



Track & Field

Port City Track Club

2017-2018

HANDBOOK

The purpose of this handbook is to familiarize both parents and athletes with Port City Track Club and provide a better understanding of track. We hope the handbook will answer many questions that might arise. If you need further information, however, please contact any of the club's coaches.

Coach Roderick Bell and Coach Tamika Newsome founded Port City Track Club in 2013. Up until that time, the city was involved in small Track and Field programs, which was very limited. PCTC received National sanction with USA Track and Field. We are a non-profit organization in

Wilmington, New Hanover County, North Carolina. During the winter, we work with weights and do indoor training / meets. Only ages 13 and up will be permitted in the weight room under supervision.

The athletes range in age from 7 and up and come from Wilmington, NC and surrounding counties. All are welcome. There are many good things about the Port City Track Club.

MISSION

Our mission is to provide and promote sports training and competition for its members. We also want to support our community, recognize nationally highly motivated runners, attract athletes of all ages and abilities, and promote health and fitness. The PCTC provides an opportunity for its athletes to develop physical fitness and lifelong skills in a variety of school teams and individual sports. Our aim and objectives are simply to provide an environment for Track and Field to be as healthy a sport as possible and reach as many athletes as possible. We continue to look for ways to shape the future of our sport.

VISION

The vision of the PCTC is to continue to develop our athletes as nationally recognized and highly qualified runners. We want to expand the level of community participation, build long-term charitable affiliations, and to increase the number and levels of sponsors.

CLUB PHILOSOPHY

The PCTC strives to provide area youth with quality training in the many aspects of the sport. We hope to develop self-discipline, dedication and confidence in each athlete. In club travel, the competitive athletic experience can enhance social development, contribute to mental and physical health and teach the values of teamwork and responsibility.

Overall, the Club wants to foster a lifetime appreciation of track physical fitness and field, individual runner's progress and **SPORTSMANSHIP**. Our program emphasizes **FUN**.

For a program of this nature to be successful, the rules of this handbook must be followed and enforced. Members in the program come from many different schools throughout New Hanover and surrounding Counties, and we think this creates an excellent opportunity to establish new relationships with people who have similar interests. Our program is dedicated to treating all athletes fairly and giving each individual an opportunity to improve the many skills associated with this exciting, demanding and **FASTEST GROWING TEAM SPORT IN THE UNITED STATES**.

A member of the club requires a strong commitment to the sport, club and teammates. We expect all members who are considering participation to discuss this with their parents. It is important that everyone involved understands that full commitment is needed in order for an athlete to become the best runner he or she can be. Participation in the Club requires time, effort and some financial resources, but we believe that it is all worth the experiences and training that the athlete will receive from the Club.

We also hope parents will support their son(s) or daughter(s) by attending meets, and giving positive encouragement during the critical years of his or her training and development. We ask that parents be good role models for the young athletes to follow. Please refrain from criticizing your child, teammates, coaches and officials.

CLUB ORGANIZATION

The Port City Track Club is a volunteer, nonprofit organization.

In addition to this, the Club is a member of United States Track and Field and is governed by its rules.

Here's how it works. The Club is one of more than 1,000 track clubs nationwide that are affiliated with one of 55 state track associations. The state associations are affiliated with United States Youth Track Association, which is part of United States Track. Together, local, national and international organizations form a family of support for young track members of the United States.

SEASON LENGTH

The track year is divided into two seasons (indoor and outdoor). The indoor season starts each new track year. The indoor season starts in November, with practice starting in October. During this period we do our weight training, indoor track and some outside training (weather permitting) until the end of March. The outdoor season starts the first Monday in April and concludes the second week in August. The club members are encouraged to participate in meets that take place during both seasons.

REGISTRATION AND ELIGIBILITY

To participate in the Club, a child must be at least 6 years old by April 1, 2018 to participate in outdoor season.

All athletes' registration form must be on file, and fees must be paid. If the necessary paperwork has not been completed and fees have not been paid, then the athlete will not be included the team roster. Making sure an athlete is registered and fees are paid is the responsibility of parents.

Registration fees CLUB FEES

Registration Fee:

First year participant - \$200.00

Second year participant - \$150

Previous members (over two years with the team) - \$100

The primary purpose of the registration fee is to cover the uniform and the operating expenses of The Port City Track Club including, uniforms, practice facilities, equipment, etc.

A \$20 registration fee with the United States of America Track and Field (USATF), must be paid by the parents before an athlete can compete in a USATF sanction event. That is separate from the Registration fee, and guarantees the athletes eligibility for one year (Nov 1 – Dec of the following year). Example: Nov 1, 2016 – Dec. 31, 2017

Our registration fee is very competitive with other clubs in similar-sized communities. When compared to North Carolina, the PCTC registration is much lower.

