

Celerity Track Club

2016 Club Membership Handbook



Dear Members,

Thank you so much for your interest in Celerity Track Club, Inc. We are a new team founded in 2015 with one season under our belt. It was a phenomenal season as we took one outstanding athlete to compete at the USTAF Junior Olympics in Jacksonville, Florida and to the AAU Junior Olympics in Virginia Beach, Virginia. The athlete had a podium finish placing 5th in the 800m and 7th in the 1500m at the AAU and an 8th place finish at the USTAF competition in the 1500m. We are hoping to return this year and bring more athletes to Nationals.

Celerity Track Club (CTC) is a domestic non-profit track club; 501(c)(3) status pending. CTC is dedicated to educating and training the next group of outstanding track & field athletes. The head coach is a former Olympian and world class track athlete. In addition, the founding members come from a competitive high school/college track and distance road running background. All coaches have a USATF Level I, II or previous youth level coaching experience. All coaches are background screened and certified in first aid and CPR to ensure safety for our members. Your athlete will learn the fundamentals of the sport along with many advanced skills and technique to become an efficient runner, jumper and/or thrower- all in a very competitive and enjoyable atmosphere.

The goals for 2016 are to develop a strong membership of athletes, parents, and community volunteers. We have various opportunities for coaching, fundraising, administrative, media, and coordinator positions. We are looking to grow and develop this year so we encourage your feedback and involvement.

Our Handbook is designed to answer any questions you may have regarding our program and to inform you of what membership includes and what our expectations are of your participation as a parent member.

Looking forward to an Amazing 2016 Outdoor Track & Field Season!

CELERITY TRACK CLUB

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CELERITY TRACK CLUB

Membership Cost

Competitive Team \$560

Ages 8-18

- Athletes focus on competitive training and instruction of the three disciplines within track and field: running, jumping and throwing
- Speed, Agility & Endurance Training
- Competitive Team Athletes compete in scheduled season track meets.
- Competitive Team Athletes have an interest to compete at the District, Regional, and National levels.
- Practice Schedule 2-3X per week during season.

Membership Includes:

- High Level Track & Field Instruction & Training
- USATF/AAU/RRCA Membership cards
- All Track Meet Entry Fees
- Basic Team Uniform (Top & Bottom)
- Athlete Coaching Review (Baseline evaluation, Meet Performance Log, End of Season Review)
- Registration, Operation & Administrative Costs

Membership Does Not Include:

- Team Warm-Up Suit (\$130)
- Transportation to and from meets, championship advancement fees, or any fees pertaining to National Track Meets or travel cost.
- Running Shoes or Field Implements (Shot Put, Discus, Javelins, Poles)

Membership fees are not refundable. Athletes will not be allowed to participate in practice or any meet beyond March 13th until all membership fees are paid and paperwork is complete.

Membership Cost

Training Team \$300

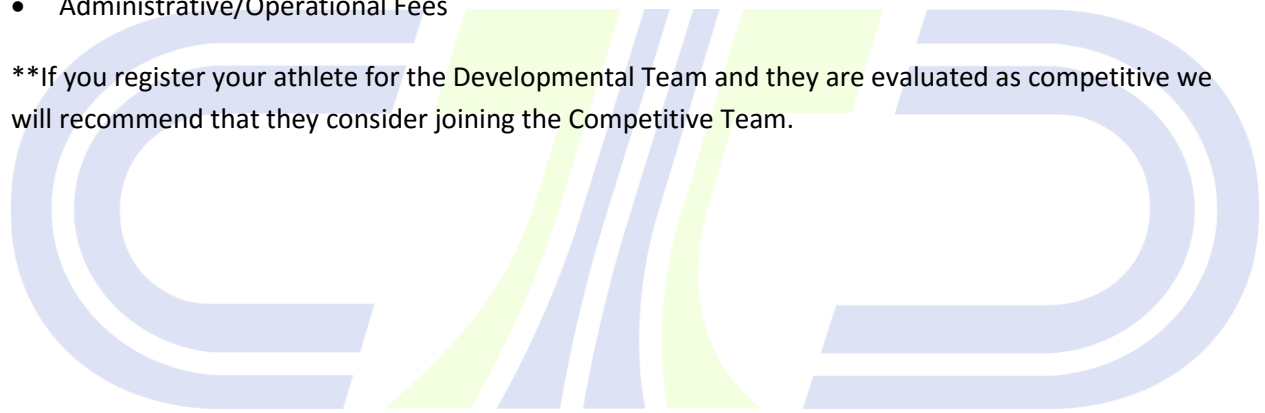
Ages 6-18

- Program focuses on basic training and instruction of the three disciplines within track and field (running, jumping, throwing)
- Developmental team members do not compete in scheduled track meets but they are welcomed to attend to support their club.
- Team practices 1-2X per week.

