



2022-2023

Coastal Georgia Track Team

Dear Parents/Legal Guardians and Athletes,

Please accept this letter as your welcome letter to become a member of the Coastal Georgia Track Team. The team is a non-profit organization established in 2017. We are active participants under the Amateur Athletic Union (AAU) Track organization. The Coastal Georgia Track Team has been recognized as one of the top teams in Southeastern Georgia. Our achievements include the South Carolina Under Armour Challenge 2nd place team trophy (2018) and 1st place team boy's trophy (2019), The Show Down team champions (2021), Speed Capital Georgia team champions (2022), Mark Trail C Division team runner-up (2022), 2022 AAU Club Championship 3rd place award (13U Girls), Indoor National Champions 4x400m Relay Team (2021), Club Championship National Champions 4x400m Relay Team (2021), Adidas National Champions 4x100m Relay Team (2022), 7 All American 4x100m, 4x400m, 4x800m, Sprint Medley relay teams, Georgia Middle School State Championship individual and relay champions (2022), 6 Adidas All-Americans, 32 (Top 8) All American winners, 3 AAU Club Championship National Champions, 15 Junior Olympic Medalist in individual running/field events, 1 Nike All-American, and 1 Adidas National Champion. We take pride in our athletes and are committed to mentoring and building young men and women into model athletes and outstanding young citizens of society.

PLEASE READ THROUGH THE REGISTRATION PACKET THOROUGHLY

(And Initial at the bottom right corner of each page)

In accepting this welcome letter, the undersigned parent/legal guardian and athlete agree to be committed to the Coastal Georgia Track Team program during the 2022-2023 season. The season will be separated into an indoor season and an outdoor season. Athletes do not have to participate in both indoor and outdoor seasons. The

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indoor season will be from November 12, 2022 to March 12, 2023. The outdoor season will be from March 12, 2022 to June 3, 2023. Only athletes competing in Nike/Adidas/New Balance Nationals, National Club/Primary Championships, and/or the Junior Olympics will continue practicing through July 31, 2023. Competing at National meets are for all athletes that desire to compete and/or qualify for these prestigious track meets.

REGISTRATION

1. Release of Liability and COVID Medical Release form must be completed and returned before the athlete can practice on the track.
2. The completed Registration packet with initials and signature is due before the 1st day of practice.
3. A copy of the athlete's birth certificate or verification by the team administrator must be submitted with the registration form to confirm age eligibility. No athlete will be allowed to compete without a birth certificate on file or verified. (This is an AAU regulation).
4. Registration fees are due during open registration. **Athletes will not be allowed to train or register for any track meets until all fees are up to date. Registration for the outdoor season is due by March 1, 2023.** Parents may elect to pay outdoor registration fees during open registration, to secure a roster spot on the team. Once the team reaches 60 athletes for both indoor and outdoor season, registration is closed.
5. All new and returning athletes are required to attend a parent meeting prior to training. **Athletes will not be allowed to train until the parent has attended a parent meeting.**
6. **NEW ATHLETES. Athletes new to the team will have 3 full practices to decide if they will continue training with the team. If they decide to discontinue training, the registration fee will be refunded. After the 3rd day there will be no refunds granted.**
7. The COVID-19 restrictions/shutdown is included in the "Non-Refundable" fee for registration. In the event restrictions/shutdowns are implemented for the upcoming season, the track team **WILL CONTINUE** to train based on safety guidelines and practices that were conducted in the 2020 season. **There will be no refunds or credits given due to COVID-19.**

REGISTRATION FEE SCHEDULE

1. **INDOOR SEASON.** The registration fee for athletes participating in the Coastal Georgia Track Team program is **\$275** for the indoor season (**NON-REFUNDABLE**).

