2nd to None Track and Field Club

Handbook

&

Registration Packet

2014 Season

2nd to None Track and Field Club
P. O. Box 8182
Fredericksburg, VA 22404
www.2ndtoNone.teampages.com

Updated 20 October 2013

2nd to None Track and Field Club Handbook & Registration Packet

2014 Season

Dear Parents and Supporters:

Welcome to the 2014 track season for the 2nd to None Track and Field Club. We are one of the newest track and field clubs in the Fredericksburg area. We are delighted that you have chosen our organization. Our staff is dedicated to working with your children to ensure that each child reaches their optimum level in performance in track and education. We encourage our athletes to succeed first in the classroom because we believe education is the key to becoming successful and productive citizens.

The 2nd to None Track and Field Club is a youth track and field organization that practices and participates in track meets beginning in late February and lasting through mid-summer. We are a competitive traveling track & field team.

Our goal for the 2014 season is to develop a team concept which allows for growth, productivity, and individual development while maintaining integrity and core values.

We ask that you thoroughly read the attached handbook and complete the registration packet in its entirety. Please use our convenient checklist to complete registration.

If you have any questions, please feel free to contact any owner, coach or club officer.

See you on the track,

2nd to None Track and Field Club

2014 Season

About 2nd to None

The 2nd to None Track and Field Club was founded by Kenneth Williams, Lori Sims Ware and Micheal Lewis in 2012.

The 2nd to None Track and Field Club is a non-profit organization wholly dedicated to providing the youth of the Fredericksburg, Stafford, and Spotsylvania area with a supervised, fundamental learning experience. The mission is to promote the ideas of responsibility, hard work, sportsmanship, teamwork and spiritual fellowship within a safe and positive environment. The individual growth of our community's athlete is enhanced through the spirit of competition, discipline and fairness. These goals will be accomplished by providing structured programs designed to educate both participants and parents in all aspects of track and field. 2nd to None Track and Field Club is committed to providing youth programs that maintain the highest standards and guarantees a fun, positive experience for everyone involved.

Club Leadership

Coach Ken serves as Head Coach. In 2014, he will be supported by the following Governing Board members:

- Micheal Lewis, Chairman
- Lori Sims Ware, President
- Paulette Burton, Vice President
- Patina Williams, Team Administrator
- Tomeeka Beaver, Treasurer
- Rhonda Lewis, Fundraising Coordinator
- Allison Riley, Sponsorship Coordinator
- Serita Garrett, Community Outreach Coordinator

2014 Season

In our 2013 banner season, 18 of our 22 athletes qualified for the AAU National Junior Olympics, and of that 18, two of our athlete medaled one in the Long Jump and one in the 1500 Race Walk in Detroit, Michigan. Congratulations to all our athletes, coaches and parents for their hard work and dedication!

Girls Long Jump 11 years old
2nd Joselyn Jones
Girls 1500 Meter Race Walk 11 years old
3rd Zoi Betties
Girls 1500 Meter Race Walk 12 years old
Sydney Ware
Girls Javelin Throw Turbo (400 g 12 years old
Kendra Williams
Sydney Ware
Girls 400 Meter Dash 10 years old
Katie Jones
Girls 200 Meter Dash 11 years old
Joselyn Jones
Girls 400 Meter Dash 11 years old
Jana Riley
Joselyn Jones
Girls Shot Put 6 lbs 12 years old
Kendra Williams
Girls Discus Throw 1.0 kg 12 years old
Kendra Williams
Girls 800 Meter Dash 13 years old
Renee Ritzco
Boys 800 Meter Run 13 years old
Kenneth Sherrod
Amir Carmichael
Boys 100 Meter Dash 10 years old
Peyton Woodson
Boys 100 Meter Dash 12 years old
Jaren Holmes
Boys 100 Meter Dash 13 years old
Edward Deskins
Boys 200 Meter Dash 10 years old
Peyton Woodson
Boys 200 Meter Dash 13 years old
Edward Deskins
Landon Woodson
Boys Discus Throw 1.0 kg 13 years old
Landon Woodson
Kenneth Sherrod
Boys Shot Put 6 lbs 10 years old
Kevin Sherrod
Boys 200 Meter Dash 12 years old
Jaren Holmes
Boys Long Jump 12 years old
Jaren Holmes
Boys 200 Meter Dash 13 years old
Edward Deskins
Landon Woodson
Event 208 Boys Shot Put 4 kg 13 years old
Landon Woodson
Boys Javelin Throw 600 g 14 years old
Javon Beaver
Boys 400 Meter Dash 13 years old
Landon Woodson
Edward Deskins
Boys 1500 Meter Run 13 years old
Kenneth Sherrod
Amir Carmichael
Boys Discus Throw 1.0 kg 14 years old
Javon Beaver
Boys 3000 Meter Run 14 years old/Boys 1500 Meter Run 14 years old
Ryan Miller

