**2020 Season**

**Capital Area Track Club II**

**Membership Handbook & Parent Forms**



**CATC2.COM**

Dear Parents, Guardians, and Falcons,

Welcome to the Capital Area Track and Field Club II! We look forward to your participation in another season of athletic and academic achievement of our youth. As you read this handbook, you will find information on all of the youth activities; as well as the events, in addition to the policy and procedures that will be in place this season. Hopefully, this manual will answer any questions you may have now or as the season develops. If you have any questions or concerns that are not addressed in this manual, please bring them to our attention.

Again, we thank you for becoming a part of the Capital Area Track Club family.

**Membership**

**Getting started with Capital Area Track Club**

The membership fee for the 2020 season is **$70.00** (due after your first week of enrollment)

Each membership fee includes:

* Club travel expenses
* Equipment
* AAU team membership fees
* Web Site maintenance

In addition, each athlete will have individual fees for:

* AAU Membership: **$16**
* Uniform: **$55**
* Meet entry fee: **$11-$15** for invitational meets and **$25-$55** for qualifying and championship meets.
* Warm-ups:  **$30 (optional)**
* Tights:  **$20 (optional)**
* Training shoes and spikes

Each athlete participating in the program will need to have an individual AAU (Amateur Athletic Union) membership. The AAU membership allows participation and provides insurance coverage for the current track season. To register, go to https://play.aausports.org and complete an online membership application. Once registered, please print out the membership card for your records and provide a copy to coach Jean or coach Charles.

\*Membership fees are non-refundable \*

**2019 Season Practices**

Winter conditioning will begin January 27, 2020 at the LINC located at 1299 Lafayette St, Jefferson City, MO. The practice schedule is as follows:

M 6:00 pm-7:30 pm

W 6:00 pm-7:30 pm

TH 6:00 pm-7:30 pm

SA 9:00 am-11:00 am

Practice will be transitioned to an outdoor location once the temperature is consistently over 60 degrees.

**Practice Regulations for Athletes**

* Athletes must try to attend all practices
* Athletes must arrive on time and ready to workout
* Athletes must have the following at each practice
  + Water bottle
  + Training shoes and spikes
  + Appropriate running attire (athletic wear)

* Athletes must follow all directions from any member of the coaching staff during a scheduled practice.
* Offensive language will not be tolerated
* No fighting or horseplay will be allowed at practice
* No Pets will be allowed on the track

**Practice Regulations for Parents during practice**

* Parents will not be permitted in practice areas during practice unless invited by the coaching staff.
* Parents will not be allowed to coach or instruct their athletes. Coaching is the responsibility of the coaching staff.
* One of the coaches must be notified at least 30 minutes prior to practice if your child will not be able to participate. **No call no shows will not be tolerated unless it’s due to a major emergency.**

**Practice and Adverse Weather**

The coaches reserve the right to cancel practice because of adverse weather (thunderstorms, heavy rain, lighting etc.). In the event a scheduled practice is canceled, the club will inform the members by email, text, or on the club’s website. Athletes should be aware that practices may be held in the rain.

\*Unless notified by the club through one of the stated mediums above, practice will be held.

**Track Meets-What to Expect**

**What to Bring**

Meets may last several hours and weather can vary so we advise you to plan ahead. Below, you will find a list of items needed for each meet:

* Canopy/Tent/Umbrella-To shield you from the elements (sun, rain, wind, etc.)
* Chair(s)
* Food –Fruit, water, or foods that will settle well on your stomach. We usually discuss who will bring a specific item prior to each meet.
* Team Uniform

**Track Meet Schedule**

Once the schedule has been determined for the 2020 season, we will provide it to the athletes and parents. Athletes are also registered for each meet by a coach.

**Check-In Areas**

Your specific event will be announced over the PA system. Once the second call is made for your athlete’s event, they will need to meet at the check in area. After checking in, your athlete will receive their number bib. If your child does not report for their event they may be disqualified from participating in that event.

**Event Results**

Event results may be announced over the PA system or posted on a wall within the stadium. If your athlete has won an award(s), the coach or a designated parent will pick it up at the awards table. The coaches will present all awards at the next scheduled practice.

Individual events schedules and results will be provided by the coach and also posted on the website catc2.com or [www.coacho.com](http://www.coacho.com)

**End of Meet**

When your athlete has finished competing for the day, you may leave after notifying one of the coaches. We encourage everyone to stay until the end to support their teammates.

**Track Meet Expectations**

**Athletes’ Responsibilities**

* Come prepared: Wear your CATC Track Club uniform. Have your water bottle, spikes, training shoes, and sunscreen available. Bring your warm up clothes to each meet, dress appropriately, and be prepared since the weather can often be unpredictable.
* Bring food and drinks: Bring plenty of water and healthy snacks. It is extremely important to stay hydrated especially during hot weather.
* Warm Up: Warm up with your CTAC II teammates. Arrive at the meet on time to get physically prepared for the day.
* Pay attention to the Meet Announcer: The meet announcer makes the calls for each event. It is your responsibility to make sure you are ready to participate in your event.

**Parents’ Responsibilities**

* Make sure your athlete gets plenty of sleep the night prior to their event
* Make sure to provide your athlete a nutritious breakfast.
* Parents are responsible for providing their athlete(s) transportation to and from each track meet. Travel cost are not included in the registration fee.
* Make sure that your athlete arrives to the meets early in addition to being prepared for each of their events.
* During the meet make sure to pay attention to the meet announcer to ensure proper check in time. Make sure your athlete has water at the conclusion of their even since water is not always provided.

**Coaching Staff & Team Leadership Board**

**Head Coach/Co-President: Jean Nougues**

**Assistant Coach/Co-President: Charles Miller**

**Assistant Coach: Okine Cross**

**Vice President:** **Jennifer Jenkins**

**Recording Secretary:** **Sedell Conger**

**Treasurer: Endya Carbin**

**The above names will be responsible for the operation of the team. All questions pertaining to the team should be directed to one of them.**

**You may reach out to us in person or direct your questions to:**

**CATC2@yahoo.com**

**Track and Field Events**

**Sprints**

100m dash

200m dash

400m dash

**Distance**

800m

1500m

3000m

**Field Events**

Long Jump

Discuss throw

Shot put

Turbo Jab

Triple Jump

**Relays**

Selected Relays

**Code of Conduct**

**Parents**

* Please encourage and demonstrate good sportsmanship to coaches, parents, officials, and athletes.
* Please encourage your athlete during practice and meets.
* Do not smoke or bring illegal substances to practice or track meets.
* Never use abusive language towards other parents, coaches, or members of the team.
* Ensure that your athlete leaves the practice or meet area as they found it.
* Please do not interfere with coaches during practice. If you would like to speak with a coach, please do so before or after practice.
* A responsible parent or guardian shall be present all meets and practices.

**Code of Conduct**

**Athletes**

* Do no leave the practice grounds or track meet without a parents or coaches permission.
* Please encourage your teammates during practice.
* Please refrain from using offensive or abusive language during practice, track meets, or on social media.
* Always respect your teammates and coaches at all times.
* Please leave the practice or meet area as clean as you found it.
* No fighting or horseplay will be allowed during practice or meets.
* Attend all practices, work hard, and have FUN!