Membership Includes:

- Track & Field Instruction
- Athlete Coaching Review (Baseline evaluation and end of season evaluation)
- Administrative/Operational Fees

**If you register your athlete for the Developmental Team and they are evaluated as competitive we will recommend that they consider joining the Competitive Team.



CELERITY TRACK CLUB

Volunteers

Celerity Track Club welcomes parent and community volunteers. All that we ask is that all volunteers maintain a positive and supportive attitude at all times around the athletes. Celerity Track Club is looking to fill the following volunteer positions:

- Team Videographer: Attends track meets and records team performances.
- Team Photographer: Attends track meets and some track practices to take pictures of team members for website
- Volunteer Coaching Aides: If you have any past coaching or track & field experience (especially competitive experience) we would love to have your assistance.
 - Volunteer coaches must be approved by club officers
 - All coaches must obtain an association membership (USATF/AAU) and undergo a background check to be eligible to coach.
- Team Social Coordinator: Helps to coordinate end of season BBQ
- Team Travel coordinator: Helps to coordinate travel to out of state meets
- Team Travel Chaperone (Regional/National Meets)
 - Travel Chaperone must obtain association membership (USATF/AAU) and undergo a background check to volunteer as a Travel Chaperone.
- Meet Coordinator(s): Helps to coordinate athletes at track meets (event check-in's, distribution of meet hydration, tent setup/breakdown and clean-up at the end of meets)
 - All Meet Coordinators must obtain an association membership (USATF/AAU) and undergo a background check to volunteer as a Meet Coordinator.



CELERITY TRACK CLUB

Practice

The practice schedule will be provided by the coaches. If you are not able to attend a practice for any reason you can make a request for a suggested workout that you can do outside of practice. Competitive Athletes that miss practice may be given a mandatory alternative workout.

Practice Regulations for Athletes

- **Primary Practice Location- Alpharetta, High School Track**
- Athletes should arrive on time and ready to workout.
- Athletes should have the following at each practice:
 - ✓ *Water bottle*
 - ✓ *Shorts and T-shirt*
 - ✓ *Sweats pants and long-sleeve top or sweat jacket*
 - ✓ *Training shoes*
- Athletes must follow the directions of the coaching staff during practices. This includes doing the exercises, participating in all drills and completing the training program.
- No distractions will be tolerated.
- The following is not allowed: profanity, horseplay, abusive language, or fighting.
- Members unwilling to participate in workouts will be dismissed from the track or practice area and will not be allowed to return until coaches have spoken with the parents.
- Repeated misconduct, distractions and/or refusals to do workouts will be grounds for termination from the program. No membership fees will be refunded if a membership is terminated.

Practice Regulations for Parents

- Parents are not permitted on the track or in practice areas during practices.
- Parents shall refrain from coaching or instructing athletes during practices sessions. Coaching is the exclusive responsibility of the Celerity Track Club coaching staff.
- Parents should not engage the coaching staff in conversation during practice sessions. Coaches are available to answer questions after practice or during scheduled appointments.
- Please notify the Club via email (preferred) if your child will not be able to participate in a scheduled practice. This notification should be given as early as possible, and preferably prior to the scheduled practices.

Practice and Bad Weather

- The coaches will not cancel practice because of rainy weather in general. Practice will be held as scheduled except in the event of dangerous weather, such as extreme cold, heavy rain, or lightning. In the event that a scheduled practice is cancelled ahead of time due to the weather, the club will try to inform the members by text or email.

