

# Roselle RAMS Track Club



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# Teaching Character Development and Superior Track Skills

## Indoor Season 2008

Roselle  
RAMS  
Track  
Club

## About Roselle RAMS Track & Field

Track and Field is one of the oldest sports in the world. Organized Track & Field in the United States has been in place since the 1800's. Roselle RAMS Track Program is a track club for male and female athletes in grades 3 through 8. Our athletes will train three days each week, and compete in local, regional, and national track and field competitions.

The program consists of two distinct seasons: Indoor, from November through March; and Outdoor, from late March through June for most athletes. Athletes who meet specific qualifications for post Outdoor season competitive meets may continue through August. The organization's membership consists of athletes, track team parents/guardians, and coaches. The Roselle RAMS Track Program is supported by a volunteer Parent Association that is vital to it's success..

### Key information-Indoor & Outdoor season:

**Indoor Track** – Practice Days: Tuesday, Thursday & Friday at 6:00pm to 8:00pm

Practice Site: Abraham Class-----Start Date: 11/27/07

**Outdoor Track** – Practice Days: Tuesday, Thursday & Friday at 6:00pm to 8:00pm

Practice Site:Abraham Clark HS & Warinaco Park---Start Date: 4/1/08

**Fees:** \$10.00 Registration, \$110.00 Activity Fee per child (3<sup>rd</sup> child half price \$58.00) &  
\$30.00 refundable uniform fee

### The coaching staff:

The coaches are qualified volunteer track specialists and assistant coaches.

**Attendance:**

Practices are held three times each week. Athletes are expected to attend all practices unless arrangements are made with their assigned event coach or the head coach in advance. Practice begins promptly at the designated time and athletes are expected to be punctual.

The coaching staff reserves the right to limit athletes' participation in events and/or track meets, and/or to remove athletes from the team, in the event of the failure to adhere to the attendance guidelines and other provisions of the athlete-parent-coach contract.

Parents are expected to pick up their children at the end of each practice (unless otherwise notified by the coaches) or make the appropriate arrangements.

Please be mindful of the infringements imposed on coaches and other parents when athletes are not picked up on time.

**Changes to assigned practices** will generally be announced at the preceding practice and/or will be indicated on the monthly calendar. Indoor track practice will take place each week unless the practice facilities are closed (e.g. in observance of holidays, etc.).

**Attire** during practice is very important for both performance and safety. Athletes should wear layered clothing to practice. Sweats or running shorts are preferred with training shoes – no jeans or basketball shoes. Athletes should bring a water bottle to all practices.

## TRACK MEETS

Roselle RAMS Track Club athletes will compete in local, regional, and national competitions. The Roselle RAMS Track Club plans to be an active member of the New Jersey Chapter of the USA Track and Field (USATF). We will also participate in track meets sanctioned by the Amateur Athletic Union (AAU). Roselle RAMS Track Club athletes typically will attend track meets in New Jersey, New York, and Pennsylvania. We will also travel with athletes that achieve the qualifying standards for Regional, National, and Invitational meets.

**Meet Schedule** - Early in the season, a meet schedule will be made available to parents. Because meet sponsors may not have all of the details available at the beginning of the season, this schedule may be subject to change. Indoor and Outdoor track meets are held on either Saturday or Sunday. This is typically an all day activity.

The meet schedule may indicate 4 types of meets, with athlete participation as follows:

- a. Team meets (T) - do not require any qualifying criteria and make up the majority of meets, all team members will participate.
- b. Qualifying meets (Q) - have qualification standards, set by meet organizers that athletes must meet in order to be eligible to participate. These include many championship and like meets.
- c. Coach's Qualifier meets (CQ) - meets where the level of competition may not be appropriate for all team members. For these meets, the coaches will determine which athletes will be asked to participate. All efforts will be made by the coaching staff to provide for the most fulfilling experience for each individual athlete in making these selections.
- d. Optional meets (O) – meets outside of the official seasonal schedule. There may be an additional fee for those athletes. This fee would be individual based and be paid by the parents/guardians

Events during the Indoor season include 55m dash, 200m, 400m, 800m, 1500m, race walk, long jump, shot put, and high jump (all athletes do not compete in all events).

Outdoor season events include 100m, 200m, 400m, 800m, 1500m, 3000m, race walk, long jump, shot put, high jump and discus.

