



Red Bank Westside Track and Field is committed to fostering the development of our young athletes as whole persons. This program provides opportunities for spiritual, academic, physical and social growth.

A large, faint watermark of the USA Track & Field logo is centered in the background. It consists of two stylized red wings flanking a grey star.

# **Member Handbook and Registration Packet**

**2012 Season**

**USA**  
**TRACK & FIELD**<sup>SM</sup>

Red Bank Track & Field Club is a member of USA Track and Field.

Revised 01/17/2012



# RED BANK WESTSIDE TRACK & FIELD CLUB



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## STATEMENT OF PURPOSE

Red Bank Westside Track and Field has adopted a three-point mission:

**To develop in our athletes a commitment to spiritual wellness.**

Love God, love each other as well as ourselves. The love of God is expressed through service to one another. We are one with God. Each of us is here to fulfill our divine purpose, and as we partner with God, all things are possible. We value each person as a unique expression of God, regardless of race, color, and creed.

**To instill in our athletes a thirst for academic excellence.**

Stay in school. We empower our athletes by inspiring intellectual curiosity and life long learning, embracing scholarship and research, developing leadership and personal responsibility, and promoting diversity and respect for all individuals. We strive to develop their abilities to communicate effectively and become independent thinkers. We also provide opportunities for them to discover alternatives and gain confidence.

**To promote physical and social growth.**

We educate and train our athletes about the benefits of exercising, and physical activity. We promote and foster sustained competitive excellence, interest, and participation in the sports of track & field, speed running, long distance running, relays, long jump and race walking. We encourage them to maintain an attitude of good sportsmanship at all times and be congratulatory of teammates and opponents.



## REGISTRATION FEES

Registration fees cover membership in the US Track & Field Association, fees for each participants individual events and relay for both local and national meets.

<b>One Child:</b>	<b>\$40</b>
<b>Two Children:</b>	<b>\$75</b>
<b>Three or More:</b>	<b>\$30 per child</b>

Registration fees are for the 2012 Outdoor Track & Field season (April through July) and include the following:

- Membership in the US Track & Field Association
- Entry fees to club-scheduled meets. There may be optional meets (identified on the meet schedule) that will require payment of additional entry fees by the athlete.
- Administrative Expenses. This would include transportation and other needed expenses to support the track club.

Registration fees are not refundable or transferable. Athletes will not be allowed to run in any meet until all membership fees, which are due at that time, are paid in full and all paperwork is complete.

### ADDITIONAL FOOD REGISTRATION

Additionally, each family is asked to donate **\$20 each season** towards the purchase of food and refreshments for the team, parents and coaches.



## EQUIPMENT

**Club Uniforms** An authorized Red Bank Westside Track & Field Warm-up Suit and Uniform must be worn at each meet.

### **Shoes for training**

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 may be allowed and are encouraged for competitions.(unless otherwise noted).

### **Sweats and other athletic wear**

Sweats for warming up are recommended for all practices. 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).



## CODE OF CONDUCT

**Conduct which is not in compliance with the Code of Conduct and/or which is detrimental to the Club may result in an athlete's dismissal from the club.**

**Fees will not be refunded in the event of dismissal.**

### **Parents**

- Encourage good sportsmanship.
- Demonstrate good sportsmanship toward all athletes, coaches and officials at every practice and meet.
- Support the club by volunteering to help at a meet, with transportation, and/or with other needs.
- Support the coaches and officials. Coaches and officials are volunteers giving their personal time and money – show respect and appreciation for that. Parental interference with coaching will not be tolerated. Parents may discuss the training/coaching program with coaches following practice, time permitting, but not immediately preceding.
- Athletes are required to participate in or be available for (i.e. relays) all scheduled meet events. This includes alternates on relays.
- Arrive at all meets ½ hour prior to your athlete's first scheduled event and check-in with the Club Administrator (see page 7) or appropriate coach.
- Place the physical and emotional well being of your child above any personal desire that he or she wins.
- Demand a drug, alcohol and tobacco free environment for your child. Remember, children are involved in organized sports for their enjoyment, not ours. Children need role models, not criticism.

