

2017 Kennworth Track Club

Practices:

We will be practicing on a weekly basis with the following schedule:

Tuesday and Thursday evenings 6:30-8:30

Saturday mornings 9:00 to 11:00

Tuesday and Thursday nights we will have the upper grass field and the trails around the school to practice on.

Saturday practices we will have the use of the track stadium (unless a previously scheduled event by the high school is taking place, we will be notified prior to the date).

Please join **Rainedout.com** – this will allow us to send text message notifications as needed.

Parents please do not drop off your child and leave the facility. If you must leave let one of the coaches know.

Meet Schedule:

May 6th Kennworth Invitational (Allatoona High School)

May 13th Etowah Invitational (Etowah High School)

May 27th Walton Invitational (Walton High School)

July 22 Georgia Games (Marietta High School)

June 3 USATF Area Qualifier (Carrollton, GA)

June 22-25 USATF State Meet (Carrollton, GA) Must attend area

July 6-9 USATF Regional Meet (Jacksonville, FL) Must prequalify

July 24-30 USATF Junior Olympics (Lawrence, KS) Must prequalify

Kennworth Night at Allatoona

March 30th @ 4:30

All Kennworth Athletes get in free if they wear their Kennworth t-shirt. Come out and support the Allatoona track team.

IT IS REQUIRED THAT ALL PARENTS OFFER TO VOLUNTEER TO HELP WITH THE HOME MEET.

We will be creating a Sign Up Genius page so that parents can sign up for events and time slots. More information to come.

Coaching Staff 2017: Head Coach: Mary Taylor Administrator: Zenia Bratton

Duke Bratton, Dawn Jennings, Tia Brown, Jessica Gross, Andy Gross, Lisa Bali, Becky Hohl, Kathy Ernst, and Glenn Wells

Kennworth Track Club is a non-profit club that is a USATF (United States Track and Field) member club. We must abide by all rules and regulations set forth by the USATF. Official practices are set forth to be held at Allatoona High School. All meets are sanctioned by the USATF and Kennworth must adhere to the rules set forth by the USATF. Only approved volunteers that are current USATF members with current 2017 background approved screenings are allowed to coach or interact with the athletes during these official practices. Kennworth will not allow parents, siblings or friends to assist in coaching without discussing first with the Kennworth staff and then going through the process of approval.

What is youth track and how does it work?

Kids from ages 6-18 (not to turn 19 before June 1st) are eligible to join the club. We will normally split up the kids in 4 main groups for practicing.

Young Sprint Group – kids 8 and under work heavily on fundamental drills every practice and work up to repeating sprinter training. (Tia Brown, Dawn Jennings, Kathy Ernst)

Intermediate sprint group – Kids 9-12 work on fundamentals and competition skills. (Mary Taylor, Jessica Gross, Lisa Bali)

Older sprint groups – kids 13 and older work on fundamentals and competition skills. (Duke Bratton)

Distance group – This group for all kids who want to run distance specializes in fundamental drills just like the other groups and works on conditioning to run up to 3000 meters. (Becky Hohl, Andy Gross, Glenn Wells)

Meet events are as follows and we build up conditioning based on these events:

- Running: 1000 meter dash, 200 meter dash, 400 meter dash, 800 meter run, 1500 meter run, and 3000 meter run for 11 years and older. We also conduct relays 4x100 and 4x400 in our local meets. We will teach the kids how to properly warm up, run, practice relay rules and hand off.
- Field events: running long jump, shot put, mini javelin for 12 and under, full size javelin for 13 and older, and high jump for 9 and older.
- We normally do not start practicing field events until a few weeks of practice have concluded and we teach some basic drills and techniques of running.
- During track meets athletes will compete against other athletes from clubs around the metro Atlanta area. Competition divisions are by 2year age divisions and by gender.

8 – under girls	8 – under boys
9-10 girls	9-10 boys
11-12 girls	11-12 boys
13-14 girls	13-14 boys
15-16 girls	15-16 boys
17-18 girls	17-18 boys

USATF rules are by calendar year as of Dec. 31st. For example... if your son is currently 8 years old but turns 9 before Dec. 31st then he will compete in the 9-10 year age group. Whatever age your child will be on Dec. 31st is the age group that they must compete with.

