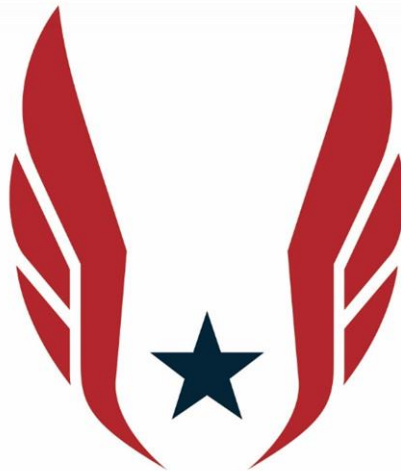


EASTSIDE

STEPPERS

FAST BY NATURE STEPPER BY CHOICE

WE MAKE IT HAPPEN



USATFTM
MEMBER CLUB

PARENT/ATHLETE HANDBOOK

Joining the Team

- Parent/Athlete Registration Package---Mandatory for New and Returning Members
 - Registration deadline March 18th first round for those already in training
 - Athlete information
 - Parent information--- ALL PARENT'S WILL BE REQUIRED TO PARTICIPATE IN THE OVERALL WELL BEING OF THE PROGRAM!
 - Medical release---HAS TO BE SIGNED IN ORDER TO PRACTICE ONSITE!!!
- Birth Certificate
 - **Copy** should only be provided with a complete registration package
 - Returning athletes do not need to turn in a Birth Certificate

2019 Season Costs:

\$285 total registration fee for USATF Card, Association Championship fee, track meets, uniform (athlete will keep), T-shirt, administration fee/equipment, facility usage fee, misc. Sweat Suit w/spike bag orders/amount will be determined by March for all ordering (\$75est). The orders will need to be paid in full prior to purchasing. If ordering a sweat suit, registration monies must have been satisfied. Non-refundable due by the first official full week of practice on March 18th.

High School Athlete

Season cost will be the same \$285 with the exception of those that qualify for the State Championship Meet. Athletes that compete in the state meet will be charged \$245 due upon first day of practice, no exception.

Regional/National Meet Fees ARE NOT COVERED IN THE SEASON COST

Hershey Youth Outdoor Championship

International Youth Championship (will look for sponsors to cover entry fees)

USATF National Junior Olympics

- Each parent or guardian will be responsible for paying all national meet fees including the service charged.

Uniform Responsibility

- Uniforms will be the sole responsibility of the athlete/parent to keep up with. The uniform will not be returned. **It is the permanent property of the athlete**
- If uniform is lost or damaged there will be a \$70 charge before the next uniform is issued.
- You will not be issued a different uniform during the current season until financial obligations have been fulfilled.
- Additional old uniforms can be purchased at discounted price (TBA). They can also be utilized at the meets when needed (with the exception of a relay).

Schedule

- Meet Schedule
 - Schedule of meets will be issued by the first week in April at the latest.

Training

- Practice Schedule
 - Practice times & location will be posted on the website. Monday, Tuesday and Thursdays at Millwood High School 6:30pm- 8:30pm. We will officially start at this location on Monday, March 18th.
- On Time
 - Parents will be responsible for getting their child (ren) to and from practice on time. Picking up athletes late from practice will not be tolerated. 1st warning will be verbal; 2nd meeting with coaching staff and administration(s); 3rd possible dismissal from the team.

EASTSIDE STEPPERS TRACK CLUB

- Parents must attend at least one whole practice per week and be at practice fifteen minutes prior to the end of every practice
 - Parents must check with the coaches or group sponsors to see if a non-scheduled meeting has been called before leaving or picking up athlete to/from practice
 - Unless requested by a coach, parents shall not interfere with the development of their child during practice or competition, all questions concerning child's development must be addressed to coaching staff after practice
 - All injuries or sickness must be reported upon arrival at practice. Please make sure to inform the staff if the athlete has an inhaler.
 - Nutritional habits are a must and should be practiced on a daily basis. It is highly recommended to not have dairy products before practice and or at track meets.
 - We will have a link for the Track Meet Essentials posted on the website.
 - **ONCE PRACTICE HAS STARTED, UNLESS GIVEN PRIOR PERMISSION FROM AN EASTSIDE STEPPERS COACH, PARENT'S SHOULD REMAIN OFF THE TRACK& INFIELD.**
- Training Attire
 - Parents & athletes will be responsible for making sure the athletes wear the proper workout clothing & footwear
 - Proper attire will consist of sweats, shorts, t-shirts, running shoes and spikes
 - Ladies will not be allowed to wear just sports bras. They will need to be fully covered.
 - Guys will not be allowed to take off shirts during practice time
 - **NO FLIP FLOPS OR SANDALS WILL BE WORN AT PRACTICE**
 - Positive Attitude
 - Athletes must have a positive attitude & be willing to put in hard work every practice
 - Cleanliness
 - Every athlete will be responsible for cleaning up after him or her selves (i.e. water bottles, paper, etc...)