### **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 Gazelle 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.
- Learn the rules and always compete by them.
- Use only appropriate language.



### **General**

Any complaints or disagreements with the coaches or the Club shall be communicated through a designated officer of the Club. Speaking ill of the Club and/or creating dissension among Club members will not be tolerated. Violation of this rule will result in immediate dismissal from the Club.

No athlete may enter into an unsanctioned meet or road race during the season unless the coaching staff has given prior consent. Violation of this rule will result in immediate dismissal from the Club.



## PRACTICES

The Club schedules regular practice sessions that each athlete must attend. The practice schedule will be provided by the coaches.

### **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
  - Sweat pants and top
  - 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 practice
- Parents shall refrain from coaching or instructing athletes during practice sessions. Coaching is the exclusive responsibility of the Gazelle 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 coach 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 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 e-mail or on the club's web site.



## MEET RESPONSIBILITIES AND RULES

To ensure optimum performance at track meets, the Red Bank Westside Track & Field Club athletes and parents have certain responsibilities and rules to follow.

### **General Information**

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.

Meet information will be provided prior to each meet. This will be in paper form, e-mail, and/or on the web site ([www.rbwtf.org](http://www.rbwtf.org)). The parents and athletes are responsible for knowing the athlete's meet events and times.

The club's primary mode of communication will be e-mail and the website. Please make sure that the Club has current e-mail information for you. If you do not have web or e-mail 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 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 ½ hour prior to your scheduled event times.

**Check in with the Club.** Upon arrival at a meet, check in with the Club Administrator 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 Gazelle uniform. Have your shoe bag containing track shoes and water bottle (with water or sports drink). Bring warm-up clothes to every meet – weather is unpredictable.

**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. Athletes may only approach the concession stand after the completion of the athlete's last event and/or with clearance from a coach.

**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.

**Check in.** 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' 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 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.



## 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.

### **Snack Hints - For All Day Meets**

- WATER
- Fresh Fruit – bananas, raisins, grapes, oranges, peaches, 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 meets for which they qualify (relays included). This includes out-of-town meets. A list of all meets and their locations will be provided. Violation of this rule will result in immediate dismissal from the Club. 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 is not always possible. If the member does not desire to stay at the Club's hotel, then the member is responsible for making his own accommodations.

A travel deposit will be included in the registration fee. This deposit is intended to cover the Club's financial exposure for pre-booked rooms not utilized. If no such event occurs, the deposit will be returned or carried over to subsequent seasons. If the Club is required to pay for an un-used room, the deposit will be forfeited and must be restored for the athlete to continue in the program

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 needs for the tri. The guardian is expected to fulfill the responsibilities of the parent.



## GENERAL

**Club Meetings.** Regular club meetings will be called as needed.

**Fundraisers.** The Club may engage in other fundraising events throughout the year

**Web Site.** Keep up to date with the latest club information at: [www.rbwtf.org](http://www.rbwtf.org)

## MEET SCHEDULE

**Practices**    **Mondays & Wednesdays, Count Basie Park, Red Bank 5:30PM to 7:00PM**



# RED BANK WESTSIDE TRACK & FIELD CLUB



## CLUB CONTACTS

### 2012 RBWT&F CLUB OFFICERS

President.....Violet Reed-Louisaire  
 Vice-President..... Delasi Agbozo  
 Treasurer ..... Anita Ellis  
 Recording Secretary..... Karen Edmond  
 Chaplain ..... Thelma Gooding  
 Administrator .....



# USATF Membership Application

New Member  Renewal (from previous year – USATF Number \_\_\_\_\_)

Please print or type information

Last Name	First Name	Initial
<input type="text"/>	<input type="text"/>	<input type="text"/>

Address

City	State	Zip Code
<input type="text"/>	<input type="text"/>	<input type="text"/>

Sex M/F  Age Today  Date of Birth  -  -  (MM-DD-YYYY – i.e.: 02-19-1958)

USA Citizen  Yes  No If no, country of Citizenship

Phone Number  -  -

Club No.  Club Name

Email

(Your membership # will be emailed to you. Your email address will not be shared with anyone.)