GENERAL INFORMATION

Practices

Our practices are outlined in this package. We expect all athletes to attend practice. Missing practice means a missed opportunity to learn and improve. For rules concerning missed practices, please refer to the Parent Code of Conduct. Practice will be held rain or shine. If there is inclement weather practice may be cancelled. Please make sure that you provide ample fluids preferably water before and during practice and Gatorade-PowerAde after for practices. The team does not provide this at practice.

Team Constitution and Bylaws

Policies are included in this package and part of the acceptance waiver when registering. Please read over it carefully so that there are no surprises later. .

Coaches

Coaches have a range of experience and training in the event specialties. This diverse mix of knowledge provides a great learning opportunity for your child. Parents unless you are asked by an event specialty coach – please leave your coaching cap at home and enjoy your time in the stands. Hovering around or over your child during practice (unless you are asked to volunteer) is not an accepted practice in our program. Take the two hours of practice and enjoy a relaxed walk / run, read a book, and chat with your fellow parents. Please leave the coaching to the coaches.

Meets and Travel

Our meet schedule is designed to test the athlete's training progress through the summer. Qualifying to the Nationals is no small task. It is the parent's responsible for transportation and accommodations to and from track meets.

Costs

Costs are detailed in the attached package.

Uniforms

All team members are required to compete in our team uniforms.

Community Service

Our young athletes are expected to give back to their community. Throughout the year, we may participate in community efforts to boost our athlete's character in charity work. Our leadership is not only interested in producing quality young athletes on the track, but producing well rounded citizens off the track as well. Our team has participated in food-can drives, gift giving at area nursing homes, Agent of Change and the Braswell Run Against Teen Violence.

2014 Season

MEMBERSHIP

The membership fee for the 2014 season is $348.

Each membership fee includes:

Operating Expenses, which include facility use fees, insurance, AAU and USATF team membership fees, legal fees, Web Site maintenance and other miscellaneous team expenses related to management of the team.

- Club Fee - $70
- USATF Membership Fees - $20
- AAU Membership Fees - $14
- Meet Entry Fees - $77
- Uniform - $86
- Track Warm Ups - $81 (optional)

Membership fees are not refundable or transferable.

The following is due at registration:

- Copy of Birth Certificate
- Initialed and signed copy of the Parent Code of Conduct
- Signed copy of the Athlete Code of Conduct
- Registration Form filled out **completely**
- Photo Release Form
- Uniform Order Form
- Athlete Bio
- Parent Information Sheet

Athletes will not be allowed to participate in any practice until all membership fees are satisfied in full and paperwork is complete.

Please retain the following contact numbers for your reference:

- Kenneth Williams – Head Coach, Cell – 540-729-1836 / email – Kenneth.Williams27@gmail.com
- Lori Sims Ware – Asst Head Coach, Cell – 540-841-0075 / email – coachlori220@gmail.com
- Micheal Lewis – Asst Head Coach, Cell – 540-295-3723/ email – mlewis1222@msn.com

The above names will be responsible for the entire operation of the team – all questions pertaining to the team should be directed to one of them.

2014 Season

CONSTITUTION AND BYLAWS OF 2nd TO NONE TRACK AND FIELD CLUB

ARTICLE I – NAME

The name of this organization shall be 2nd to None Track and Field Club, hereinafter referred to as "STNTFC," or "this club" or "this organization." It will serve as the STNTFC under the rules and regulations of the Virginia Association of Amateur Athletic Union (AAU) and Virginia Association of USA Track and Field (USATF). STNTFC is incorporated in the Commonwealth of Virginia as a not for profit organization.