Competition

- Evaluation
 - Evaluation of athletes for events will be conducted by the coaching staff
 - Focus will be given to individual events first, relays secondary
 - Athletes will be placed on a relay based on coaches evaluations & performance of the athletes at practice & meets
 - If an athlete wants to challenge another athlete for a position on a relay, the athlete must obtain the coaches permission. The challenge will happen at a meet. We will not be doing any challenges during practice times. Coaches have the right/final decisions regarding the relay members. If an athlete is faster but his/her work habits and sportsmanship skills are poor, he or she will not earn a spot on any relay.
- Supervision
 - All athletes and children must be supervised at all times
 - If a parent has to leave or can't attend the meet, they must provide proper supervision for their child
 - A younger athlete may be left with an older sibling 15 years of age or older
- Equipment
 - Parents & athletes will be responsible for making sure the athletes brings sweats, running shoes, shorts, spikes and the Eastside Steppers team T-Shirt to every track meet
 - Flip flops or sandals may be carried in the athlete's bag and worn during down time at the track meets. Please do not show up in slides/flip flops

- Personal Cooler/Food
 - Parents & athletes will be responsible for making sure that a personal cooler is available on meet day. Water, Gatorade, PowerAde, Fruit Snacks, Fresh Fruit, Pasta, Bagels, etc. – healthy snacks and drinks to last throughout the course of the track meet.
- Camp Site
 - During the track meets athletes are required to sit under the canopies, unless told to warm up
 - In the event the canopy area becomes overcrowded athletes will have priority, parents & non-athletes should give up their space up for the athletes

Conduct

- Coaches will be professional & fair with all athletes & parents
- Parents
 - Parents will demonstrate a positive attitude & will be courteous towards coaches, athletes & other parents
 - Parents will not demonstrate unruly behavior towards other coaches, athletes & parents at track meets or practice.
- Athletes
 - Athletes will demonstrate respect towards coaches, teammates, parents, officials & other athletes
 - All Eastside Steppers (coaches, parents & athletes) will demonstrate good sportsmanship at all times
- Discipline
 - Discipline will be administered by the coaches, board member(s) and/or group leaders
 - Any parent or athlete who becomes verbally/physically aggressive towards their peers or adults will be giving one warning. After the first warning, they will be removed from the team for the remainder of the season
 - Any violation of this will not be tolerated and that parent will have the option to allow the athlete to remain on the team; however, the parent/guardian will not be allowed at practice or under the team tent during competition.
 - Any parent interested in speaking with a board member regarding a grievance will notify the head coach immediately so that all parties can be involved.

Track Meet Responsibilities

We will post arrival times for each track meet. We expect that each parent/guardian will RESPECT the time provided in advance from the coaching staff.

- Camp Site / Equipment committee will be responsible for locating a campsite, tent set up & disassembles of camp, securing & issuing of equipment (i.e. spikes, batons, tape, etc...)
- Uniform committee will be responsible for issuing & retrieving uniforms at the meet
- Group Sponsors will be responsible for camp order & announcing the coaches request
- Everybody will be responsible for keeping the camp clean

Transportation

- Parents will be responsible for getting their athletes to & from the meets that are local and out of state. If transportation is going to be a problem, please connect with another parent to carpool for that meet

Lodging

- Lodging committee will be responsible for finding suitable hotel accommodations for all out of state meets

Parent Meeting

- Parent meeting may be announced via emails, phone calls or face to face at practice or track meets. We will do our best to have a parent meeting on a weekly basis to provide updates and address any team concerns.

