



35th Annual Kickoff Breakfast

September 1, 2022
www.northwestflyers.org



Welcome!!!

- Introduction
 - Coaches
 - Staff
 - Athletes

SUBURBS // SPORTS

Northwest Flyers Track Club celebrating 35th year in northwest Houston

Alvaro Montañó Staff writer

[Go to main content](#)



Next Up: Smith: Is it worse to be the Texans or the Cowboys?





Agenda

- Welcome
- Athlete Introductions
- Northwest Flyers History
- Who's Who (Coaches & Admin)
- Recap of Last Year
- 2022 Practice Information
- 2022 XC Meet Schedule
- Registration
- Director's Comments
- Summary

A vertical photograph on the left side of the slide shows a runner's legs and feet in motion on a red running track. The runner is wearing black leggings and blue and pink running shoes. The track has white lane markings and a shadow of the runner is cast on the ground.

Athlete Families Please Introduce Yourself!

One at a time

- Athlete Introductions
 - Grade
 - School
 - Running experience



Northwest Flyers History

- Founded 35 years ago by Fred Newhouse
 - US Olympic Gold Medalist in Track & Field
- Mission:
 - Foster the development of youth XC / track & field in Northwest Houston
 - Provide long term growth opportunities to young athletes thru their association with this sport
- The club is governed by the USATF youth track system



NW Flyers in the National News!

- NWF alum Austin Deculeus drafted by the Houston Texans
- NWF Sophomore Anya Jackson qualifies to USATF U20 Championship in the 200m dash
- NWF Junior India Alix wins the USATF National U20 Championship at Eugene, OR and represents team USA at Worlds in Columbia
- NW Flyers wins 12 medals in the USATF National Junior Olympics Championships in Track & Field (Jul 2022, Sacramento, CA) including 1 individual NATIONAL CHAMPIONS, and 1 Sprint Relay!!!

Administration

- DIRECTOR Calandra Lake (832) 969-6909
- DIRECTOR Troy Spencer (609) 792-9479
- DIRECTOR Troy Hubert (832) 723-6632
- Asst DIRECTOR Keith Redmond (832) 377-6773
- Sr. ADVISOR Pal Roach (281) 826-3449

- SECRETARY Linette Roach (281) 826-3449

- REGISTRAR Shavonne Spencer (856) 495-6701

- TREASURER Sheryl Montgomery (281) 770-6563

- COMMUNICATIONS Rachel Runnels (713) 586-9008

- WebMaster Brittany Hillman (713) 826-1608

- XC Head Coach Keith Redmond (832) 377-6773

- XC Head Coach MaryJo Huggins (913) 488-9133

- XC Team Manager Tracie Haygood (832) 870-3460



USATF “Win With Integrity” Pledge

I pledge to make good decisions in my life.

I will be an enthusiastic and positive person.

I will live with integrity every day;

I will lead a healthy, active lifestyle.

I will take pride in my successes on the playing field and in the classroom;

I will be honest and drug-free, knowing cheaters never win.

I am a Champion!

A vertical photograph on the left side of the slide shows a runner's legs and feet in motion on a red running track. The runner is wearing black leggings and blue and pink running shoes. The track has white lane markings and a shadow of the runner is cast on the ground.

2022 XC Practice Information

- **Practice begins Sept 6 and continues thru Nov 19, 2022**
 - **Time:**
6:00pm – 7:15pm
- **Locations**
 - **Monday** – Kickerillo Mischer Park
 - **Tuesday** – Kickerillo Mischer Park
 - **Wednesday** – Practice on your own
 - **Thursday** – Kickerillo Mischer Park
 - **Saturday** – Spring Creek Park Tomball (9 - 11 AM) when there is no XC meet that weekend

* NOTE: We will change to Matzke Park after daylight savings to use lights



2022 XC Meet Schedule *

*PLEASE CHECK WEBSITE PERIODICALLY FOR ANY UPDATES OR CHANGES SUCH AS LOCATION, DATE, ETC.

Date	Host Team	Location	Schedule Link
October 8	Katy Express	Paul Rushing Park	
October 15	Track Houston	TBA	
October 22	Northwest Flyers	Burroughs Park	
October 29	TBD	TBD	
November 5	Northwest Flyers	Burroughs Park	
November 12	Gulf Championships	TBA	
December 10	USATF Junior Olympics XC	Texas A&M University	

A vertical photograph on the left side of the slide shows a runner's legs and feet in motion on a red running track. The runner is wearing black leggings and blue and pink running shoes. The track has white lane markings and a shadow of the runner is cast on the ground.

Registration

- Complete the following
 - Online Registration at www.northwestflyers.org
 - Must submit birth certificate and 1 photo
- Registration fee \$285 for new 2022 members
 - Team Uniform (competition jersey and shorts), T-shirt
 - USATF Card w/ insurance
 - Club Dues
 - \$85 fee if you joined during the 2022 track season
 - New athletes this year must purchase their own USATF card
- No Fundraiser buyout for XC
- Available discounts for new members only
 - \$50 off for second child
 - \$75 off for third child
 - \$100 off for fourth+ child
 - Active duty military parents



Director's Recap

- The Northwest Flyers is a youth "track team", Affiliated with USATF, a **competitive** development system for XC and youth track & field**
- The team has a regular schedule of practices, competitions, and championships each season (75/75/100 minimum commitment level)
- The training sessions and competitions are age appropriate but physically challenging
- An excellent program for those who aspire to compete on their varsity middle school or high school XC / track team
- All **volunteer** program – no conflict of interests to meet salary, facility, & operating costs (we're an IRS 501(c)3, please consider finding sponsors!)
- USATF certified coaching, teaching is our coaching method (camps, clinics, video)
- A sport for life – introduce kids to a healthy positive approach to running and fitness

*** Note: this is not a recreational program*



Age Divisions

Age Division	Year of Birth
8 & Under	2014+*
9 & 10yo	2012-2013
11 & 12yo	2010-2011
13 & 14yo	2008-2009
15 & 16yo	2006-2007
17 & 18yo	2004-2005

- Athletes must be 7yo+ Dec 31 to advance to JOs
- Top 5 athletes in the Regional Meet advance to JOs!
- Drug testing at championships 13-14yo+



NWF Social Committee

Parents, Get Connected !

- Team email list / newsletter (we don't phone chain!!!)
- NWF Web www.northwestflyers.org
 - Posted practice schedule, meet schedule, contacts, documents
- NWF Athletic.net
 - Team performance data management
 - Roster administration
- NWF Twitter
 - Used for urgent broadcast messages
 - You must self register
- NWF Facebook
 - You must self register
- NWF Tik-tok



THANK YOU AND GO FLYERS35!!!