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There is a discount for families with multiple athletes. Indoor season fees are due during open registration. The registration fee schedule is as follows:

INCLUDES:

- AAU Athlete Membership Fee (Expires 31 August 2023)
- Club Membership Fee
- Uniform (top and bottom)
- (2) T-shirt (Youth and Adult sizes through X-Large)
- Rental of Banquet Facility and Dining (for the athlete only)
- Purchase of trophies and special achievements
- Track & Field Equipment replacement and new purchases
- DOES NOT INCLUDE TRACK WARM Ups/accessories**
- DOES NOT INCLUDE USATF Membership**
- DOES NOT INCLUDE hotel or transportation expenses for unaccompanied athletes.**

2. **OUTDOOR SEASON.** For athletes transitioning from indoor to outdoor season, the registration fee is **\$250** for the outdoor season (**NON-REFUNDABLE**). For athletes **ONLY** running during the outdoor season the registration fee is **\$400 (NON-REFUNDABLE)**. Outdoor season fees are due by 1 March 2023. Parents may also elect to pay outdoor registration fees during open registration. Athletes running indoor track will have priority to pay before 1 March 2023. There is a discount for families with multiple athletes. The registration fee schedule is as follows:

INCLUDES (if the fees were not paid during indoor season):

- AAU Athlete Membership Fee (Expires 31 August 2023)
- Club Membership Fee
- Uniform Top/Bottom (**Athletes who are only running outdoor season**)
- (2) T-shirt (Youth and Adult sizes through X-Large) (**Athletes who are only running outdoor season**).
- Rental of Banquet Facility and Dining (for the athlete only)
- Purchase of trophies and special achievements
- Track & Field Equipment replacement and new purchases
- DOES NOT INCLUDE TRACK WARM Ups/accessories**
- DOES NOT INCLUDE USATF Membership**
- DOES NOT INCLUDE hotel or transportation expenses for unaccompanied athletes.**

3. **ACTIVE HIGH SCHOOL TRACK AND FIELD ATHLETES - \$350 is a combined fee for the indoor and outdoor season (NON-REFUNDABLE).** Athletes will focus on their perspective HS track program from the beginning of their 1st day of HS track practice through the end of the HS track season or State Championships (whichever comes first). To avoid injuries, athletes will practice solely with their school team during the season. There is no multiple athlete discount for high school students/siblings.

INCLUDES:

- AAU Athlete Membership Fee (Expires 31 August 2023)
- Club Membership Fee
- Uniform (top and bottom)
- (2) T-shirt (Youth and Adult sizes through X-Large)

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- Rental of Banquet Facility and Dining (for the athlete only)
- Purchase of trophies and special achievements
- Track & Field Equipment replacement and new purchases
- DOES NOT INCLUDE TRACK WARM Ups/accessories**
- DOES NOT INCLUDE USATF Membership**
- DOES NOT INCLUDE hotel or transportation expenses for unaccompanied athletes**

4. **MULTIPLE ATHLETE HOUSEHOLDS.** Each additional athlete will receive a \$50 discount per athlete from the original registration fee.

PRACTICE

1. PRACTICE IS MANDATORY. If your athlete is not able to attend, please send a message via text, email, or messenger to one of the coaches. **Attending another sport practice is not an excused absence.**

2. Missed practices exceeding 2 weeks to 1 month (with no explanation), will result in a phone call to discuss a future training plan for the athlete. Athletes who miss more than 1 month of practice (with no explanation or training plan) will no longer be registered for the team and not allowed to return until the following season. All fees will be forfeited, and no credit will be extended to the next season.

3. Athletes are expected to be at practice, dressed properly, at the designated time for every practice. If your athlete has any temporary medical condition that will prevent them from giving 100% at practice, please allow them to stay at home and rest.

4. Practice attire for athletes is water/water bottle, running shoes, and comfortable athletic gear. **Please no basketball shoes or non-running shoes as it can lead to injuries.** During the colder months, athletes should have in their possession hat, gloves, and extra clothing (if necessary). During warmer weather bug spray and cooling towels are recommended.

5. The practice facility is currently open and free to the public. In the event, it closes to the public, we will be required to pay monthly fees. We will ask for all parents to help pay for the cost of the facility, which is not included in the registration.

UNIFORMS AND EQUIPMENT

1. Uniform (top and bottom) is included in the registration fee. For additional accessories (warm up, headbands etc.) please see uniform order sheet for prices.