ARTICLE II – DEFINITIONS

As used in these Bylaws and the Operating Regulations:

A. Team Member:

1. Active Team Member: any individual who is actively engaged in the sport of track and field or who has represented STNTFC in competition; and

2. Eligible Team Member: any athlete between the ages of six (6) and eighteen (18) at the end of the competition year.

B. Athletics: inclusively, track and field.

C. Athletics competition: a contest, game, meet, match, tournament, or other Athletics event in which eligible athletes compete.

D. Coach: a person who is currently engaging in the training of athletes on a regular basis, regardless of the extent to which coaching is a part of the person's vocation or retired from the vocation of coaching.

E. Geographic area: the city of Fredericksburg and its surrounding areas within the Commonwealth of Virginia.

ARTICLE III – PURPOSE AND DUTIES

This non-profit organization shall act as the governing body for all members of this organization in the geographic area **(Article II - E)**.

A. Purposes: The purpose of this Organization shall include but not limited to:

1. Development: Developing interest and participation in youth track and field in this geographic area at all levels;

2. Management: Promoting the sport of track and field by conducting competitions and other events, and by cooperating with and encouraging other organizations which may do so;

3. Marketing: Generating public awareness, appreciation, and support for youth track and field, creating opportunities for athletes, athletic events, and generating sponsorships to aid this organization in fulfilling its purposes and duties;

4. Compliance: Comply with Section 501(c) (3) of the Internal Revenue Code**.**

B. Duties: The duties of this Organization shall include but not limited to:

1. Communication with athletes: Encouraging eligible team members to remain active in STNTFC and informed of policy matters which reasonably reflects the views of such athletes in the decision-making policies and procedures of the Virginia Association of AAU and Virginia Association of USA Track and Field;

2. Participation in Competition: Encouraging participation by eligible team members in track and field competition, in accordance with the provisions of these Bylaws and Regulations;

3. Support of diversity in Track and Field: Providing equitable support and encouragement for participation by all persons in track and field, regardless of gender, age, race or ethnicity, or disabilities;

4. Coordination of certification and education: Encouraging the certification of coaches and officials throughout this geographic area in all disciplines and at all levels of Athletics;

5. Registration and certification of athletes: Registering eligible team members as members of STNTFC and certifying such athletes as eligible for competition; and

6. Administration of Athletics: Performing all other duties necessary for the administration of Athletics in this geographic area and to achieve this organization's purposes.

ARTICLE IV – MEMBERSHIP

The membership of this organization shall be open to all persons of age 6 to 18 years old, desiring to actively participate in Athletics, as well as those individuals interested both in fostering the development of Athletics, particularly in the geographic area defined in Article II, and in meeting the objectives stated in Article III. The organization, through its representatives, shall be the judge of the qualification of individuals to become, and continue as, members of the organization.

ARTICLE V – OFFICERS

The representation and management of the organization shall be delegated to a Governing Board consisting of three Chairmen and all officers with the exception of the Fundraiser, Sponsorship Administrators and Community Outreach Coordinator. All officers and volunteers will be members of AAU. All coaches will be members of both Virginia Association of AAU and Virginia Association of USA Track and Field. A full description of each position is available upon request.

- **Chairmen:** will be appointed for a life term, unless he or she decides to step down. The Chairmen has authority to vote a board member off. Chairmen will be in charge of and oversee all of the following:
- **President:** appointed position: shall preside over all 2nd to None Track and Field Club meetings; help coordinate all STNTFC activities. The President shall be an ex-officio member of all committees. The President shall, subject to the direction of the Governing Board help Chairmen supervise the affairs of the Club.
- **Vice President:** appointed position: shall perform all of the above stated responsibilities in the

absence of the President.

