provides opportunities for youth to define and reach tangible goals, instills respect for authority, and develops values that translate into responsible citizens for our community. To instill these values and beliefs, the organization spends a great deal of time teaching the young athlete the proper way to compete, which includes not only proper running and field event techniques, but also how to respect their teammates and competitors, and most importantly, how to respect themselves.

Over the organization's 20+ years of existence, we have grown from a team of 25 athletes the first year to approximately 100 annually between our north and south side groups. During this span, our successes include at least 25 national champions, 2 AAU national records, and well over 200 medals earned at the national championship meet.



## **2018 early season conditioning sessions begin Saturday, February 17!**

### North Side Practices:

Klein High School on Saturdays from 10:00 AM – 11:30 AM

### South Side Practices:

Sharpstown High School on Saturdays from 1:00 PM – 2:30 PM

Practice schedules will transition to three nights a week beginning the week of March 11.

**Meets begin March 17 and take place most Saturdays through June, culminating with the AAU Junior Olympics at the end of July.**

### **Contact the Sonics' Founding Head Coaches:**

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For more information, visit our web site at: <http://houstonsonics.com>