**Attendance** at all meets is **strongly encouraged**. All athletes are expected to arrive at each track meet 45 minutes prior to the start of the meet, regardless of the order of events. You must notify a coach in advance, but no later than the specified deadline, if you will not be attending a specific track meet. Parents shall be expected to reimburse the Roselle Youth Track Club for any meet fees that are paid on their child's behalf in the case of a "no-show" without adequate notification.

## PARENT ASSOCIATION

All parents/guardians of athletes on the track team belong to the Track Club Parent Association and should be active participants. Parents are expected to participate in the following areas:

1. Belong to at least one club committee and be an active participant of that committee
2. Support fundraising activities (see Fundraising )
3. Be available to assist with track meet logistical needs when attending track meets

### **Parent Committee**

The Parent Association is led by a Steering Committee, which is responsible for setting the direction for the Track club by:

- A. Supporting and ensuring adherence to the Track Program guidelines and philosophy
- B. Managing all administrative functions
- C. Determining and directing team activities (e.g. meet participation, community involvement, etc.)
- D. Establishing and maintaining desirable external relationships (e.g., media, Track & Field organizations, etc.)

**The Steering Committee is comprised of 2 Co-Presidents, Secretary, Treasurer, Coaches and the Chairpersons of each of the committees described below.** Chairpersons and other officers are elected by clubs parents/guardians.

### **Fundraising**

DEVELOPS AND IMPLEMENTS STRATEGIES FOR FUNDRAISING INCLUDING, BUT NOT LIMITED TO GRANT WRITING, CAN DRIVES, AND SOLICITING CORPORATE SPONSORSHIPS AND LOCAL BUSINESS SUPPORT.



***JOIN THE FUNDRAISING COMMITTEE IF YOU: ENJOY EVENT PLANNING, NETWORKING, AND/OR BUILDING COMMUNITY SUPPORT, ARE EXPERIENCED IN GRANT WRITING***

### **Meet Logistics**

PROVIDES PERSONNEL AND ADMINISTRATIVE SUPPORT FOR TRACK MEETS, SUCH AS TIMING RACES, CLERKING, COLLECTING AND DISTRIBUTING MEET RESULTS, AWARDS (RIBBONS AND/OR MEDALS), ETC. ORGANIZES SEASONAL ATHLETE REGISTRATION AND ORIENTATION, INCLUDING UNIFORM DISTRIBUTION AND COLLECTION.



***JOIN THE MEET LOGISTICS COMMITTEE IF YOU: ENJOY WORKING WITH OTHERS – BOTH ADULTS AND KIDS, ARE ENERGETIC, ARE TASK ORIENTED***

### **Public Relations**

HANDLES PUBLICITY FOR THE TEAM INCLUDING SUBMISSION OF ARTICLES TO PUBLICATIONS, PUBLISHING THE TEAM NEWSLETTER, ADVERTISING TEAM EVENTS, MAINTAINING THE WEBSITE, AND ORGANIZING AN ANNUAL COMMUNITY SERVICE PROJECT.



**JOIN THE PUBLIC RELATIONS COMMITTEE IF YOU ARE: CREATIVE, ENJOY WRITING/ PHOTOGRAPHY/ WEB DESIGN, DEADLINE ORIENTED**

**Transportation**

MANAGES THE TEAM'S TRANSPORTATION NEEDS BY ARRANGING TRANSPORTATION AND ACCOMMODATIONS FOR AWAY MEETS, COORDINATING CARPOOLS AND USE OF RECREATION DEPARTMENT VAN, DISTRIBUTES DIRECTIONS TO EVENTS, ETC. COORDINATES OVERNIGHT/AWAY MEETS INCLUDING, BUT NOT LIMITED TO, ARRANGING ROOM ASSIGNMENTS AND CHAPERONES, AND TEAM DINNERS.



**JOIN THE TRANSPORTATION COMMITTEE IF YOU: ENJOY MAKING TRAVEL ARRANGEMENTS, HAVE EXPERIENCE COORDINATING GROUP TRAVEL, LIKE TO DRIVE**

**COMMUNICATIONS:**

Throughout the season you will receive handouts containing important information, such as directions to track meets, permission and/or meet slips, etc. Handouts will usually be distributed to athletes and parents who are present at the end of practice. These will also be distributed via email. So please check your email on a regular basis. Please be sure to check each week for any information you might have missed.