- **Team Administrator :** an elected position: shall keep or cause to be kept all records of the STNTFC, and all meeting minutes of the Club, and be responsible for the distribution of these minutes to the Club membership, creating and editing the Newsletter, in general perform all duties pertaining to the office of the Governing Board shall appoint. The Team Administrator shall also maintain all registration records of the STNTFC.
- **Treasurer :** an elected position: shall maintain all financial records of the STNTFC, communicate efficiently and effectively with regards to all invoices and bills, keep up –to- date records of all financial transactions, ensure that funds of the Club are spending properly, may deposit, or cause to be deposited, all funds of the Club, issue receipts for funds paid to or on behalf of the organization and record all money received for STNTFC, prepare and present the budget report for Club meetings, prepare end of year reports to present to IRS, and monitor budget throughout the year for the Club.
- **Head Coach:** shall be appointed by the Governing Board, shall provide direct oversight in all matters pertaining to training, development and competition and make final decisions on behalf of STNTFC, and shall select the assistant coaches. The Head Coach shall also, upon receipt from the Administrator, provide the Governing Board with a list of track meets and estimated expenditures for those track meets. The Head Coach in agreement with the Chairmen can dismiss any assistant coach.
- **Fundraiser Administrator:** elected position: shall perform such duties making and providing copies of records, receipts, and documentation relating to fundraising activities, and coordinating fundraising efforts. No voting power.
- **Sponsorship Administrator:** elected position: shall perform such duties responsible for raising money to support the organization, recruits and motivates volunteer solicitors, keeps an accurate account of all contributions and recognizing your donors, keeps an accurate account of all cash and in-kind contributions received and documentation relating to sponsorship activities and coordinating sponsorship efforts. No voting power.
- **Community Outreach Administrator:** elected position: shall perform such duties planning age appropriate events for organization during the organization's offseason recruits volunteers to assist with event coordinator and documentation relating to all community outreach efforts. No voting power.
- **Legal Advisor:** provides legal assistance with matters pertaining to the club. This is advisory position only. No voting power.
- All parents and guardians of current team members are considered voting members of the STNTFC.
- Each family gets one (1) vote.
- There is no voting by proxy.

Elections shall be held annually. The Governing Board shall serve for a term of one year or until their successors have been elected. Governing Board has the right to appoint temporary position until emergency election can take place. Board members must provide within 30 days a written notice for resignation.

ARTICLE VI – FINANCES

This organization shall not be operated for a profit; nor shall any salaries be paid; as all positions are strictly voluntary. The Chairmen along with the Treasurer is authorized to expend the funds of the organization only for the purposes of the organization as stated in Article III. Two signatures will be required to expend the funds of this organization. In the event of financial misconduct, STNTFC reserves the right to prosecute to the full extent of the law.

ARTICLE VII - DISPOSITION OF FUNDS ON DISSOLUTION

Upon dissolution of this organization, the Governing Board shall dispose of all of the assets of this organization for charitable or educational purposes.

ARTICLE VIII - MEETINGS

There shall be an annual meeting of this organization in February of each year, and such additional meetings will be monthly or as may be called by the Chairmen or President of the Governing Board.

ARTICLE IX - COMMITTEES

The President with the approval of the Governing Board shall appoint the Chairperson of each committee. Each Chairperson can serve an unlimited number of successive terms in that office.

ARTICLE X - AMENDMENTS

Amendments may be made to this Constitution at a regular meeting of the 2nd to None Track and Field Club. All amendments must pass by a two-thirds vote of the members present.

ARTICLE XI - ORGANIZATION OFFICE

A. Supervision: Organization staff shall be under the guidelines as established by Virginia Association of AAU and Virginia Association of USA Track and Field and its STNTFC Governing Board.

B. Staff activities: The staff under the direction of the STNTFC Governing Board shall perform the duties outlined in Article V.

C. Complaints against the staff:

1. Notification: A complaint against a member of this organization's staff shall be sent to the Team Administrator of the STNTFC. By agreement, the President and Chairmen will receive the complaint within ten (10) days of receipt. The President and Chairmen shall be given not less than thirty (30) days to investigate the complaint, and shall have a written report of their investigation at the next appropriate Governing Board meeting of the STNTFC, including any action (if necessary) to be taken to remedy the situation.

2. Response: All complaints against staff shall be acknowledged promptly. A written response shall be made within thirty (30) days of the resolution of the complaint.

Effective – October 20, 2013

2014 Season

PRACTICES

The Club schedules regular practice sessions that each athlete is encouraged to attend. The practice schedule will be provided by the coaches and can be found on the Website. Our practices will start Monday, February 24, 2014.

Practice Regulations for Athletes

- Athletes should plan to attend all practices and notify a coach if you will not be present.
- Athletes should arrive on time and ready to workout – this means all gear on including shoes.
- Athletes should have the following at each practice:
  - Water bottle
  - Shorts and T-shirt
  - Sweat pants and top
  - Training shoes (No basketball shoes)

- Athletes must follow the directions of the coaching staff during practices. This includes doing the conditioning exercises, participating in all drills and completing the training program.
- The following is not allowed: profanity, horseplay, abusive language, etc.