2. All athletes are required to arrive at the track meet in full uniform attire. During the day as the temperature rises the attire can change to warm up pants and t-shirt. For those athletes with speed suit attire, please bring additional warmups to wear over your speed suit attire (during colder months).

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Track Meet Attire:

- Uniform
- T-shirt (short/long sleeve – based on weather)/Warm up jacket
- Training pants/Warm up pants
- Compression Warm-ups (optional)

3. Equipment will be provided for practice and track meets (i.e. shotput, discus, hurdles, training equipment). Any equipment lost or intentionally damaged by the athlete, will be the responsibility of the parent to replace it.

4. Recommended equipment and comfort items to have for your athlete during a track meet, but not limited to the following:

- a. Tent/Sports Umbrella – summer months
- b. Tent pegs/bungee cords
- c. Folding chairs/Cots
- d. Blankets to lay/sit on
- e. Cooler/Ice chest
- f. Cooling towels/Portable fans

TRAVEL

1. Travel to the track meet is the responsibility of the parent. In cases where the athlete(s) needs transportation and/or to share a room with another athlete or a Coach, a cost can be associated with a rental van and hotel room. Coordination for the athlete(s) must be requested at least 4 weeks in advance.

RELAY TEAM PARTICIPATION

1. At the beginning of the season, athletes that desire to be on a relay team will “run-off” for a position or it will be determined based on track meet performance/times. At any time, a current or new athlete may request to “run-off” for a position on the relay team. The “run-off” will take place with all four members of the team. The determination of a “run-off” will be based on the following:

- a. The (requesting) athlete must run a personal best (Personnel Record-PR) at the most recent track meet that the team competes in.
- b. All members of the relay team must be present at practice for the run-off.
- c. A run-off WILL NOT be contested for national track meets. This means once the relay team is set for a national meet, an athlete is not allowed to challenge a position on the relay team.
- d. Alternate members for the relay team will be assigned, in the event someone is hurt or unable to run.

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TEAM AWARDS AND RECORDS

1. During our annual End of Season Banquet athletes will be recognized for their efforts throughout the season. The following awards will be recognized for each category:
 - a. **Best Newcomer Award** – For the newest member of the team who achieves phenomenal results throughout the season and/or at National meets.
 - b. **Most Improved Athlete Award** – For the male and female athlete who made tremendous progress throughout the season or their time on the team, in their individual running/field event.
 - c. **Best All-Around Athlete Award** – For the male and female athlete who competes in various field and running events. That have made tremendous progress in their perspective events, often competing in the multi-events at National meets and/or placing 1st-3rd at local track meets.
 - e. **Most Outstanding Athlete Award** – For the male and female athlete who has continued to set new PRs, meet records, and/or earned the title of All American at the Junior Olympics, Club Championships, or Primary Nationals.
2. Athletes setting new PRs throughout the season and achieving a better PR from a previous team record, will be recognized on the team website, under “TEAM RECORDS.”

SECONDARY SPORTS

1. The Coastal Georgia Track Team will not be secondary to other non-school sports. Although, we **DO NOT** discourage participation in other sports. Playing other sports while running track can hinder the performance of the athlete and any relay team the athlete may be a part of. Athletes can participate in additional sports, but possibly excluded from competing at any National meet and/or relay team.

ADDITIONAL TRAINING

1. The Coastal Georgia Track Team training is phased according to training cycles. Each training session places a specific emphasis on a particular energy system. Training on designated rest days, or training on the same components that have previously been trained may be harmful to the athlete and will hinder progression throughout the season. Therefore, an athlete who continues to train with any trainer during **any part** of the track season who is **not a coach** within this program will lead to immediate **DISMISSAL** from the team. No refunds or extended credit will be given to an athlete due to the immediate dismissal. _____ **Initial**

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CODE OF CONDUCT **(On and Off the Track)**

1. Athletes are expected to act appropriately and respectful to all coaches, parents, and members of the Coastal Georgia Track Team on and off the track. Cursing, hitting, bullying, horse playing, and disrespectful behavior towards one another will not be tolerated and will be given consequences at the Coaches discretion.
 - a. 1st Offense – Discussion with the athlete
 - b. 2nd Offense – Discussion with the parent and athlete
 - c. 3rd Offense – Suspended from practice for 2 weeks
 - d. 4th Offense – Removal from the team
2. Athletes will respect opposing coaches, parents, athletes, teams, and officials at all track meets. There will be zero tolerance for disrespectful language or gestures towards any other individual, group, or in general.
3. Social media etiquette is always required. Athletes will not show signs of disrespect, hate, violence, or inappropriate behavior on social media via photograph, video, signs, or emojis.

