

KENNWORTH TRACK CLUB

# 2017 Handbook, Rules and Membership

Kennworth Track Club member of NWGA track league

## **TABLE OF CONTENTS**

**Page**

**Introduction and Membership**

**3**

**Equipment**

**4**

**Code of Conduct**

**5**

**Practices**

**6**

**Competitions**

**8**

**Health and Nutrition**

**10**

**Club Travel**

**11**

**Club Contacts**

**12**

**Membership form**

**13**

**Acknowledgement**

**14**

## **Introduction**

This handbook is intended to provide parents and athletes important information regarding rules, procedures and membership.

## **Membership**

The membership fee will be determined prior to the registration date. Current year fees will either be posted on the club website or communicated through email. In past seasons the fees range from \$180-\$250 per athlete. The following items need to be completed and brought to the enrollment. Date and time of registration can be found on the Kennworth web page at the following address. ([www.kennworthtrack.com](http://www.kennworthtrack.com))

- Kennworth track club membership application (from website)
- Signed acknowledgement of receipt of this handbook
- Completed USATF membership form (from website)
- 2 copies of athlete birth certificate (mandatory)
- Payment of membership fee

Each membership includes the following:

- USATF membership and benefits
- Kennworth club uniform
- Practice use of facility
- Entry fees to scheduled track meets.
  - Some schools may require a small entry fee to their school not included above
  - 4 or 5 track meets are usually scheduled in the Spring. After the scheduled meets the state of Georgia USATFGA conducts Area, State and Regional meets in which a small fee may be required

Membership fees are not refundable or transferable. Athletes will not be allowed to participate in practices or attend any meets until all membership fees are paid in full and all paperwork is complete and turned in. Discounts

are available to families with multiple athletes registering the same season. USATF membership is required and included in the package above.

## **Equipment**

- Kennworth will provide each athlete with a club uniform (Top and Short). The athlete will be required to wear this uniform during meets. The uniform is light weight and does not provide support. Please ensure adequate undergarments are purchased by the athlete for proper support. If purchasing spandex or compression undergarments please purchase black or dark blue.
- Proper shoes are extremely important. Running shoes provide proper support and cushioning to reduce risk of injury. Basketball or Tennis style shoes can cause injury to the athlete. Please ask a coach or local shoe provider for proper shoes. Spikes can be worn at meets, however, please consult with the coaches prior to purchasing.
- Sweats are not provided from the club, however, it is recommended that all athletes dress warm when attending practices and meets. The Spring time can have cold days and nights. If the athlete is not dressed warm then it is possible for injury to occur during warm up phases.
- Athletes may not be allowed to practice or compete if not dressed properly for practice or meets. Proper attire would include sports clothing (shorts, T shirt, sweat pants etc). Improper attire would be blue jeans , dress shoes etc. Some jewelry can create potential safety risk such as ear rings, necklaces etc. So we ask these items be removed for the safety of the athlete.
- We strongly recommend each athlete to keep up with his or her own items brought to practice or meets. Sports bags can be purchased relatively cheap and are a good way to keep up with extra shoes, water bottles extra clothing etc.
- Kennworth will provide all equipment used on the fields such as javelin, shot put. There is no need for the athlete to purchase this

equipment unless they want to practice at home. Please inquire to a coach

### **Code of Conduct (Parents)**

Conduct which is not in compliance with the code of conduct may result in the dismissal of the athlete from the club. Membership fees will not be refunded in this unfortunate event.

- Kennworth requires a responsible guardian or parent to be present at all practices and meets (do not drop off your child and leave)
- Demonstrate and encourage good sportsmanship to coaches, parents, athletes and officials
- Support the coaches and other clubs by volunteering assistance when needed. Slandering or bad mouthing coaches and volunteers will not be tolerated and will be subject to dismissal
- Arrive early or on time for all scheduled practices and meets. Relay races are early in the morning and require teams so it is important to arrive on time so your athlete can be on a team.
- Parents always encourage your child. Not too hard and not too soft is always a good rule of thumb
- Have fun, be polite, work hard, respect coaches and parents. This is our philosophy at Kennworth. We want our athletes to grow into fine young adults both on and off the field.
- Drugs, tobacco and alcohol are not permitted on any facility grounds
- Coaches are not permitted to transport athletes to and from practice or meets without prior discussion and approval from the parent or guardian
- Coaches are not allowed to practice with athletes outside of designated facility and scheduled practice times
- Parents are not allowed to pay Kennworth coaches for independent coaching. All coaches are volunteers and not available for private coaching.