Practice Regulations for Parents

- Parents are not permitted on the track or in practice areas during practice unless invited by a 2nd to None coach, except that parents may walk and jog in the outside lane of the track during practice provided there is space available.
- Parents shall refrain from coaching or instructing athletes during practice sessions. Coaching is the exclusive responsibility of the 2nd to None coaching staff.
- Parents should not engage the coaching staff in conversation during practice sessions. Coaches are available to answer questions before and after practice.
- Please notify the coach if your child will not be able to participate in a scheduled practice.

Practice and Bad Weather

The coaches will not cancel practice because of rainy weather in general. Practice will be held as scheduled except in the event of dangerous weather, such as extremely heavy rain or lightning. In the event that a scheduled practice is cancelled ahead of time due to the weather, the club will try to inform the members by e-mail and the club's web site.

2014 Season

MEET RESPONSIBILITIES and RULES

To ensure the 2nd to None Athlete's optimum performance at track meets, the 2nd to None Track and Field athletes and parents have certain responsibilities and rules to follow.

2nd to None Coaches determine what events the athlete will participate in for each meet. The parent may discuss this with the coaches prior to entry.

Meet information will be provided prior to each meet. This will be in paper form, e-mail, and/or on the web site (www.2ndtoNone.teampages.com). The 2nd to None parents and athletes are responsible for knowing the athlete's meet events and times.

If an athlete will not be competing at a meet, this must be communicated to the coaches as early as possible.

The Club will have a designated area for the 2nd to None athletes to stay during the meet. All athletes must sit together in this area. ***ALL ATHLETES WILL HAVE TO CHECK IN AND OUT WITH THE MEET COORDINATOR.***

Meet Coordinators

Meet Coordinators will be assigned at each meet, this is a voluntary position held usually by a parent volunteer. Their role has been established to designate an area for the athletes and to coordinate with athletes, parents and coaches. Their role is to increase parental accountability, reduce event check-in confusion and reduce coaching distractions.

1. The Meet Coordinators will, upon arrival establish an area for the athletes. This location will if possible be convenient to the coaches, check in area, away from high traffic areas, and located in the coolest possible location at the site. The Meet Coordinator will receive either the night prior to the meet or the morning of the meet the athlete event roster.

2. Parents should present their children to the Meet Coordinator upon arrival at the meet location to be marked present. Parents are responsible for making sure the athletes are marked present. Parents or Athletes that are old enough are responsible for reporting to the Meet Coordinator's area no less than 45 minutes prior to their event scheduled time.

3. Coaches will look for athletes in the Meet Area as events approach and may request assistance from the Meet Coordinator in locating athletes. It is not the Meet Coordinator's job to hunt down athletes.

4. Parents and Athletes are still responsible for listening for the call of their events and knowing what their events are for a particular meet. Also they are responsible for being prepared and warming up properly. Any athlete that cannot be found for a relay event will be replaced by an alternate in that event and may be subject to permanent removal from the relay roster.

2014 Season

Coaches/Managers/Volunteers Code of Conduct

It is the belief of this organization that coaches/managers are leaders and are dedicated to more than the winning and losing in competition. As a leader and role model for students, the coaches/managers will:

1. Exemplify the highest moral character as a role model for young people.
2. Recognize the individual worth and reinforce the self-image of each team member.
3. Establish a realistic team goal or vision for each season and communicate that to athletes and parents.
4. Encourage and assist team members to set personal goals to achieve their highest academic potential.
5. Create training rules for athletes that reflect the positive values of abstaining from the use of alcohol, tobacco and other drugs.
6. Strive to develop the qualities of competence, character, civility and citizenship in each team member.
7. Provide a safe, challenging and encouraging environment for practice and competition.
8. Gain an awareness of the importance of prevention, care and treatment of athletic injuries.
9. Respect the integrity and judgment of the track and field official.
10. Teach and abide by the rules of the track and field in letter and in spirit.
11. Strive for excellence in coaching skills and techniques through professional development with the following minimum training requirements (for coaches only):
    a. Acquire the Double Goal Coach certification through Level 3 (Positive Coaching Alliance sponsored via AAU).
    b. Acquire the Fundamentals of Track and Field training (NFHS sponsored).
    c. 2nd year coaches are to obtain USATF Level 1 Certification (USATF sponsored).
    d. In the events, these requirements are not met – 2nd to None reserves the right to suspend coaches from training.
12. Build and maintain ethical and professional relationships with other coaches, assistant coaches and administrators.
13. Promote personal fitness and nutrition.
14. Be modest in victory and gracious in defeat.

