

**2010 Track Club Membership Handbook
&
Registration Packet**

“Run Wabbit Run”

**Jackrabbit Track & Field Clinic
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404-545-8304
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www.jackrabbitclub.com**

Dear Parents & Supporters,

Welcome new and returning Jackrabbit track club members. We are excited about our 2010 track season. With the help of a great coaching staff, dedicated parents, hard working athletes and a supportive community. Jackrabbit is looking to be one of the most competitive track clubs in the Atlanta Metropolitan area. We are a member of the Amateur Athletic Union (AAU) and the United States of America Track Federation (USATF)

"The team mission is to produce quality youth through the promotion of fitness, sportsmanship and the encouragement of high academic achievement. We will build confidence, instill drive and give comfort to every child. The Jackrabbit Track & Field Clinic goals are to encourage and help young people to develop physically, emotionally and socially through their involvement in track and field."

This season we will be expanding our program by adding field events and more distance runners to the roster. There will be more parent involvement and fundraising going on.

The track season is 5 months long March through the end of July. It will overlap with football season by 7-10 days, so please keep that in mind. Practice is 2-4 days a week depending on the workouts and time of season. Practice sessions last about 60-90 minutes. Track meets are usually ran with prelims on Saturdays finals and some relays ran on Sundays.

I want to thank each of you parents, coaches and supporters for your dedication to Jackrabbit and I look forward to seeing this season roster of kids working, training and competing hard to have some "competitive fun". Remember there is an award given at every track meet and that is watching your child/children come across that finish line.

Age Divisions

Primary-2002 & After

Sub-Bantam- 2001

Bantam-2000

Sub-Midget-1999

Midget-1998

Sub-Youth-1997

Youth-1996

Intermediate-1994 & 1995

Young Men/Women-1992-1993

Best Regards,
Coach Andre-Founder

Membership Information

Club cost: **\$280.00** includes:
Uniform, Warm-Ups, T-Shirt & Sport Bag
AAU Membership
Track Practice Facility Fee
Registration Fee
3-Developmental pre summer meet entry fees.
Replacement Spikes
End of the Season Banquet

*Multi-child discount: \$25.00 first child, \$35.00 second child.

January 15th 2010 registration opens for all returning Jackrabbit Track Club members from 2009 season.

February 1st Coaches and parents meeting.

February 8th 2010 open registration for new Jackrabbit Track Club members.

March 1st 2010 First day of practice.

March 8th 2010 Registration closes balance due on all fees.

April 3rd 2010 Summer registration opens for high school students participating in their school track & field program only. Cost **\$185.00**.

April 10th 2010 Summer Registration closes for high school students only all fees due.

Additional Cost:

Running Shoes \$50-75.00

Running Spikes \$45-75.00

Meet entry fees range from \$15-20.00 per meet expect to pay for 4-8 meets not including the 3 developmental pre-summer meets.

***Club membership cost does not cover travel, food & beverage. It is our goal as a club to raise money through fundraising and sponsorships to cover these costs. ***

Practice & Track Meet Policies

The Club schedules regular practices sessions that each athlete must attend. The practice schedule will be provided by the coaching staff. Supplemental, unauthorized workouts outside the Jackrabbit workout structure are prohibited, unless authorized by a Jackrabbit coach.

Practice Regulations for Athletes

- Athletes should attend all practices.
- 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 top
 - Running shoes (no basketball 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 Jackrabbit coaching staff.
- Coaches are available to answer questions before and after practice or during scheduled appointments.
- Please notify the coaching staff 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 schedule 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 email, text or posting on Jackrabbits' website.

Meet information will be provided prior to each meet. This will be in paper form, email, and/or on the web site (www.jackrabbitclub.com). Jackrabbit parents and athletes are responsible for knowing the athlete's meet events and times. All meet entry fees are due the Monday prior to the following weekend track meet.

Jackrabbit 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.

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 Jackrabbit athletes to stay during the meet. All athletes must sit together in this area. Parents will have a separate sitting area.

Athletes' Responsibilities

Check your event time prior to the Meet. Arrive at the meet at least 2 hours prior to your scheduled event times. Rolling start schedule athletes must arrive at start of meet.

Check in with the Club. Upon arrive 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 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. There are to be absolutely no flip flops of any kind worn to a track meet.

