



The Dekalb County Express Track Club, Inc. (D.C. Express) was founded in 1984 in Decatur, GA. D.C. Express is a 37-year-old community-based youth track & field development/competitive program.

The #1 Goal of the D.C. Express Track Program is to provide the best possible opportunity for individual progressive development to all participants.

D.C. Express' Program is designed to maximize the opportunity for development first and competition second.

D.C. Express' Program mission is to assist competitive track athletes, who have demonstrated academic success, by enhancing event specific technique and improving individual competitiveness. D.C. Express will assist student-athletes in using their academic and athletic abilities to achieve their educational goals.

D.C. Express' Program will emphasize the training responsibilities of the individual athlete. The program will also require athletes to maintain a high level of event specific training that allows the athlete to meet the National and International standards for their specific event.

D.C. Express' Program seeks to provide incentives, coaching resources, and challenges to athletes possessing the ability to be successful at the next level by.

- ◆ Maximizing progressive individual development through adaptation of training activities to competitive events.
- ◆ Teaching cooperation in a competitive environment and appropriate standards of behavior (good sportsmanship).
- ◆ Providing athletes with State, Regional, National, and International competition and exposure as appropriate for the individual athlete.
- ◆ Providing tutorial counseling for college selection.
- ◆ Assisting students in obtaining collegiate scholarships.

The Student-Athlete will:

- ◆ Set appropriate goals; understanding that winning is a result of accomplishing a goal or set of goals. It is not where you finish in the race.
- ◆ Complete the daily/weekly conditioning and training program.
- ◆ Maintain a high level of event specific training.
- ◆ Direct all conditioning and training toward individual events.
- ◆ Improve their skills to complete their specific event(s).
- ◆ Use experience gained through conditioning and training to accomplish event goals.

D.C. Express Track Club Inc is a recognized member of USA Track & Field and USA Track & Field-Georgia Association