### Please check all appropriate sports codes here:

Track  Field  Road Running/LDR  Cross Country  Ultra-Marathon  Mountain/Trail  Race Walking

### Membership Category Codes

Please use the codes below – you may indicate one or more categories.

- |                               |                            |
|-------------------------------|----------------------------|
| AT: Athlete                   | PA: Parent                 |
| DA: Disabled Athlete          | OF: Official -uncertified  |
| CH: Coach-uncertified         | OA: Official – Association |
| CD: Developmental certified   | ON: Official - National    |
| C1: Coach - Level 1 certified | OM: Official - Master      |
| C2: Coach - Level 2 certified | AD: Administrator          |
| C3: Coach - Level 3 certified |                            |

By signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations, and Competition Rules for my level(s) and category(ies) of membership.

Signature (If an athlete is under age 18, parent or guardian must sign)


### Date of Application

-  -  (MM-DD-YYYY)

**Important information:** Memberships are on a calendar year basis, and expire on December 31. However, if you join between November 1 and December 31 of the current year, the membership will be valid for the following year as well. **Youth members:** New or lapsed memberships must submit a copy of birth certificate or other ID.

Check here if you do not wish your address used as part of a direct mail list.

OPTION 1



**JOIN ONLINE AT**  
[www.usatf.org/membership](http://www.usatf.org/membership)


You will receive your new Membership # – Instantly!!

Have your previous membership # and password ready as they will be needed for the renewal process

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OPTION 2

**MAIL TO YOUR LOCAL ASSOCIATION**  
Mail the completed application and appropriate membership fees to your local Association. Mailing addresses can be found at [www.usatf.org/associations](http://www.usatf.org/associations)



<b>Adult Membership</b> (19 yrs & over)	\$ _____
\$ 30.00 (1-year)	\$ 80.00 (3-years)
\$ 55.00 (2-years)	\$ 100.00 (4-years)
<b>Youth Membership</b> (18 yrs & under)	\$ _____
\$ 20.00 x _____ =	\$ _____
# of membership years	

**CONTRIBUTIONS (TAX DEDUCTIBLE)** \$ \_\_\_\_\_  
Please direct my contribution to  LDR  Youth  
 Masters T & F  RW  Association Programs  
 Unrestricted

**TOTAL** \$ \_\_\_\_\_

Please make checks payable to USATF.



## Parental / Athlete Consent Form (Page 1)

**Athlete Information**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Mobile #: \_\_\_\_\_

Email: \_\_\_\_\_

Gender:  Female  Male                      Date of Birth    \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Sports Code:**  Track  Field

**Age Division (age during 2012)**

- Sub-Bantam            + 2004 (Not available at all track meets)
- Bantam                2002-2003
- Midget                2000-2001
- Youth                 1998-1999
- Intermediate        1996-1997
- Young                 1994-1995
- Masters               1993 +

**Events: (Track)**

<input type="checkbox"/> 50 Meter Dash (age 8 under)	<input type="checkbox"/> 100 Meter Dash	<input type="checkbox"/> 200 Meter Dash
<input type="checkbox"/> 400 Meter Dash	<input type="checkbox"/> 800 Meter Run	<input type="checkbox"/> 1500 Meter Run
<input type="checkbox"/> 4 x 100 Meter Relay	<input type="checkbox"/> 4 x 200 Meter Relay	<input type="checkbox"/> 4 x 400 Meter Relay
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Events: (Field)**

<input type="checkbox"/> Shot Put	<input type="checkbox"/> Long Jump	<input type="checkbox"/> Javelin
<input type="checkbox"/> High Jump	<input type="checkbox"/> Discus	<input type="checkbox"/>



## Parental / Athlete Consent Form (Page 2)

### Parent Information

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Telephone: \_\_\_\_\_ Mobile #: \_\_\_\_\_

