

Thursday, May 21st, 2020

To Our JAC Family,

During this time of uncertainty, we want to make one thing clear. We are firm believers that kids need to be active, socialize, and do what they are passionate about. Laughing, running around, and being outside with friends is quite healthy, and much needed after long times spent indoors and feeling isolated. As we are all following CDC guidelines, it is neat to note that the CDC recommendation for exercise for kids is at least 60 minutes a day!

That being said, our summer club at the start of this summer will unfortunately look much different as it has in past years. The facility we have so graciously been able to use since 2012 is changing some of their policies as the state of Florida re-opens, and we have to respect that and press on to find a solution for those looking to start training, socializing with peers, and exercising again.

From May 25th- June 6th we as a coaching staff have decided to start our summer club in the following ways as below. These training locations and group set-ups are just temporary, but, as we feel, better than nothing.

We are currently in talks with a few track facilities that we hope will be able to accommodate us until July. As soon as these plans become definite, we will notify you about the changes.

If you do not feel comfortable starting next week but would like to later on in the summer, that is completely fine, and we will gladly pro-rate your fees accordingly.

JAC Youth Club Practices

Ages: 5-12

Location: Ft. Family Park, 8000 Baymeadows Rd E, Jacksonville, FL 32256

Days and Times: Monday and Wednesday evenings from 6pm-7pm

Parking and logistical information: Once you drive into the park entrance, follow the main road around to the basketball courts. You can park right next to the basketball courts, and we will meet at the bleachers right next to the basketball courts. [Please see here for an aerial map of where to park and meet.](#)

Please email me to solidify your spot so we know who to look out for these next few weeks. If the group becomes too large, we will add practice dates or additional times to space groups out

The cost for this group is \$300 and we will more than likely extend this season until Aug 15th

JAC July Summer Track Camps

Grades: K-8

Location: The Discovery School, 102 15th Street South, Jax Beach, 32250

Dates and Times: This will be a series of four, one week camps Monday – Friday from 9am-12pm in July

Cost: \$200 per one week camp

This camp is in conjunction with The Discovery School, [sign up and more information is here.](#)

JAC Elite and Emerging Elite

Ages: 12-18

Location: To be decided by event area coach and athlete

Lessons / group lessons by appointment

As we are working on finding a facility that will allow us to practice all events, we have decided to combine these two groups for the next few weeks, and have the athletes set up either private or group lessons with each event area coach. Simply contact each event area coach directly to set up practices, and they will get with you on a good time and location that works. Email, call, or text them to set up these lessons. If you don't hear anything back within 24 hours please contact me directly.

Sprints and Relays- Coach Vince veb26@yahoo.com 904 571 0886

Hurdles, Jumps, and Throws- Coach Kyle kylebmartin9898@yahoo.com 904 521 1836

Javelin- Coach Tyler ttg0697@yahoo.com 337 263 8979

Shot Put and Discus- Coach K'Vonte kvontescott@gmail.com 757 352 1903

Pole Vault and Jumps- Coach Eli eli@jacksonvilletrack.com 423 943 5507

Mid Distance and Distance- Coach Matt matt.morrisjr@gmail.com 904 534 6704

Cost for this is as follows: Private lesson (1 on 1 instruction with a coach)- \$30 per lesson

Group lesson (3 or more with a coach)- \$10 per lesson per athlete

Once we are able to be back out on a track, we will go back to the monthly rate for each group. Until then we feel like this is the best way to get you back practicing as soon as possible!

Again, we would like to provide as many opportunities as possible for the athletes as we continue to work on solidifying a temporary home until July. If you have any questions at all, please don't hesitate to let me know and I will be more than happy to help.

Thanks,

Eli Sunquist