A team newsletter is also distributed twice per season; it too contains timely, pertinent information. Parents/guardians and athletes may submit information about athlete achievements, both on and off the track. Roselle Youth Track Club athletes are also invited to submit track related articles, stories, or poetry for publication in the newsletter. Please see the first issue for additional information.

**FUNDRAISING**

Each family is expected to assist with fundraising activities throughout the course of the season. These would *minimally* include:

- v At least one fundraising activity per season (e.g. can drive, dance, etc.)
- v Track Meets - each season, the Steering Committee may identify track meets that the club will sponsor. Sponsorship of meets generates income and recognition for the Club and family

participation in running these meets (serving as timers, running concessions, etc.) is critical for the Club's success.

v Any parents interested in or who has any experience in grant writing to corporations and local businesses, to secure additional funds, should join the fundraising committee. Please remember that your active participation in fundraising is required to minimize your direct expenses as a member of the Club.

v "It is important to note that there may (or may not) be a subsidy for travel costs. Our ability to subsidize travel costs is contingent upon the success of our fund raising efforts."

### **How the Funds Are Used**

Team fees and fundraising income enable the team to provide a comprehensive track and field experience for its athletes. Team paid costs include:

- v Advertising and registration materials
- v Practice facility costs
- v Athletic organization membership fees (e.g. USATF and/or AAU)
- v Coaches training and certification
- v Team insurance
- v Team equipment and supplies
- v The annual state fee to maintain non-profit status
- v Meet entry fees
- v Subsidizing transportation and away meets
- v Refreshments (e.g. beverages provided for athletes at meets)
- v End of season celebrations
- v Uniforms
- v Reimbursement of coaches expenses,
- v Team supplies such as First Aid supplies.

**USATF Age Groups** - Athletes compete within their gender and designated age groups. The USATF age categories – used at most of the meets we attend – are listed below. The age used is the age of the child by the end of the calendar year of competition.

<b>Group</b>	<b>Age as of 12/31</b>	<b>Year of Birth - 2006 Track Meets</b>	<b>Year of Birth - 2007 Track Meets</b>
Sub Bantam	8 and under	1998 and later	1999 and later
Bantam	9 – 10	1996 & 1997	1997 & 1998
Midget	11 – 12	1994 & 1995	1995 & 1996
Youth	13 – 14	1992 & 1993	1993 & 1994
Intermediate	15 – 16	1990 & 1991	1991 & 1992
Young Men/Women	17 – 18	1988 & 1989	1989 & 1990

**AAU Age Groups** - The AAU age categories – are listed below. The age used is the age of the child by the end of the calendar year of competition.

<b>Group</b>	<b>Age as of 12/31</b>	<b>Year of Birth - 2006 Track Meets</b>	<b>Year of Birth - 2007 Track Meets</b>
Primary	8 and under	1998 and later	1999 and later
Sub Bantam	9	1997	1998
Bantam	10	1996	1997
Sub Midget	11	1995	1996
Midget	12	1994	1995
Sub Youth	13	1993	1994
Youth	14	1992	1993
Intermediate	15 – 16	1990 & 1991	1991 & 1992
Young	17 – 18	1988 &	1989 &

Men/Women		1989	1990
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**Transportation** - Parents are expected to provide transportation for their children to meets unless other arrangements have been made. Directions to all meets will be distributed. If the team has sponsored transportation, then the parent will be expected to drop off and pick up their child at the designated time and place. Carpooling to meets is available for athletes and parents/guardians. Please contact the Transportation Chairperson for more information.

**Away Meets** – An “away meet” is a meet outside of commuting distance. Parents typically travel with their children to an away meet. Parents/guardians are expected to arrange for an appropriate chaperone if they are unable to attend an away meet. Parents are expected to sign permission slips for overnight meets and provide their child money to cover their meals and expenses. Timely return of signed permission slips is requested. Additional specific information regarding transportation and other arrangements will be provided if an away meet is scheduled.

