

# 2008

# Track City Track Club Information Sheet

## What is Track City Track Club?

Track City Track Club is a nonprofit organization that provides track and field and cross-country opportunities for youth, ages 7-18. Exceptional athletic ability is not a prerequisite of membership and there are no tryouts. Opportunity for competition is provided but the emphasis is on setting personal goals and training/conditioning to attain those goals. TCTC is sanctioned by USATF. A portion of the athletes registration fee will purchase the athlete's membership into USATF.

The club's goals are to encourage and help young people to develop physically, emotionally and socially through their involvement in track and field and cross-country. They will improve their physical conditioning as they learn skills related to track and field. They will build a positive self image as they recognize their individual achievements. They will be part of a team that encourages and promotes the development of friendships, support and encouragement of fellow athletes, good sportsmanship and a good time. Track City is identified as a District 4J, "approved youth group". Starting this year all coaches and adults having supervision over athletes will have background checks conducted by USATF.

## How Does the Club Operate?

An eleven member board of directors administers TCTC. There are no paid positions within Track City. Club dues primarily cover the cost of the practice site operation, equipment and our coach's travel expenses. Donations and fund raisers cover the balance of our operating expenses. The club and families must work together to provide a positive experience for each athlete.

We need families to share with us about their child's experience, good and bad, and we need each family to take an active part in knowing what is going on in the club. The club will try to have someone at practice each day that can field questions and take your feedback. In addition, the club may publish several newsletters every year, some information will be mailed or e-mailed and the balance will be passed out at practice on a designated day. Ask your child about these handouts or contact the club by one of the methods listed at the end of this information sheet.

We need parent involvement in several ways. In addition to encouraging and supporting your athlete and every athlete of TCTC, parents must be willing to participate at the Board level as well as participation on committees: help at TCTC hosted meets, The Track City International Classic will not be held this year due to renovation of Hayward Field for the 2008 Olympic Trials. If you are interested in being involved in club operations and policy setting, committee level participation may be of interest to you.

## Practice?

Track and field practices begin the Tuesday after spring break, April 1, 2008 and run through the mid to late July. Practices are held Monday–Thursday at Sheldon High School track from 5:30-7:00p.m. **NOTE. Practice times are subject to change. Practice will be interrupted at Sheldon HS for District 4J High School and Middle School Meets.** We will attempt to advise parents of interruption dates.

**There is a one (1) week period that the athlete can attend practice before registration is required.** Athlete registration includes USATF membership which provides insurance coverage while at practice or attending meets sanctioned by USATF.

Athletes need to be at practice on time so they can be involved in group warm-up time and should be picked up promptly after practice. It is expected that athletes will come to practice ready to work and learn. The coaches are experienced in their particular events, enjoy working with kids and try to make practices fun as they direct the athletes in safe appropriate training and

conditioning. Baby sitters they are not! Practices are not mandatory but athletes are encouraged to attend as often as possible so they can reach their personal goals.

Cross-country practice begins Tuesday, September 2, 2008. Practice is from 5-6:30pm and is held at Alton Baker Park. Practice moves to Hayward Field at the end of daylight savings time. Athletes need to wear comfortable running shoes and weather related clothing to practice. Practice is held each scheduled day regardless of the weather. TCTC provides implements needed to conduct training at practice. It is important that all athletes bring a water bottle to keep themselves hydrated at practice and during meets.

### **Meets?**

The season begins with developmental meets that are hosted by track clubs in Eugene, Salem and Portland and are on Saturdays in the host cities. These meets began this year on April 22nd. The athletes have 4 weeks of preseason conditioning and training before jumping into the competition arena. Transportation to practice and meets is the responsibility of the parent. Car pools can be arranged but this again is the responsibility of the parent. Track City has a standing policy that coaches are not to transport athletes to practice or meets. We encourage car pooling and will establish pickup points for interested parents.

Developmental meets are open to anyone. They provide an opportunity for the athlete to experience competition before moving to the bigger Junior Olympic (JO) meets. Attending meets is not required in order to be a part of the club. However, they are a part of the training process and provide an opportunity to meet kids from different parts of the state. So, athletes are encouraged to participate in all meets.

The Oregon Association JO Meet is scheduled for June. Any athlete may participate in the Association meet but must qualify to participate in the subsequent Regional and National meets. Athletes are responsible for the entry fees to these meets, \$3 for the developmental and a bit more for the JO meets. Information about meets will be available closer to the time of the meets.

**We want Track City athletes to participate in as many practice and to attend as many developmental meets as possible. It is our goal to prepare all athletes to participate in the Junior Olympics series.**

### **Registration & Fees?**

Registration forms will be mailed to previous years members. Forms can also be downloaded from our web site or will be mailed on request by calling our club phone number or contacting our web master.

Registration fees for 2008 are varied in the following manner	
Full season Track & Field Begins April 1, 2008	\$145.00
Reduced Season begins May 19, 2008	\$ 90.00
Out of area, for athletes that want to participate as members of Track City but do not attend practice.	\$ 65.00

Uniforms, singlets and shorts can be purchased separately as well as team jackets, Tshirts, sweatshirts and sweatpants, polo Tshirts for adults.

### **Please contact the club if you have questions or comments:**

Mail: TCTC, PO Box 932, Eugene, OR 97440

Phone/Fax: (541) 465-8887

E-Mail: [info@trackcity.org](mailto:info@trackcity.org)

Website: <http://www.trackcity.org>

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