Overnight expenses and travel, will be determined per location. **Uniform**

See registration packet

Payment

All checks must be made payable to Port City Track Club. Money orders, Cash, and Checks are accepted. If check is returned to PCTC for insufficient funds it is the parents responsibility to pay the bank fees that are charged to PCTC for the returned check. The only way to pay for the amount due and bank fees is via money order or cash.

Team fund-raisers

To help offset the expenses of travel, the team may do individual fund-raising projects. All members should participate in the team's fund-raiser. Proceeds from such projects should then be equally divided among members to offset their expenses. This should be coordinated thru the parents and overseen by coaches.

CAUTION: No business or organization should be approached for a monetary donation without first contacting the head coaches.

Some grants may require academic information on kids for the current school year, please provide coaches with your child's current report card for the current season.

Also, before any business or organizational names or logos may be printed on team's uniforms in exchange for sponsorship money, it must be reviewed and approved by the PCTC staff.

Please provide a copy of child's report card. Note: this will be used for Grant purposes only. This information will not be shared with outside individuals. Athletes will not be rejected due to bad grades.

Weather

Track meets are run in all kinds of conditions - hot, cold, rain. About the only thing that stops meets is the threat or presence of lightning. Meets will be canceled if the track is under water or considered too dangerous to run on.

A coach may cancel a meet only after discussing the situation with the head coach and receiving permission from the respective league commissioner. PLEASE, never assume a meet has been canceled. Always check with the coach or our Facebook page:

<https://www.facebook.com/portcity.trackclub>

General practice rules

Members are expected to arrive for practice by the designated starting time. The PCTC coach believes that practices build the athletes. The team practice three times a week from November to March (Monday, Wednesday & Friday) and three times a week from April to August. Some older athletes practice more often. The days and times of practice are as follow:

- Practices are from 6:00 p.m. to 8:00 p.m. (during the spring), and 5:00 pm to 6:30 pm (in the fall), members are expected to be on the track dressed, have all of their equipment and be ready to go (should have started stretching and warming up). Practice will be conducted at UNCW Track, unless otherwise noted
- Parents are expected to PICK UP athletes on time. After a 15 min graces period the family will be charged \$10.00. If an athlete is still at the practice area 1 hour after practice has ended, by law we are to contact the New Hanover County Sherriff's Department.
- Bring water or sports drink and spikes to all outdoor practices.
- If a player cannot make a practice, the coach should be contacted in advance.
- If a member misses all practices during a week without a good reason, he or she will sit out a meet.
- If a member repeatedly misses practices and/or meets, he or she will be removed from the roster. (No refund of registration fees will be made.)
- Members are expected to take practice as seriously as meets.
- Members should **NEVER CRITICIZE** their teammates at practice. Have fun, laugh and enjoy the practice!

General game rules

At meets members should remember that they are not only representing themselves, but they also are representing the Port City Track Club and the City of Wilmington, NC. Member's actions should make the Club and their respective communities proud of them.

- Members are expected to be at the field 1 hour before all meets.
- Members should **NEVER CRITICIZE** their teammates during a meet.

- Members are not to criticize the referees they should contact a coach.
- Using profanities on or off the track is not acceptable. During a meet, it can result in an athlete being disqualified from the entire meet.
- Have fun, and enjoy the meet!

Safety issues

The following safety guidelines will be stressed and must be observed by members. •

Athletes who wear glasses must secure them with a tension strap. Safety glasses are recommended.

- Warm-up areas and the track should be kept clear of bags and other items members might trip over.
- Asthma inhalers must be bought to practice. Athlete may leave them in their bags or given to the coaches.

Disciplinary issues

The Track Club wants the best for its members, parents and coaches.

Parents must respect athletes and coaches. Please do not yell and/or criticize any athlete during a practice, meeting and a track meet. Any issues please contact a head coach immediately.

Offenses (parents):

1. Verbal warning (coaches are to make note and put in folder with parent and athlete name) 2. Conference in a face to face meeting with both head coaches.
3. Parent may be asked not to attend practices and/or meets.

ALCOHOL AND DRUGS

There is no way to justify the use of alcohol or other drugs, including smoking and chewing tobacco, by athletes. Therefore, Port City Track Club encourages all of its athletes to remain drug free.

The Track Club also would like to encourage athletes to use prescription and over-the-counter drugs only with the supervision of their physician and parents. These drugs also can be dangerous when not taken properly.

TOBACCO USE BY ADULTS

The Track Club supports a "no tobacco" policy on home and away meets. Parents are asked not to use tobacco products while watching their children at practices or meets. Coaches are not to use tobacco products at practices or games.

NO ALCOHOL ALLOWED

No alcohol is allowed at any PCTC or USATF-sanctioned practice or meets. We are governed by USATF policies.

CODES OF BEHAVIOR

MEMBERS CODE

Members should remember:

- Run in the meet for the meet's sake
- Be generous when you win.
- Be graceful when you lose.
- Obey the rules of the Game.
- Work for the good of your team.
- Accept the decision of the officials with grace.
- Believe in the honesty of your opponents.
- Conduct yourself with honor and dignity. Applaud the efforts of your teammates and your opponents.
- Be respectful of coaches and other adults affiliated with the sport.