### **Code of conduct (athletes)**

- Do your best to be at all scheduled practices and meets on time. Athletes arriving late will miss warm ups and coaches will not wait or repeat drills.

- Arrive at practice ready to listen, learn and work hard
- Be respectful to your coaches and teammates
- Offensive language is not tolerated and will result in dismissal
- Do not leave the track facility during practice without notifying your coach, parent or guardian. Restroom breaks or water breaks are ok, but always tell your coach first. Be safe and know your environment around you.
- No fighting or rough play will be tolerated and grounds for dismissal
- Kennworth athletes may not be a member of any other competing club during track / cross country seasons. Once the season is over the athlete is free to join any other club
- Do not leave the practice facility or meet facility without your parent or guardian that is responsible for you. Always notify your coach when you leave.

### **Other Conduct rules**

Any complaints or disagreements between parents and volunteers or coaches must be immediately brought to the attention of the club. An officer of the club should immediately get involved. No abusive language or disrespect will be tolerated.

No athlete representing Kennworth Track Club may enter into an unsanctioned meet or race without notifying a Kennworth coach. Kennworth is not responsible and will not cover any form of liability for any athlete participating in such events.

### **Practices for athletes**

The club will schedule regular practice sessions that each athlete should attend. The practice schedule will be determined at the beginning of each season and communicated on the web page as well as during registration time.

- Athletes should try to attend all practices
- Athletes should arrive early or on time
- Athletes should be ready to practice with the following
  - Water bottle
  - Shorts, T-shirt, sweats depending on temp.
  - Training shoes (good laces and double knot)

- Athletes must follow directions of the coaches during practices. This includes participating in all drills.
- No distractions will be tolerated

### **Practices for athletes (continued)**

- No fighting, profanity, horse play
- Athletes unwilling to participate in workouts may be asked to sit out or dismissed until further speaking with his or her parent or guardian
- Repeated misconduct or distractions and/or refusing to workout could be grounds for dismissal from the club
- Athletes are not allowed to wear weights or strengthening devices not approved by coaches

### **Practices for parents**

- Parents, guardians, or siblings are not allowed on practice or meet fields or tracks at any time unless volunteering for specific areas approved by a coach
- Parents shall refrain from coaching or instructing athletes during practice sessions as this could be a distraction to other athletes
- Parents should not engage the coaching staff during practices to answer questions, critique coaching skills or carry on a conversation
- Parents should approach coaches at the end of practice sessions with any questions or concerns.
- Parent or guardian for each athlete must be present at all practices and meets while their child is participating. Do not drop off your child and leave the premises. The club is too large to keep up with your child.
- Once the athlete arrives for practice the coaches are on site to coach and train your child. Once practice is over all parents or guardians are responsible to make sure the child leaves accordingly.

### **Practice and inclement weather policy**

The coaching staff will determine if practice should be cancelled due to inclement weather. If practice is cancelled a message will be sent through RAINED OUT. Use the link on the homepage ([kenworthtrackclub.com](http://kenworthtrackclub.com)) to sign up. If inclement weather approaches during a practice session the club coaches may immediately cancel practice at any time.

## **Competitions**

### **General information**

Races or competition information will be provided prior to each meet. This may be in paper form, e-mail, and/or on the website [www.kennworthtrack.com](http://www.kennworthtrack.com). The Kennworth Track Club, Inc. parents and athletes are responsible for knowing the athlete's meet events and times. Kennworth Track Club, Inc 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 make the final determination.

The club's primary mode of communication about events will be the website and parent meetings during chosen practice days. Please check the website frequently. If you do not have Internet access, please make that known to the Kennworth Track Club, Inc. staff as soon as possible. If an athlete will not be competing at a practice or track meet, this must be communicated to the coaches prior to the start of the event, and as early as possible.

### **Age divisions**

Athletes will train and compete according to their gender and age group. Age groups or divisions (shown below) are based upon athlete date of birth. The age groups are Sub-Bantam, Bantam, Midget, Youth, Intermediate, and Young Men/Women. Athletes in a certain age group will compete only against athletes in the same age groups or division.

To determine your athletes division always calculate what age your athlete will be on Dec 31<sup>st</sup> of the year. These are the USATF rules that are followed.