Warm-up. Warm-up with your teammates. Arrive in time to get prepared physically and mentally for your events.

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.

Nutrition

Snack Hints

These high-carbohydrate foods can be packed and taken along for midday snacks, long workouts, or competitions:

- Breads, bagels and muffin
- Crackers and pretzels
- Fig Newtons, oatmeal-raisin cookies
- Fruit juices
- Fruit yogurt
- Bananas, grapes, & melon
- Fruit roll ups
- Sports drink & water

Pre-competition Meals

The night before a track meet Eat pasta, pizza, vegetables, brown rice etc.
The day of a track meet Eat 2-3 hours prior to your event starting...oat meal, eggs, wheat toast etc.

All Day Events

Athletes should consider the amount of time between eating and performance when choosing foods at all-day events. Suggested pre-event foods include the following:

One hour before competition:

fruit and vegetable juices such as orange or tomato juices, and/or fresh fruit such as bananas, raisins, grapes, oranges, peaches, or watermelon

Two to three hours before competition:

fruit juices and fresh fruit, and/or breads, bagels or muffins, with a small amount of cream cheese

Three to four hours before competition:

fruit juices and fresh fruit, and breads, bagels or muffins and a light spread of peanut butter or 1 slice of cheese for breads, or a light spread of cream cheese for bagels, and or a bowl of cereal, with milk or yogurt

Four hours or more before competition:

sandwich with 2 slices of bread and 2 ounces of lean meat, and breads, bagels or muffins, with a small amount of cream cheese

STAY AWAY FROM SNACK BAR AND THERE ABSOLUTLY NO SODA ALLOWED AT ANYTIME.

Registration & Fees

• **Child's Name.A** _____ **Male** **Female** **DOB** _____

Admin use only-AAU#

Does this child have a medical condition or requires medication of which a coach should be aware, please specify _____

Apparel Size(s) **Top** _____ **Shorts** _____ **Youth** _____ **Adult** _____

• **Child's Name.B** _____ **Male** **Female** **DOB** _____

Admin use only-AAU#

Does this child have a medical condition or requires medication of which a coach should be aware, please specify _____

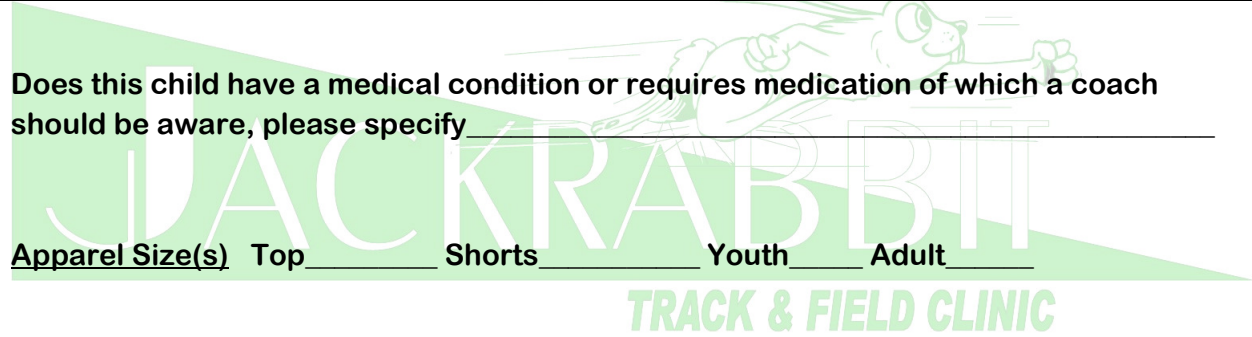
Apparel Size(s) **Top** _____ **Shorts** _____ **Youth** _____ **Adult** _____

• **Child's Name.C** _____ **Male** **Female** **DOB** _____

Admin use only-AAU#

Does this child have a medical condition or requires medication of which a coach should be aware, please specify _____

