



MBTC Coaches

**Lars
Porter:**

**MBHS
Coach**

Lars is excited to be working with the kids this summer. Lars has a great track record of working with Champions and will help train the kids in the habits necessary to be great!

Phil Moore:

A physical therapist by formal training, Phil ran for Mississippi State and had a great Alabama High School career as well. Phil works with Mountain Brook Athletes on their rehab and injury prevention during the year, but this summer he will be training them too!.



Mountain Brook Track Club

Phone: 205-229-3364
www.mbtrackclub.com
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Cost: \$200* (covers practice, uniform and not first meet fees)

*Region 6 and National Championship meet fees, travel, and expenses will be extra for those who qualify

MBTC

Summer Track 2019



MBTC Part-time Volunteers & Alum:

Greg Echols:

Does anything need to be said here: Alabama State Hall of Fame coach, 63 state titles, Greg will be focusing on strength training in the weight room this summer.

Griffin Riley:

(June 10– 13)

Ole Miss: 800m

This All-American sophomore from Ole Miss will be fresh off his NCAA qualifying meet. His 800m times make him one of the fastest kids to come through the MB program. His energy level and love for kids are what make kids learn to love the sport.

Warren Fitzpatrick:

Samford University: 400m, 800m

This Southern Conference Champion will be wrapping up a fabulous sophomore campaign that witnessed some heroic finishes from Warren. Warren defines the word Swag and electric. He has a great energy and love for track that will make any practice fun.

High School Athletes

Running at the next level only happens with hard work. There will be many members of the summer track team that may go on and compete at the D1 level. Many are already competing at the collegiate level and will join MBTC intermittently to train and coach.

The only way to get better is to be pushed by those who have been there, like our coaches, and to train and be pushed by those that are there now.

We hope that kids from all over the city join us to push each other to the next level. **While we are a Mountain Brook organization our summer track program is open to all schools and athletes.**

Junior High Athletes

The best time to make huge strides in your track career is from 8th - 10th grade. Techniques and repetition are critical in this phase. Our coaches can guide and push your athlete to the next level while they enjoy the camaraderies of friends and competitors along side them daily.

The chance to train with elite High School athletes is critical in learning how to be a champion. A five minute conversation with an elite HS athlete can make a huge impact on athletes hungry to learn. These conversations can many times be heard when Dad's voice has lost its impact.

Dates:

Practice: Mon-Thurs 7:30am-9:30 am

Starts: June 3 - June 27

USATF Meets:

June 15-19 USATF AL Meet
Oxford, AL

More meets will be added as they are organized