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Athletes' Responsibilities

Check your event time prior to the Meet. Arrive at the meet at least one hour prior to your scheduled event times. Events may run up to 30 minutes earlier or later.

Check in with the Club. Upon arrival at a meet, check in with the Club Meet Coordinator at the designated area and get your numbers, pins and instructions.

Sit with the Club during the Meet. Athletes must stay in the Club area during the meet. Athletes will not be sequestered by the team but will be required to check in and out with the Meet Coordinator when leaving the facility.

Come prepared. Wear your Club uniform, training shoes and appropriate socks. Have your shoe bag containing track shoes, extra replacement spikes, spike key, small towel, sunscreen and water bottle (with water or sports drink). Bring warm-up clothes to every meet – weather is unpredictable.

Warm up. Warm up with your teammates. Arrive in time to get prepared physically and mentally for your events.

Bring drinks and food. Bring plenty of water or sports drinks and healthy food. See the Nutrition section of this handbook for ideas.

Concession Stands. Concession Stands are off limits during the meet. Athletes may only approach the concession stand after the completion of the athlete's last event and/or with clearance from a 2nd to None coach.

Pay attention to the Meet Announcer. The meet announcer makes the calls for each event check-in. It is your responsibility to get to your event.

Check in at field events first. If you have a race and a field event at the same time, check in first at the field event and let them know you have a running event. Then go to the running event. Running events take precedence over field events. Return immediately to your field event after your running event.

Parents' Responsibilities

Make sure that your athlete is prepared, at the meets early and ready for his or her events.

The Week of the Meet. All athletes should get in a habit of drinking at least 48 oz of water each day,

The night before the Meet. All athletes should receive 8 to 10 hours of sleep two nights prior to a meet (i.e. Thursday and Friday nights if the meet is on Saturday). They should also eat a good dinner that is about 5-7 PM that includes complex carbohydrates, such as pasta and whole grain rice along with a moderate amount of protein lots of fruits and vegetables.

The Morning of the Meet. Athletes should eat a nutritious breakfast. This includes fruit, bread, cereal, water and juice. Little or no meat is best. More information is provided in the Nutrition section of this handbook.

The Duration of the Meet. Parents and athletes should pay close attention to the meet announcer to ensure their athlete check in at the proper time. Parents are responsible for ensuring their athlete is given water and the conclusion of their event.

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TENTATIVE MEET SCHEDULE

DATE	MEET	LOCATION
April 12	MAUSATF	Philadelphia, PA
April 19	Richmond Heat Invitational	Richmond, VA
April 26	Bring the Heat	Charlotte, NC
May 3	Tommy Smith Invitational	Washington, DC
May 10	Real Deal Classic	Suffolk, VA
May 24	Team MD	Baltimore, MD
June 7	VA Beach Flames	Virginia Beach, VA
June 14	Metro Rich-Carter Invitational	Richmond, VA
June 21	PWC Panthers Invitational	Woodbridge, VA
June 27-29	AAU National Qualifier	Suffolk, VA
July 6-13	**Club Championship**	**Orlando, FL**

2014 Season

AAU ATHLETICS AGE DIVISIONS

*All age divisions are determined by Year of Birth

Division	2014	2015	2016	2017
Primary	2006 & After	2007 & After	2008 & After	2009 & After
Sub Bantam	2005	2006	2007	2008
Bantam	2004	2005	2006	2007
Sub Midget	2003	2004	2005	2006
Midget	2002	2003	2004	2005
Sub Youth	2001	2002	2003	2004
Youth	2000	2001	2002	2003
Intermediate	1998-1999	1999-2000	2000-2001	2001-2002
Young Men/Women	1996-1997	1997-1998	1998-1999	1999-2000

USATF AGE DIVISIONS

*All age divisions are determined by Year of Birth

Division	2014	2015	2016	2017
Sub Bantam	2006+	2007+	2008+	2009+
Bantam	2004-2005	2005-2006	2006-2007	2007-2008
Midget	2002-2003	2003-2004	2004-2005	2005-2006
Youth	2000-2001	2001-2002	2002-2003	2003-2004
Intermediate	1998-1999	1999-2000	2000-2001	2001-2002
Young	1996-1997	1997-1998	1998-1999	2001-2000

2014 Season

HEALTH AND NUTRITION

Pre-Competition Sleep

- Athletes should receive 8 to 10 hours of sleep the night before a meet.