Apparel Size(s) **Top** _____ **Shorts** _____ **Youth** _____ **Adult** _____



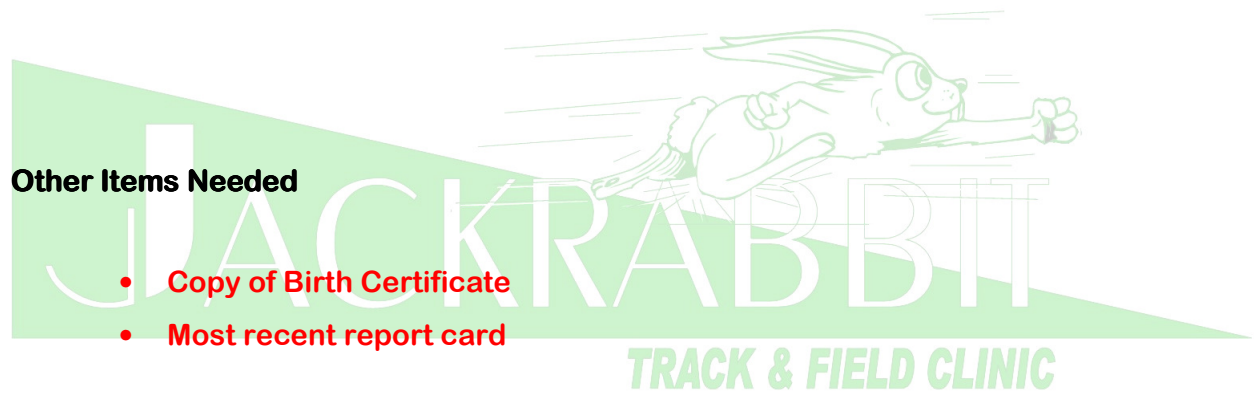
Parent's Name _____ **E-mail Address** _____
Current Address _____ **City** _____ **Zip Code** _____
Home Phone () _____ **Cell Phone ()** _____

Emergency Contact:

Name _____ **E-mail Address** _____
Current Address _____ **City** _____
Home Phone () _____ **Cell Phone ()** _____

Other Items Needed

- **Copy of Birth Certificate**
- **Most recent report card**



Jackrabbit Track & Field Clinic Refund Policy

All monies paid are considered non-refundable.

| Amount Due | \$ | Date |
|--------------------|----------------|-------------|
| Amount Paid | \$ | |
| Amount Paid | \$ | |
| Amount Paid | \$ | |
| | Balance | |
| | \$ | |

Parent Consent

Athlete: _____ Age: _____

Athlete: _____ Age: _____

Athlete: _____ Age: _____

I, the undersigned parent and or/legal guardian of the above named son/daughter hereby grant permission for his/her participation in the activities of the Jackrabbit Track & Field Clinic and their related activities.

On Behalf of my son/daughter and myself, I acknowledge that he/she will be using facilities at his/her own risk and I, on my own behalf, hereby release, discharge and indemnify the Jackrabbit Track & Field Clinic from all liability for injury to person of damage to entrant. I further understand this release applies to transportation to and from all track meets and practices. You are authorized on my behalf and at my account to take measures and arrange such medical and/or hospital treatment, as you may deem advisable for the well being of my son/daughter.

Parent or Guardian
Name: (Please Print): _____ Date: _____

Signature: _____

Emergency Information

In case of emergency, contact: _____, relationship

To athlete: _____, telephone: () _____

Insurance Information

Your registration fee also includes automatic coverage under the AAU & USATF Group Accident Insurance Program against any accidental injury the athlete may sustain in the course of participating in and traveling directly to and from a AAU & USATF sanctioned events or the organized scheduled practice of a AAU & USATF member club.

| <u>April</u> | <u>May</u> | <u>June</u> | <u>July</u> |
|--------------|------------|-------------|-------------|
|--------------|------------|-------------|-------------|

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|---|--|---|--|
| Cobb County Meet Date: 10th Site: TBD | Track Phi Track Invite Date: 15-16 Site: TBD | AAU District Meet Date: 11-13 Site: Carrollton, GA. | AAU Team Championships Date: 4-9 Site: Orlando, FL. |
| Cobb County Meet Date: 24th Site: TBD | Boys & Girls Invite Date: 22-23 Site: TBD | AAU Area 6 Qualifier Date: 25-27 Site: Myrtle Beach, S.C. | Titans Invite Date: 17-18 Site: TBD |
| | Smart Memorial Invite Date: 29-30 Site: TBD | | Smart Pre-National Date: 24-25 Site: TBD |
| | | | AAU Junior Olympics Date: 31- 8/7 Site: Hampton, VA. |

May 5th-June 16th

All Comers Meet Every Tuesday Night @ Emory University

*Schedule is subject to change.