PARENT CODE

Parents should remember:

- Children have more need of example than criticism.
- Make athletic participation for your child and others a positive experience.
- Attempt to relieve the pressure of competition, not increase it. A child is easily affected by outside influences.
- Be kind to your child's coach and to officials.
- The opponents are necessary friends. Without them, your child could not participate.
- Applaud good efforts by your team and by members of the opposing team.
- Do not openly question the official judgment and never their honesty. Officials are the symbol of fair play, integrity and sportsmanship. All officials follow the same creed to watch every move of every athlete and to call the meet to the best of their ability.
- Be positive; avoid confrontation with any official, visiting coaches, managers, parents, etc.
- Be gracious in victory and turn defeat to victory by working toward improvement.

Parental evaluations carry a great deal of weight with children and teenagers. The attitude displayed by parents at meets toward their child, at the opposing team, the officials, and the coach, influences the child's values and behavior in sports.

Criticism, disrespect for officials and opponents by over-anxious or over-protective parents bent on immediate success rather than long-range benefits undermines the purpose of sport and brings into the game stresses beyond those of competition. When the child or teenager cannot cope effectively with such stresses, it contributes to behavior not in keeping with the spirit of the sport of track and field.

COACH CODE

Coaches should remember:

- Take a course on the Laws of the Game.
- Be accepting of the official's decisions.
- Remain calm.
- Do not make loud, offensive remarks.
- Concentrate on coaching, rather than on the accuracy of official's decisions.
- Be a role model of fair play.
- Be positive; avoid confrontation with any official, visiting coaches, managers, parents, etc.
- Attend coaching classes to learn the most effective ways to conduct practices.
- Give good guidelines to parents. Set high standards.
- Be fair with parents at meets.
- Teach skills and fair tactics.
- Discourage unfair gamesmanship.
- Communicate with parents often in meetings and social gatherings.
- Teach the sport and encourage parents to teach and to referee.
- Officiate meets.

Disciplinary action

The importance of training and behavior rules should be apparent to all athletes and their parents. Therefore, any PCTC athlete (or parent) commits an act, which hurts the success and reputation the Track Club while running, practicing or watching at home or away will be subject to review. Because coaches are responsible for the behavior of their athletes and parents, coaches will define what is inappropriate behavior or poor sportsmanship.

When a behavior is not corrected and becomes a growing problem for the team, the following procedure will be followed:

- 1) First, the coach and/or manager will notify the player and his or her parent(s) and report the situation to the head coach.
- 2) Secondly, if the situation does not improve, the player and parent(s) will be asked to meet with the head coach.
- 3) Finally, if the situation continues, a team of coaches will resolve it with the member and their parents.

Violent behavior, abuse of alcohol or drugs by members or parents while representing the team are grounds for immediate dismissal from the club. Under these circumstances, no warnings will be issued, and the coaches will review the situation immediately. If a member is asked to leave the club, all registration, uniform and meet fees will be forfeited. **Nutrition is the key to peak performance on the track field**

A track member needs his or her energy to do his or her best on the field. It is recommended that an athlete follow these suggestions:

On a daily basis. •

Eat a balanced diet.

6-11 servings of bread, rice and pasta

3-5 servings of vegetables

2-4 servings of fruit

2-3 servings of milk, yogurt and cheese

2-3 servings of meat, poultry, fish, dry beans, eggs and nuts

And eat some fat. (Fats carry vitamins through your system, are good for sustained energy and add flavor to foods. Limit excessive amounts of fried, greasy, oily and buttery foods.)

- Eat a diet rich in carbohydrates.

Carbohydrates come in two forms: simple and complex. Simple carbohydrates (sugars) are found in fruits, juices, milk, frozen yogurt and candy. Complex carbohydrates (starches) are found in whole grains, vegetables, pasta, rice and breads.

Carbohydrates enable your body to produce glycogen, which is needed to fuel your body. A track member needs to eat wisely every day because he or she can deplete the glycogen in his or her body during a track meet.

The night before a meet.

- Eat pasta. Load up on carbohydrates.

Day of competition.

- Eat a carbohydrate-rich breakfast (200-300 calories).
- An hour before the meet it's OK to have a 200- to 300-calorie carbohydrate snack.
- Thirty minutes before the meet, drink a sports drink rich in carbohydrates. (Also, drink water the day before a competition. Adequate hydration is essential.)
- During the meet, it's OK to snack on bananas and sports drinks that are available from the sidelines to keep up your energy.
- During halftime, drink a sports drink and snack on apples, bagels, pretzels, raw vegetables, oranges, raisins, granola bars, low-fat yogurt or orange juice.
- After the meet, it's OK to eat a cheeseburger and french fries. (Just don't eat this way before meets.)

Eating carbohydrates and calories = energy on the track.