EQUIPMENT

Club Uniforms

- The Celerity Track Club Uniform must be worn at each meet.
- Training Shoes
 - The most important piece of equipment needed is a good pair of training shoes. Running shoes (not basketball, court or cross-training shoes) are required for all athletes for practice sessions. These shoes should have good support, be relatively lightweight and be comfortable. Waffles and other shoes providing inadequate cushion or support are not allowed.
- Shoes for Competitive Events
 - Spikes are encouraged for all competitions (unless otherwise noted or prohibited by the facility).
- Sweats and other athletic wear
- Sweats for warming up are recommended for all practices and track meets. Team warm-ups are an additional fee. Other athletic wear, such as cold weather tights, sports bras, athletic supports, etc. may be recommended by the coaching staff.
- Track Bag
 - Each athlete should have a track bag at each meet, containing the following: track shoes, towel, and water bottle (with water or sports drink).

It is recommended for all Club Members to label their uniforms, shoes, clothing, and gear.

CELERITY TRACK CLUB

MEET RESPONSIBILITIES & RULES

To ensure the athlete's optimum performance at meets, the Celerity Track Club athletes and parents have certain responsibilities and rules to follow.

General Information

- Meet information will be provided prior to each meet. This will be in paper form, email, and/or on the web site (www.celeritytrackclub.org). Celerity Track Club parents and athletes are responsible for knowing the athlete's meet events and times.
- Celerity Track Club Coaches determine what events the athlete will participate in for each meet. The parent may discuss this with the coaches prior to entry, but the coaches have the final say.
- The club's primary mode of communication will be email, text and website. Please make sure that the Club has current email and contact information for you. If you do not have web or email access, please make that known as soon as possible.
- If an athlete will not be competing at a meet, this must be communicated to the coaches prior to the start of the meet, and as early as possible.
- The Club will have a designated area for the Celerity Track Club athletes to stay during the meet. All athletes must sit together in this area.

Athletes' Responsibilities

- Check your event time prior to the Meet. Arrive at the meet at least one hour prior to your scheduled event times. For Spring Season meets or meets with rolling start times coaches will announce the times for athletes to arrive at the track.
- Check in with the Club. Upon arriving at a meet, check in with the Club at the designated area and get your numbers and instructions.
- Sit with the Club during the meet. Athletes must stay in the Club area during the meet.
- Come prepared. Wear your Celerity Track Club uniform. Have your shoe bag containing shoes and water bottle (with water or sports drink). Bring warm-up clothes to every meet – weather is unpredictable.
- Warm-up with your teammates. Arrive in time to get prepared physically and mentally for your events. Do not get in the habit of showing up late. Others are depending on you.
- Bring drinks and food. Bring plenty of water or sports drinks and healthy food. See the Nutrition section of this handbook for ideas.

Concession Stands

Concession Stands are off limits during the meet. Athletes may only approach the concession stand after the completion of the athlete's last event and/or with clearance from a Celerity Track Team Coach.

MEET RESPONSIBILITIES & RULES

Check In

- Pay attention to the meet announcer. The meet announcer makes the calls for each event check-in. It is your responsibility to get to your event.
- When you check in, you should be ready to compete (with uniform, number and shoes). Take your water or sports drink with you to check in. Once you check in at your running event, you should not leave the check in area.
- Parents of younger age athletes please drop your athlete off to the meet coordinator or coach prior to entering the meet to be appropriately checked in.

Parents' Responsibilities

- Make sure that your athlete is prepared, at the meets early and ready for his or her events. All athletes should receive 8 to 10 hours of sleep 2 nights before a meet.
- Athletes should eat a nutritious breakfast. This includes fruit, bread, cereal, water and juice. Little or no meat is best. More information is provided in the Nutrition section of this handbook and on the team website.
- Overnight meets entail additional Parent responsibilities, see the Travel Section.
- Parents and athletes are responsible for listening for the call of their events and for being prepared and warmed up.

CELERITY TRACK CLUB

HEALTH AND NUTRITION

Nutrition Guidelines

- Proper nutrition is essential to the success of your athlete's training. Athletes should eat a variety of nutritious foods and avoid unhealthy choices. Also, most diets do not provide the minimum daily recommended vitamin intake. Therefore it is strongly encouraged that all athletes take a daily multivitamin.
- The nutritional status of the athlete greatly determines the effectiveness of the training and the ability to handle training. Certain guidelines are important. If you serve your child a balanced meal and stay away from the fatty fast food restaurants, you'll go a long way in allowing your child to perform at his peak level.
- Choose a balance of the traditional four food groups (fruits and vegetables, dairy, meats, and grains).
- It is important to get your child on a proper eating program that is balanced in protein (10-15%), carbohydrates (55-65%), and fats (25-30%).