Pre-Competition Meals - 3 – 4 hours before the event

- High in complex carbohydrates, such as bread, fruit and vegetables
- Moderate in protein
- Low in fat
- Plenty of Fluids
- Athletes should eat a nutritious breakfast before a meet, including fruit, bread, cereal, water and juice. Little or no meat is best.

Snack Hints - For All Day Meets

- WATER
- Fresh Fruit – bananas, raisins, grapes, oranges, peaches, watermelon
- Bread, bagels, muffins. With peanut butter, cheese or cream cheese if within 3 to 4 hours before competition.
- Crackers and pretzels
- Fig Newtons, oatmeal-raisin cookies
- Peanut butter Sandwiches
- Fruit and Vegetable Juice – orange, tomato
- Cereal - With milk if within 3 to 4 hours before competition.
- Fruit yogurt - within 3 or 4 hours prior to competition

Post-Competition

- Athletes should do their **cool-down runs after** race events.
- Sports drinks, energy bars, and fruit for carbohydrate replacement.
- Dinner should include foods high in protein (chicken, beef, fish, milk, cheese, soy products, etc.) to build muscle.

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Registration Checklist

Athlete Name: _____

The items that are on the list need to be turned in by every athlete.

_____ Copy of Birth Certificate

_____ Initialed and signed copy of Parent Code of Conduct

_____ Signed copy of Athlete Code of Conduct

_____ Registration Form

_____ Completed Physical Fitness Form

_____ Photo Release Form

_____ Uniform Order Form

_____ Athlete Bio

_____ Parent Information Sheet

Please make checks and money orders payable to 2nd to None Track and Field Club. Debit and credit cards payments can be made on our website:

www.2ndtoNone.teampages.com

2014 Season

ATHLETE'S INFORMATION

THIS FORM MUST BE Signed & Returned

(Please print legibly)

NAME: _____

BIRTHDAY:_____ AGE: _____

MOTHER'S NAME: _____

PHONE: _____ CELL: _____

EMAIL: _____

FATHER'S NAME:_____

PHONE: _____ CELL: _____

EMAIL: _____

ADDRESS: _____

CITY: _____ ZIP CODE: _____

EMERCENY CONTACT: _____

ADDRESS: _____

CITY: _____ ZIP CODE: _____

PHONE: _____ CELL: _____

Parent/Guardian Printed Name: _____

I have read and understand all information, including the forms contained in the packet.

Parent/Guardian Signature: _____ Date: _____

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Athlete's Release/Medical Form

THIS FORM MUST BE SIGNED & RETURNED (PLEASE PRINT LEGIBLY)

Athlete's Last Name	Athlete's First Name	Athlete's Middle Name	DOB	Age
Mother's Name			Mother's Email	
Address				
Home Phone	Cell Phone	Work Phone		
Father's Name			Father's Email	
Address				
Home Phone	Cell Phone	Work Phone		

I know that participating in track and field events may result in serious injuries, and we do hereby waive, release, absolve, indemnify and agree to hold harmless the STNTFC, the organizers, sponsors, supervisors, participants and persons transporting my child to and from activities for any claim arising out of any injury to my child whether the result of negligence or for any other cause except to the extent and in the amount covered by accident or liability insurance. I will furnish a copy of certified birth certificate of the above named participant to the club. I authorize the STNTFC to obtain immediate medical care and consents to the hospitalization of, the necessary diagnostic test upon, the use of surgery on, and/or the administration of drugs to my child if any emergency occurs when I cannot be located immediately.

Parent/Guardian Signature:	Date:

(Please indicate any physical limitation (allergies, hearing, sight, asthma, etc.)

Emergency Contact Information

1st Name _____ Relationship: _____ Phone: _____

2nd Name _____ Relationship: _____ Phone: _____

Insurance Information

Insurance company Name: _____

Name of Insured: _____

ID# _____

Group# _____

2014 Season

Athlete Bio

Name: _____

Please tell us a little about yourself – your academic and athletic achievements, any awards, personal bests and school records broken.