## **Age divisions (continued)**

- Boys and Girls compete individually
  - Sub-bantam ages 6-8
  - Bantam ages 9-10
  - Midget ages 11-12
  - Youth ages 13-14
  - Intermediate ages 15-16
  - Young Men or Women ages 17-18

## **Track meet environment**

Meets can be very chaotic as there are usually several hundred people attending, either as athletes, coaches, parents, friends, and event staff. Pay attention during the meets to all loudspeaker announcements as these direct the course of events. Keep children from running around the facilities and know where they are at all times. They can get lost very quickly. Upon arrival, arrange a location where your family members can meet if one gets lost. Kennworth Track Club, Inc. will have a designated area for the athletes to stay during the race. All athletes must sit together in this area. Do not leave trash in the areas you stay in. Kennworth will announce a meeting area prior to the race. Please emphasize to your children that it is important they do not leave with anyone other than who they came with. The club is not responsible for the child entering or leaving the facility. The parent is responsible for the child.

## **Athletes' Responsibilities**

Check your event time prior to the race. Arrive at the race at least one hour prior to your scheduled event times. Check in with the club. Upon arrival at a race, check in with the club at the designated area and get your numbers and instructions. Sit with the club during the race. Athletes must stay in the club area during the race. Wear your Kennworth 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. Bring drinks and food. Bring plenty of water or sports drinks and healthy food. See the Nutrition section of this handbook for ideas.

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. Sub-Bantam and Bantam athlete coaches will assist younger athletes to their reporting locations. 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.

## **Parent Responsibilities**

Make sure that your athlete is prepared, at the races early and ready for his or her events. All athletes should receive 8 to 10 hours of sleep the night 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. Meet announcements. Parents and athletes are responsible for listening for the call of their events and for being prepared and warmed up. Track meets/competitions can take several hours to complete. In order for you, the family, and the athlete most of all to be comfortable, please be prepared to bring the following:

- Portable chairs
- Snacks, non carbonated drinks and cooler
- Sunscreen
- Pop up tents
- Umbrella
- Extra clothing

## **HEALTH AND NUTRITION**

### **Pre-Competition Sleep**

Athletes should receive 8 to 10 hours of sleep 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.
- Do not eat unhealthy meals from concession stands. This includes burgers of any kind, hot dogs, nachos, ice-cream, candy. Food purchased from the concession stands which meet the suggestions below are acceptable.
- WATER is essential
- Fresh Fruit – bananas, raisins, grapes, oranges, peaches, and watermelon
- Bread, bagels, muffins. With peanut 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 to competition

### **Post-Competition**

- Athletes should do their cool-down runs after race events.
- Sports drinks, energy bars, fruit

### **CLUB TRAVEL**

All athletes are expected to attend all post season meets for which they qualify (relays included) and accept. This includes out-of-town meets. A list of all meets and their locations will be posted on the website and announced during practices and club meetings. Travel costs of any kind (accommodations, transportation, meals, incidental expenses, etc.) to out-of-town meets entails additional costs that are not included in the membership fee and are the responsibility of the athlete's parent or guardian.

## **Primary Club Contact information**

Mary Taylor (Head Coach)  
770-361-5034

Dawn Jennings (Administrator)  
770-367-1202

**Please print out, sign, and bring the  
acknowledgement on the following page to  
registration.**

## **ACKNOWLEDGEMENT**

I have received and read the Kennworth Track Club member handbook and registration packet. I understand the rules and regulations contained within and will comply with them. Non-compliance may subject the athlete to dismissal from the club without refund.

**Additional acknowledgement:**

- If my child qualifies for and accepts participation in a post season competitive meet, I am obligated to ensure my child's participation. Out-of-town travel will result in additional costs not paid for by Kennworth Track Club, Inc.
- My child has sufficient medical insurance coverage.
- All membership fees are the responsibility of the parent/s or legal guardian/s of the registered athlete. \_\_\_\_\_(Initials)
- There are no refunds for any reason after registration. \_\_\_\_\_(Initials)
- All birth certificates must be received by first official practice for each season. If the Kennworth Track Club, Inc. does not have your child's birth certificate by this date your child will not be allowed to participate in any Kennworth Track Club Inc, team practices, meet, or competition. It is not the responsibility of Kennworth

Athlete name (printed)\_\_\_\_\_

Athlete signature\_\_\_\_\_

Parent name\_\_\_\_\_

Parent signature\_\_\_\_\_