Club Safety and Rules:

1. All practices under Kennworth Track Club must be held at Allatoona High School. The club insurance and USATF member club insurance is covered only at this facility during the spring and summer months.
2. All coaches must be USATF background screened and must complete Safesport. No parent is allowed to coach or become actively involved in practices until he/she has become a member of USATF and screened.
3. Kennworth has been given access to the track stadium on Saturday mornings 9:00 to 11:00. We must be out on time as other organizations may have use of the facility after us. Tuesday and Thursday nights we will meet on the grass field. We also have access to all the trails throughout the campus. When running the trails the coaches must perform a head count prior to heading to the trails. After running the trails another head count will be taken prior to heading back to the field or stadium to release kids from practice. Kids will never be released from practice from the trails. One coach must jog in front and at least one coach in the rear of the group heading to and from the trails.
4. No coaches are allowed to walk into the restrooms to accompany an athlete or child. Please remind all athletes to take care of business before practice begins. If an athlete informs a coach they need to go to the bathroom then they are instructed to find their parent or

guardian. If a parent is not present then a coach or another athlete will walk with the athlete and remain outside the restroom until the child returns from the facility.

5. As a youth coach, all volunteer coaches are instructed to teach proper techniques and forms to kids. If a child or athlete need corrections or help on drills or techniques, then the coaches should stand next to the athlete and properly demonstrate or have another athlete properly demonstrate the exercise or drill. Grabbing or holding a child to manipulate proper technique is not appropriate.
6. If a child becomes injured a first aid kit will be on hand for cuts and scratches. Parent will be notified and provided the kit to help the child or the coach can help with parent permission. The first notification is to find the parent and inform the parent the child is injured. If it is a severe injury, first response is to call 911 and inform the parent.
7. Kennworth coaches are volunteer coaches and are on site to coach. It is not the duty of the coaches to babysit before, during, or after practice or meets. **Parents should not drop off their child and leave the facility.** We invite parents to bring a chair and watch their child. They can follow kids to whatever location their child will be practicing and watch any time. We want all parents to get involved and see what their kids are doing.
8. Most important for safety reasons the coaching staff should be aware of special conditions or medical conditions a child may be experiencing. This is the responsibility of the parent to ensure the child is prepared to practice or compete and any medications are provided and administered by the parent or guardian. **INHALERS MUST BE BROUGHT TO PRACTICE OR YOUR CHILD WILL BE SENT HOME.**
9. Disrespectful and aggressive behavior from an athlete, parent, or coach will not be tolerated. An athlete that is not following rules or creating problems for a coach will be first asked to correct his/her behavior. If this does not work, then the coach can instruct the athlete to run laps or sit out from practice. If the behavior continues the coach may send the athlete to his/her parent not to return to practice that particular day. We will be happy to speak to the parent during the course of this time. No coach is allowed to yell, touch, or argue with an athlete. This could be grounds for dismissal from the club. If an athlete continues to be a behavioral problem after multiple times and practice and after addressing the problem with the parent, then the club reserves the right to dismiss the athlete from the club.
10. Coaches will develop training plans within the 4 groups practicing

New to Track?

Track meets can last all day (6-8 hours) depending on your athletes events. There is a lot of watch and wait. The weather can also be tricky. In order to make sure you have a great experience consider bringing some of the following items:

- Tent or large umbrellas (Each event has its own rules about where you can set up)
- Chairs/bleacher seats
- Cooler with Gatorade, water, and ice.
- Bring fresh fruit, healthy snacks, sandwiches, etc...
- Cash for concessions
- Sunscreen for you and your athlete
- Be prepared for the hot or cold weather (sometimes both in one day)

Before any meet or practice, make sure your athlete is well hydrated. Always give healthy snacks or a light meal before; nothing greasy or heavy.

Arriving at the track meet find the Kennworth tent and get your child's number to pin on their uniform along with a list of all the events your child is participating in.

During the track meet events will be announced. Make sure that your athlete goes down onto the main field when his/her event is called. Coaches will be on the field to meet your child and get them to the right place. After their event they will return to you and wait for their next event. Keep your child well hydrated and fed throughout the day; again, only healthy light food.