Suggested Diets for Athletes

- Choose a balance of the traditional four food groups (fruits and vegetables, dairy, meats, and grains).
- Avoid excess amounts of highly processed and refined foods (such as sugars, oils, and flours). They are not recognized by the body as foods and are difficult for the body to process.
- The diet should be fairly low in fats and simple carbohydrates. It should be rich in vitamins, minerals, complex carbohydrates, and protein.
- Sufficient protein should be present in meals to prevent extreme insulin fluctuations due to the rapid digestion of carbohydrates.
- Simply cooked meals or raw foods are nutritionally superior to complex preparations.
- Ideally, several small meals scattered throughout the day is most effective for the athlete.
- Breakfast is extremely important, and should contain some protein rich food.
- Eating a variety of foods increases nutritive value of the diet, and enhances immune system function.

Guidelines for athlete's hydration needs

- Athletes should drink approximately one gallon of water a day as a minimum.
- This water is best taken in small servings scattered throughout the day.
- Increased water intake may be necessary during hot or dry weather, especially when windy.
- Air travel tends to dehydrate the body quickly, so increasing water intake prior to such trips is advised.
- Intake of coffee, tea, and carbonated drinks should be limited or eliminated. These act as diuretics and act to dehydrate the body.

HEALTH AND NUTRITION

Pre Competition Meal

- Protein: Chicken, fish, beans, dairy, eggs.
- Carbohydrates: Potatoes, pasta, bread, vegetables, frozen yogurt. Fats: Butter, margarine.
- Try chicken parmesan, or spaghetti and meatballs, with milk as a drink. Frozen yogurt is a great desert. HIDE THE SOFT DRINKS
- Hydration -Drink lots of water.

Pre-Competition Sleep

- Athletes should receive 8 to 10 hours of sleep 2 nights before & the night before a meet.

Pre-Competition Meals 3 – 4 hours before the event

- High in complex carbohydrates, such as bread, fruit and vegetables
- Moderate in protein
- Low in fat
- Plenty of Fluids
- Athletes should eat a nutritious breakfast before a meet, including fruit, bread, cereal, water and juice.
- Little or no meat is best.

Snack Hints – For All Day Meets

- Water
- Fresh Fruit – bananas, raisins, grapes, oranges, peaches, watermelon
- Bread, bagels, muffins. With peanuts butter, cheese or cream cheese if within 3 to 4 hours before competition.
- Crackers and pretzels
- Fig Newtons, oatmeal-raisin cookies
- Fruit and Vegetable Juice – orange, tomato
- Cereal – With milk if 3 to 4 hours before competition.
- Fruit yogurt – if 3 or 4 hours prior competition

Post-Competition

- Athletes should always do their cool-down runs after race events.
- Sports drink, energy bars, chocolate milk, fruit and plenty of rest should be a consistent part of your post-race activities.

CLUB TRAVEL

Travel Guidelines

- All athletes are expected to attend all meets for which they qualify (relays included). This may include out of town meets. A list of all meets and their locations will be provided in advance. If there are extenuating circumstances, they should be discussed with your coach way in advance.
- Travel to out-of-town meets entails additional costs not included in the fee. We plan to have fundraising and to solicit sponsors to help offset some of these cost.
- The Club arranges hotel accommodations for out-of-town meets. Payment for individual rooms is the responsibility of the parent. The Club will try to have all members stay at the same location, but this not always possible. If the member does not desire to stay at the Club's hotel, then the member is responsible for making his/her own accommodations.
- While out-of-town meets are often viewed as opportunities for family vacation time, these meets are "business trips" for the athletes.
- Children are influenced by parent behavior. Parents should acknowledge this impact and refrain from adult activities (late nights, alcohol consumption, etc.) in the presence of the children.
- If the parent or legal guardian cannot travel with the child, a guardian can be appointed. The athlete's coach must be advised of this and a proper waiver must be signed. It is the parent's responsibility to provide for the athlete's need for the trip. The guardian is expected to fulfill the responsibilities of the parent.