SCHOOL/CLASSROOM CONDUCT

1. All athletes are students FIRST. Athletes that are failing a class (or classes) will be put on an academic hold and will not be allowed to participate in relays or National Track Meets. Their progress will be tracked and a determination to participate in a relay or National Meet will be made prior to the event with the parent(s).
2. Athletes are expected to be model citizens and students at their perspective schools. Athletes are to work just as hard in the classroom as they do on the track.
3. Athletes that are disciplined and suspended from school will not be allowed to compete at the next track meet or attend practice.
4. Athletes who are permanently suspended from school or released from school sports, will not be allowed to compete at any track meet or practice for the remainder of the school year and/or that high school sports season. No refunds or extended credit will be given to an athlete due to permanent suspension from school.

GENERAL EXPECTATIONS FOR PARENTS

1. Fundraisers will be conducted throughout the season. We ask that all parents participate in at least one fundraiser during the season. Fundraisers are **NOT** for individual athletes or families. The funds received during a fundraiser are for the **TEAM**. The exception to this is a fundraiser specifically designated for athlete travel to a National Meet. Please submit any suggestions to Coach/Team Mom Belinda Taylor.

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2. Parents can drop off their athletes, but please ensure you are on time to pick them up at the end of practice. Coaches will remain at the track until all athletes are accounted for.
3. Parents please do not coach any member of the team during any part of the practice or track meet. This can confuse the athlete and cause them to not be at their best during practice/track meet. Help us to help your athlete be their best. If coaches recommend a break or rest, please do so. It makes it difficult for coaches to adjust training needs if training plans are not being followed. If a parent has a recommendation or questions, please direct it to the head coach prior to practice or a track meet. You chose to put your athlete on a team, so we ask that you allow us to coach them. We can provide instructions on running unattached upon your request.
4. **Parents please do not force your athlete to run.** This can be a negative impact for the coaches in motivating them to train. We take GREAT pride in track and field and the time it takes to prepare athletes to compete. We are a highly competitive, traveling track team and desire for every athlete on the team to compete. **This is not a conditioning program for the sole purpose of preparing for another sport.** Parents if your athlete desires to play and be the BEST in another sport, please allow them to do so.

PARENT ACKNOWLEDGMENT

I/We, the parents or guardians of _____
 hereby give my/our approval to their participation in the Coastal Georgia Track Team program. I/we do hereby understand the registration process and have thoroughly read all pages of this document. I/We assume all risks and hazards to such participation, including transportation to and from various activities. I/We realize there is a risk of injury to children participating in Track and Field activities/sports.

PARENT(S) SIGNATURE:

DATE _____

INITIAL: _____



ATHLETE INFORMATION

ATHLETE NAME: _____

ADDRESS: _____

DOB: _____

AGE: _____

ALLERGIES: _____

ASTHMA: YES/NO INHALER: YES/NO EPIPEN: YES/NO

PREVIOUS INJURIES/ILLNESS (that Coaching staff needs to be aware of): _____

TRACK AND FIELD EXPERIENCE: YES / NO How many months/years: _____
(For new athletes)

DESIRED RUNNING/FIELD EVENT: 100m 200m 400m 800m 1500m 3000m Hurdles
 (circle all that apply) Long Jump High Jump Shot put Turbo/Turbo JAV Discus
 Other: _____

CAN PHOTOGRAPHS AND/OR VIDEOS BE TAKEN FOR SOCIAL MEDIA (Facebook, Instagram, Team Website): YES / NO Initial: _____

PARENT/GUARDIAN INFORMATION:

NAME: _____

PHONE: : _____

EMAIL: : _____

NAME: : _____

PHONE: : _____

EMAIL: : _____

INITIAL: _____