Team Monetary Contributions-Fundraising

- A fee of 5% will be assessed to all members that have an active account, this is to cover any obligations & other team financial needs
- Accounts will be used only for Eastside Steppers track/cross country functions during and off the season.

Committees

- **Site / Equipment**
 - Finds camp site at track meet, transports track equipment, sets up & breaks down canopies
 - Inventories all equipment
 - Makes sure that everyone participates with putting up the tents and breaking them down
- **Uniform**
 - Issues, collects and inspects uniforms at the conclusion of the season for those wishing to donate them back to the team.
 - Makes sure all uniforms are accounted for
- **Lodging -Coaching staff member will lead this group.**
 - Finds suitable hotel accommodations for out of state meets
- **Transportation**
 - Finds suitable transportation for out of town meets
- **Fund raising**
 - Responsible for securing funds to help supplement cost
 - Creating ideals for fund raising on a monthly basis
- **Group Sponsor**
 - There will be one for each age group
 - Sponsors are responsible for informing parents & athletes at track meets and practice
 - Notifying parents & athletes of information by sending emails and making phone calls when necessary
- **Newcomer**
 - Responsible for greeting and informing new members about the Eastside Steppers Track Club

Handbook is subject to change.

EASTSIDE STEPPERS TRACK CLUB REGISTRATION FORM

DATE: _____

ATHLETE'S INFORMATION

Athlete's Name *Please type or write legible* First and Last	DOB	Age	Sex	USATF # (coach will complete)	Uniform Size	T-shirt Size
Address			City		State	Zip Code
Home Phone #	School				Grade	
- -						

***COPY OF THE BIRTH CERTIFICATE HAS TO BE TURNED IN WITH THIS FORM
NO EXCEPTION!!!***

PARENTAL INFORMATION

Parent/Guardian Name	Parent/Guardian Name
Primary Cell Phone #	Secondary Cell Phone #
Primary Work Phone #	Secondary Work Phone #
Primary Email Address	Secondary Email Address

HEALTH INFORMATION

Physician's Name	Physician's Phone #	
Any Health Problems	Medications * If asthma is a problem please bring inhaler*	
Emergency Contact Name	Emergency Contact Number	Relationship

EASTSIDE STEPPERS TRACK CLUB REGISTRATION FORM

Medical Release

I _____ give the
(Parent Name)

Eastside Steppers Track Club permission to sign all necessary USATF registration forms, Meet Registrations, and Medical documents for participation and any emergency treatment on

_____ during my absence.
(Please Print Athlete's Name)

(Parent's Name- Print)

(Parent/Guardian Signature)

Date

I have read the Eastside Steppers Hand Book entirely. I understand the content and will follow the Eastside Steppers Track Club rules and regulations.

(Parent/Guardian Signature)

I fully understand that participation in athletics, in this case Track and Field, could result in both minor and serious injury. I further understand that to minimize the risk of injury or harm, the athlete should have had a physical within the past year. I assume any and all risks associated with the above athlete's participation as a member of the Eastside Steppers Track Club and I hereby waive and release the Eastside Steppers Track Club, its coaches and representatives, of any and all rights for damages or injuries suffered while participating with the Eastside Steppers Track Club during a scheduled practice, conditioning session or competition; while traveling to or from a scheduled practice, conditioning session or competition; or during any other Club related activity.

MEDIA RELEASE

I hereby release to the Eastside Steppers Track Club and any of its agents, the right and permission, in respect of the photographs and video which the Eastside Steppers Track Club or its agents have taken of me or my children, or in which I/we may be included with others, to copyright the same in its own name or otherwise; to use, reuse, publish and re-publish in the same in whole or in part, in conjunction with any printed matter in any and all media now or hereafter known, and for any purpose whatsoever, for illustration, promotion, art, advertising and trade, or any other purpose; and to use my name, my children's names, and any statement made by me or my children, in connection therewith if the Eastside Steppers Track Club so chooses. I have read the foregoing and fully understand the contents hereof. This release shall be binding upon me and my heirs, legal representatives and assigns. I affirm by selecting "Yes" below.

(Parent's Name)

(Parent/Guardian Signature)

Date