CELERITY TRACK CLUB

GENERAL

Club Meetings & Communications

- Regular club meetings will be called as needed. On most occasions they will occur immediately following team practices or if necessary via a team conference call. All meetings will be kept brief to respect the busy schedules of our Club families.
- The majority of club communications will be delivered via email or text.

Fundraisers

- The Club will have fundraisers (TBD) throughout the season. All families are highly encouraged to participate in fundraising efforts. The fundraising efforts will go towards team equipment, supplies, and to offset out of town track meets.
- This year the USTAF Junior Olympics is in Houston, Texas & AAU Junior Olympics is in Sacramento, California. For those that may qualify to compete on this level the travel expense may be significant. Fundraising will help significantly to offset these potential cost.

The Celerity Track Club Logo

- The Celerity Track Club Logo(s) and design are the exclusive property of the Celerity Track Club. Usage of the name, logo, marks or designs is prohibited in any form without the expressed written consent of Club Directors. Violation of this rule will result in immediate dismissal from the Club.

CELERITY TRACK CLUB

OUTDOOR TRACK & FIELD COMPETITION

- Developmental meets begin in late March and occur most weekends through mid-June. Championship meets begin in mid-June and culminate with the National Championship at the end of July. Most meets are on Saturday, and typically start between 8am and 9am and end between 4pm and 6pm.
- Championship meets cover 2 -4 days and will span over weekdays. The complete schedule will be made available as soon as possible.
- During the summer months the temperature at track meets can be extremely hot. There are typically very few areas with shade. Parents and spectators please come prepared with hydration, and proper attire. Umbrellas, Hats and Coolers are highly recommended.

Official Amateur Athletic Union Track & Field Events

Track					Field		Combined events
Sprints	Middle-distance	Race Walk	Hurdles	Relays	Jumps	Throws	
100 m 200 m 400 m	800 m 1500 m 3000 m	1500 m 3000 m	80 m hurdles 100 m hurdles 110 m hurdles 200 m hurdles 400 m hurdles 2000 m steeplechase	4x100 m 4x400 m 4x800 m	Long jump Triple jump High jump Pole vault	Shot put Discus Javelin Mini Javelin Hammer	Triathlon Pentathlon Heptathlon Decathlon

Official United States Track & Field Events

Track					Field		Combined events
Sprints	Middle-distance	Race Walk	Hurdles	Relays	Jumps	Throws	
100 m 200 m 400 m	800 m 1500 m 3000 m	1500 m 3000 m	80 m hurdles 100 m hurdles 110 m hurdles 200 m hurdles 400 m hurdles 2000 m steeplechase	4x100 m 4x400 m 4x800 m	Long jump Triple jump High jump Pole vault	Shot put Discus Javelin Mini Javelin Hammer	Triathlon Pentathlon Heptathlon Decathlon

Club Rules/Requirements

Parents

- Support the club by volunteering to help at a meet, with transportation, and in fundraising events.
- Support the coaches and officials. Coaches and officials are volunteers giving their personal time and money.
- Parental interference with coaching will not be tolerated. Parents may discuss the training/coaching program with coaches following practice. Appointments with the athlete's coach are highly recommended.
- Athletes are required to participate in or be available for (i.e. relays) all scheduled meet events. This includes alternatives on relays.
- Arrive at all meets 1 hour prior to your athlete's first scheduled event and check-in with the designated a Celerity Track Team coach or Meet Coordinator.
- Direct any complaints or disagreements with the coaches to the club officers via email, in person, or by phone.
- **No Competitive athlete may enter unsanctioned meet or road race during season unless coaching staff has given prior consent. This is to protect the athlete's physical condition, peak development and performance targets.**
- Speaking ill of the Club and/or creating dissention among Club members will not be tolerated and you may be dismissed from the club.

Athletes

- Do your best to be at every scheduled practice on time and prepared. No athlete will be allowed to participate in training activities without completing the team warm-up routines. Coaches will not delay scheduled activities or extend practice to accommodate late arrivals.
- Arrive at practice ready to listen, work hard and learn.
- Be respectful to coaches, officials, teammates and competitors on other teams.
- Use only appropriate language.
- "Older" Athletes should be mindful of the example they are setting for young athletes.
- No one person is bigger than the team

CLUB CONTACTS

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