**Parents/Guardians/Volunteer/Coach** also play a critical role in helping new athletes get acclimated and get the most out of this experience. Here are ways you can support your young athlete(s):

- a) **Make sure your children know that--win or lose--you love them and are not disappointed with their performance.**
- b) Be realistic about your child's physical ability.
- c) Help your child set realistic goals.
- d) Emphasize improved performance, not winning. Positively reinforce improved skills.
- e) Be a cheerleader for your child and the other children on the team.
- f) Respect your child's coaches. Communicate openly with them. If you disagree with their approach, discuss it with them before or after practice.
- g) Be a positive role model. Demonstrate good sportsmanship.

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# Registration Checklist

## 2008 Indoor Registration

Please Print

ATHLETE'S NAME \_\_\_\_\_

**The following forms are needed to complete your registration.**

**Please check off the following items as completed. Return the registration forms and checklist to The Roselle RAMS Track Club.**

\_\_\_\_\_ Registration form (please complete all information)

\_\_\_\_\_ Consent & Release Form (signed by parent and athlete).

\_\_\_\_\_ Authorization for Medical Treatment form (signed by parent).

\_\_\_\_\_ Birth Certificate (*three copies*) \* *No originals please!*

\_\_\_\_\_ Parent/Volunteer Agreement Form

\_\_\_\_\_ Athlete Agreement Form

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

\_\_\_\_\_ Uniform Deposit \_\_\_\_\_

I have read and fully understand all of the information that has been presented to me.

Parent/Legal Guardian Signature: \_\_\_\_\_

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# Registration Form

## 2008 Indoor Registration

Please Print:

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

ATHLETE'S NAME \_\_\_\_\_  
Last First Initial

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

City: \_\_\_\_\_ zip code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Preferred email: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Preferred email: \_\_\_\_\_

### Emergency Contact:

1. \_\_\_\_\_ Phone: \_\_\_\_\_

2. \_\_\_\_\_ Phone: \_\_\_\_\_

### Physician:

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

T-shirt size:

YL: \_\_\_\_\_ S: \_\_\_\_\_ L: \_\_\_\_\_ XL: \_\_\_\_\_ XXL: \_\_\_\_\_

Warm up size:

Top: YL: \_\_\_\_\_ S: \_\_\_\_\_ L: \_\_\_\_\_ XL: \_\_\_\_\_ XXL: \_\_\_\_\_

Bottom: YL: \_\_\_\_\_ S: \_\_\_\_\_ L: \_\_\_\_\_ XL: \_\_\_\_\_ XXL: \_\_\_\_\_

# Consent & Release form

## 2008 Indoor Registration

### Please Print

I am the parent / legal guardian of \_\_\_\_\_  
ATHLETE'S NAME

By my signature I hereby give my consent for the above named child to participate in practices, track meets, travel and other activities sanctioned, sponsored, and/or attended by the Roselle RAMS Track Club. I authorize the Head Coach, coaching staff or administrative staff to sign the standard athlete's release forms, USA Track & Field (USATF) and Amateur Athletic Union (AAU) documents when entering my child in any sanctioned events.

Should I (or my child) decide to withdraw from participation with Roselle RAMS Track Club and it's activities, I agree to notify the Roselle RAMS Track Club in writing, that I am withdrawing the above named child and that all REGISTRATION FEES PAID ARE NON- REFUNDABLE. Uniform should be returned immediately and deposit will be refunded upon inspection.

In addition, as the parent or legal guardian of the above named minor child, I hereby authorize Roselle RAMS Track Club to use a photo, video image of said minor child, in written materials and/or newsletter publications, media, video and electronic publications. I hereby agree to hold Roselle RAMS Track Club harmless from any results or consequences this use of photographs or video image may have either seen or unforeseen. I understand that I will not be paid, compensated or entitled to any benefit as a result of the use of said minor child's photo or video image.

Further, I hereby indemnify and hold harmless the Roselle RAMS Track Club, coaching staff, parent organization, etc., against any and all rights and claims which I have or which may arise in conjunction with my participation or travel to and from practices, track meets, travel and other activities sanctioned, sponsored, and/or attended by the Roselle RAMS Track Club.

**The signee below represents that the above named child's Medical History including allergies, medications being taken and physical impairments that will in any way affect the child's participation have been brought to the attention of the track meets, travel and other activities sanctioned, sponsored, and/or attended by the Roselle RAMS Track Club in writing.**

I understand my child will not be covered by insurance provided by the Roselle RAMS Track Club and that I either have my own Major Medical Insurance Policy or, if not **I will** cover the expenses of any injury.

