

# West Valley Eagle Track Club, Inc.

## TRACK & FIELD SIGN-UPS FOR BOYS & GIRLS AGES 6 THRU 15

### Deena Drossin Kastor (1986)

2004 Olympic Bronze Medalist • Marathon  
World Record Holder 5K • 14:54  
American Record Holder in:  
8K - 24:36 12K - 38:24 15K - 47:15 10 Mile - 51:31  
1/2 Marathon - 1:07.34 Marathon - 2:19.36

### Allison Felix (2000-2002)

2008 Olympics • Silver 200M 21.93 - Gold 4x400M  
2004 Olympic Silver Medalist • 200M 22.18  
2005 World Championships  
Gold 200 22.11 Bronze 100 11.07  
Three Gold Medals 2007 World Championship  
200 M 21.81 - 4x100M 41.98 - 4x400M 3:18.55

### Quincy Watts (1985-1987)

Two Gold Medals 1992 Olympics  
400 M • 43.50 Olympic Record  
4x400 M • World & Olympic Record

### Joanna Hayes (1999)

2004 Olympic Gold Medalist  
Olympic Record 100M Hurdles • 12.37

### Crissy Mills (1983-1986)

1992 Olympic Trial Qualifier  
High Jump • 6'2"

### Tony Miller (1987)

1992 Olympic Trial Qualifier  
100 M • 10.16

### Bryan Howard (1993-1995)

2000 Olympic Trial Qualifier  
100 M • 9.98

### Michael Granville (1990-1995)

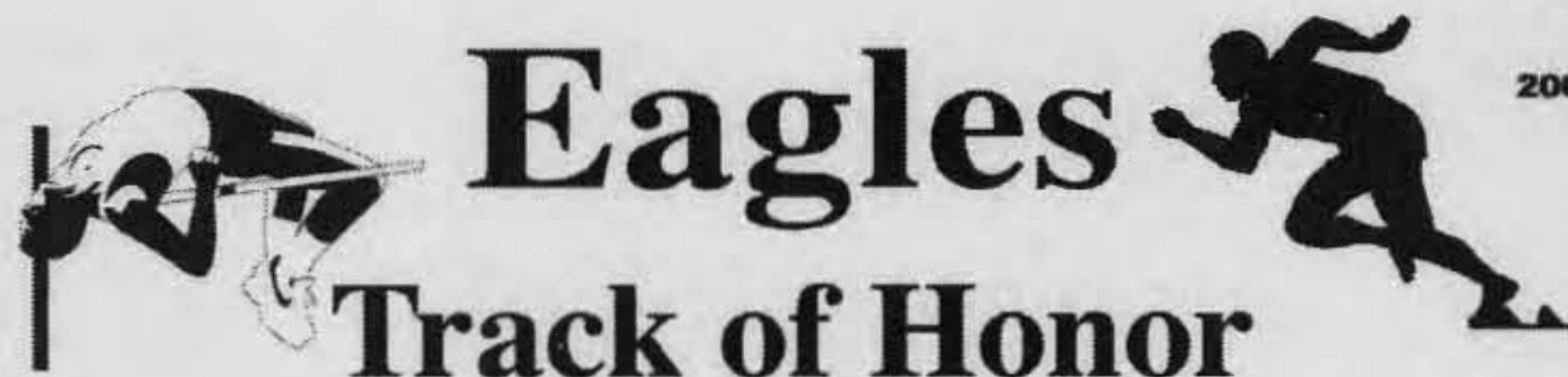
1996 Olympic Trial Qualifier  
800 M • 1:46

### Tyree Washington (1993-1994)

1997 World Championships  
Gold 4x400M • 2:56.47 Bronze 400M • 44.36  
2003 World Indoor Championship Silver 400 M • 45.34  
2003 World Championships 400 M 44.34

### Brian Bridgewater (1987)

1992 Olympic Trial Qualifier  
100 M • 10.16 • 200M • 20.15



Additional Coaches Welcome  
Free Clinics Available

- ✓ OLYMPIC STYLE COMPETITION
- ✓ LEARN PROPER TECHNIQUES
- ✓ IMPROVE PHYSICAL CONDITIONING AND INCREASE SPEED
- ✓ SUPERVISION BY NATIONAL TEAM CHAMPION DISTANCE, SPRINT & FIELD EVENT COACHES
- ✓ TEAM UNIFORMS
- ✓ COMPETE IN ORGANIZED MEETS
- ✓ USA TRACK & FIELD & AAU AFFILIATED
- ✓ WIN RECOGNITION & AWARDS
- ✓ INDIVIDUAL & TEAM PICTURES
- ✓ TROPHIES FOR ALL



## SIGN-UP AT TAFT HIGH SCHOOL'S TRACK

CORNER OF WINNETKA AVE. & VENTURA BLVD.

**\*\* (Bring Xerox Copy of Certified Birth Certificate for Club to Keep) \*\***

**10:00 a.m. to 2 p.m. on One of the following SATURDAYS  
January 16<sup>th</sup>, February 6<sup>th</sup>, February 13<sup>th</sup>**

**FOR FURTHER INFORMATION OR LATE SIGN-UPS GO TO [westvalleyeagles.org](http://westvalleyeagles.org)  
OR CONTACT JACK DAWSON AT (818) 300-3621 OR  
PARA ESPAÑOL CONTACT COLIN PRATT (818) 254-7183**