Email: \_\_\_\_\_

### **PARENT/VOLUNTEER SIGN-UP**

<input type="checkbox"/> Coaching Assistant	<input type="checkbox"/> Fundraising / Donations	<input type="checkbox"/> Communications
<input type="checkbox"/> Registration	<input type="checkbox"/> Uniform Distribution	<input type="checkbox"/> Statistician
<input type="checkbox"/> Travel Planning	<input type="checkbox"/> Photographer	<input type="checkbox"/> Website Administrator
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Athlete Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

### **FOR ADMINISTRATIVE USE ONLY**

USATF NUMBER: \_\_\_\_\_ AGE GROUP: \_\_\_\_\_

WARMUP SUIT: \_\_\_\_\_ UNIFORM: \_\_\_\_\_



**Physician's Authorization / Clearance for Participation**

Name: \_\_\_\_\_

Gender:  Female  Male

Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Age: \_\_\_\_\_

Church: \_\_\_\_\_

Grade: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Date of Last Physical: \_\_\_\_\_

Physician: \_\_\_\_\_

Telephone: \_\_\_\_\_

Instructions: Please answer the following questions about your medical history. Explain any "yes" answers at the bottom of the page.

A. Student may participate in all track and field events:  YES  NO

B. Cleared after completing evaluation/rehabilitation for: \_\_\_\_\_

C. NOT Cleared for:

Collision

Contact

Non-contact

Strenuous

Moderate

Non-strenuous

Diagnosis: \_\_\_\_\_

Recommendation: \_\_\_\_\_

Examined by: Please provide Physician's/Provider's Stamp:

Physician's / Provider's Signature: \_\_\_\_\_

Signature Date: \_\_\_\_\_

**(Parents: Please return completed form to Team Administrator.)**



## MEDIA RELEASE FORM

I hereby grant the Red Bank Westside Track & Field Club the absolute right to use any and all audio, photos, and video footage of me and my child for the use of all Red Bank Westside Track & Field Club correspondence, including, but not limited to: [www.RBWTF.org](http://www.RBWTF.org) website, submission to Television Stations, Newspapers, Newsletters, Podcasts, or any Promotional Material distributed by the Red Bank Westside Track & Field Club in 2012.

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*Name of Child*

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*Name of Parent Guardian*

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*Signature of Parent Guardian*



## WAIVER

PARTICIPANT NAME: \_\_\_\_\_

I have received and read the Red Bank Westside Track & Field Club Member Handbook and Registration Packet. I understand the rules and regulations contained therein and will comply with them. Non-compliance may subject the athlete to dismissal from the Club, without refund.

I am also acknowledging the following:

- That I certify that my child is physically capable of participating in the Red Bank Westside Track & Field Club. I give my consent for the above named child to participate in the activities organized and/or participated in by Red Bank Westside Track & Field Club, and release the Red Bank Westside Track & Field Club and its officers and members from any liability related to such activities.
- That if my child qualifies for a meet, I am obligated to ensure my child's participation. Out-of-town travel will entail additional costs.
- That a Red Bank Westside Track & Field warm-up suit and uniform was issued to my child and that I am responsible for returning these items in clean, good quality condition, otherwise, I will have to pay for the cost to replace the damaged items.

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_



## REGISTRATION CHECKLIST

PARTICIPANT NAME: \_\_\_\_\_

***Please check off the following items as completed.  
Return the registration forms and checklist to the RBWTF Administrator.***

The following forms are needed in order to complete your registration:

\_\_\_\_\_ USAT&F Registration Form (please complete all information)

\_\_\_\_\_ Parental / Athlete Consent Form (signed by parent & participant)

\_\_\_\_\_ Physicians Authorization (signed by physician)

\_\_\_\_\_ Media Release Form (signed by parent)

\_\_\_\_\_ Waiver (signed by parent & participant)

\_\_\_\_\_ Registration Fee Included: \_\_\_\_\_,

\_\_\_\_\_ Birth Certificate (New Members - Two copies needed) \* **No originals please!**

**If this is your first year with the Red Bank Westside Track & Field club, your birth certificate must be presented before participation in practice and/or competition.**