By my signature I represent that by signing, I am the person that I stated to be and in the case of the parent or legal guardian that such a relationship exist between the child and myself. By my signature, also, I have read and agree to all the RULES and GUIDELINES of the Roselle RAMS Track Club.

Date: \_\_\_\_\_ Parent / Legal Guardian Signature: \_\_\_\_\_

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# Authorization for Medical Treatment

## Medical Information / Waiver:

To whom it may concern:

I, the parent/guardian of the above named applicant hereby authorize a club representative of Roselle RAMS Track Club to seek and sign for medical treatment for my child, a member of said club, in an emergency situation.

I also authorize that

the same representative be allowed to sign for medical treatment in non emergency situations when my child is traveling with the club or when I am unable to be reached by phone.

I also agree for myself, my Heirs and personal representatives to waive and release all claims for damages I may now or hereafter have arising out of the above named person's participation in any activities of Roselle RAMS Track Club.

I further state that to my knowledge, applicant has no health problems or preexisting conditions, not previously mentioned that limit his/her training or activity level.

Date: \_\_\_\_\_ Parent / Legal Guardian Signature: \_\_\_\_\_

# Athlete Agreement Form

I \_\_\_\_\_, do hereby pledge to:

1. Attend all practices as required.
2. The athlete will notify the coach if she/he is unable to attend.
3. Be on time for all practices.
4. Come to practice focused and ready to work.
5. Behave in a courteous, respectful and disciplined manner.
6. Act as a model citizen and carry himself/herself as a young lady/gentleman at all times.
7. Maintain a winning perspective and strive to be a good winner and good loser.
8. Strive for success and excellence in academics, athletics, and behavior.
9. Be respectful to each other, the coaches, other teams, officials, other adults and other people's property.
10. Be committed and dedicated to the RAMS Track Program.
11. Display the Six Pillars of Character: trustworthiness, respect, responsibility, fairness, caring, and citizenship at all times.

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

Athlete Name (Print): \_\_\_\_\_

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

THE ATHLETE AND PARENT UNDERSTANDS AND AGREES THAT FAILURE TO ADHERE TO THE ABOVE CONTRACT TERMS MAY RESULT IN SUSPENSION OR REMOVAL FROM THE TRACK TEAM

# Coach Agreement Form

I \_\_\_\_\_, do hereby pledge to:

1. Attend and manage all practices as required. The coaches will notify the athletes in the event that practice is canceled.
2. Maintain a winning perspective and teach the athletes to be good winners and good losers.
3. Be respectful to each other, the athletes, other teams, and officials.
4. Encourage and support the athletes to strive for success and excellence in academics, athletics, and discipline.
5. Be committed and dedicated to the RAMS Track Program.
6. Teach & Display the Six Pillars of Character: trustworthiness, respect, responsibility, fairness, caring, and citizenship at all times.

Coach Signature: \_\_\_\_\_

Coach Name (Print): \_\_\_\_\_

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

THE ATHLETE AND PARENT UNDERSTANDS AND AGREES THAT FAILURE TO  
ADHERE TO THE ABOVE CONTRACT TERMS MAY RESULT IN SUSPENSION OR  
REMOVAL FROM THE TRACK TEAM

I \_\_\_\_\_, do hereby pledge to:

1. Pick up the athlete(s) promptly after practice and/or a track meet
2. Respect the authority of the coaches and any decisions made regarding practices, event and meet selection
3. Support the RAMS Track Program philosophy, which is based on
4. participation, fun, physical fitness and health, skill development, teamwork, fair play, family involvement, and volunteer leadership.
5. As a member of the RAMS Track Program, athletes are prohibited from competing independently or as a representative of another team unless express permission is granted by the coaching staff.
6. Review and abide by the tenets set forth in the RAMS Track Program Parent Handbook.
7. Participate in a minimum of (1) team designated fundraising activity per season.
8. Teach & Display the Six Pillars of Character: trustworthiness, respect, responsibility, fairness, caring, and citizenship at all times.

Parent/Volunteer Signature: \_\_\_\_\_

Parent/Volunteer (Print): \_\_\_\_\_

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