_____

_____

_____

_____

Track Events (Individual)	
Running Event:	Best Recorded Time:
Running Event:	Best Recorded Time:
Running Event:	Best Recorded Time:
Field Events (Individual)	
Field Event:	Best Recorded Distance:
Field Event:	Best Recorded Distance:
Field Event:	Best Recorded Distance:
Goals (Individual)	
Event:	Goal Time:
Event:	Goal Time:
Event:	Goal Distance:
Event:	Goal Distance:

2014 Season

Parent Code of Conduct

All parents/guardians of participating athletes/children within the **2nd TO NONE Track and Field Club** must abide by the Code of Conduct, which includes but not limited to the provisions that follow. Any violation of these rules or any of the AAU/USATF rules will result in immediate expulsion from your association with the **2nd TO NONE Track and Field Club.** In addition, the parent/athlete will forfeit existing membership for the current season and be subject to review for any other subsequent year until further notice. **We reserve the right to update/change/add addendums to any portions of this contract at our discretion or as the need arises. All fees are non-refundable. This contract serves to cover the entire member household. Only one parent signature is required.**

2nd TO NONE Track and Field Club plays an important role in promoting the physical, social and emotional development of our athletes. It is therefore essential for parents, coaches and officials to encourage youth athletes to embrace the values of good sportsmanship. Moreover, adults involved in youth sporting events should be models of good sportsmanship and should lead by example by demonstrating fairness, respect and self-control.

1. Parent(s)/guardian(s) of the athlete must allow the coaching staff of **2nd to None Track and Field Club** to instruct and coach your athlete without interference. _____

2. Parent(s)/guardian(s) must participate in fundraising activities held by **2nd to None Track and Field Club's** Booster Club. All funds raised belong to **2nd to None Track and Field Club**. If any funds are distributed it will be based on fundraising totals and prorated based on parent or guardian fundraising participation. _____

3. Any athlete missing two (2) consecutive practices will not be allowed to compete in the upcoming track and field meet. _____

4. The coaching staff will document all behavior problems and inappropriate incidents. Parent(s)/guardian(s) will be contacted and informed of the child's behavior. The staff will review any athlete having three (3) or more cited incidents and upon review, appropriate disciplinary action will be taken on the findings of the staff. Dismissal from the team may result. _____

5. If Parent(s)/guardian(s) displays consistent inappropriate and disruptive behavior the athlete may be dismissed from the team at which time the athlete's AAU and/or USATF membership cards will be given to the parent. Any further competing in AAU and/or USATF sanction events will be done without the affiliation of 2nd to None Track and Field Club. _____

6. Parent(s)/guardian(s) will be responsible for attending parent's meetings, regarding the athlete's behavior, attendance, club, or meet information. Failure to do so could result in the athlete's dismissal from the team. _____

7. Parent(s)/guardian(s) are responsible for paying the athlete's registration/membership fees within a specified amount of time determined **by 2nd to None Track and Field Club organization**. _____

8. Parent(s)/guardian(s) of the athlete are responsible for transportation and accommodations to and from track practice site(s) and track meets. _____

9. Parent(s)/guardian(s) must accompany the athlete to **ALL** track practices and to **ALL** track meets. _____

10. Parents(s)/guardians(s) acknowledge any unsupervised track and/or field practices not hosted **by 2nd to None Track and Field Club will not** be covered by the organization's liability insurance. _____

11. Parents(s)/guardians(s) should notify coaching staff of any sickness/injury that the athlete has endured. _____

12. Parents(s)/guardians(s) notify coaching staff if athlete is in any other athletic sporting organization. _____

13. Parents(s)/guardians(s) should be aware the team meetings are for members only. _____

_____ _____

Parent/Guardian Signature Date

2014 Season

Athlete Code of Conduct
(Athletes 11 years old and older)

1. The athlete will learn the value of teamwork, self-discipline and development of a strong work ethic and personal sacrifice.
2. The athlete will learn to be a good sport while developing self-control, honesty and a spirit of cooperation.
3. The athlete will be a good winner as well as a gracious loser in defeat. Sportsmanship is an important value that will be a major objective for all 2nd to None Track and Field Club Athletes.
4. The athlete will show respect to all officials, coaches, players, and parents never acting in a manner which would be considered disrespectful or would reflect negatively on them or the team.
5. The athlete will learn to appreciate the skills and abilities of his/her peers.
6. The athlete will learn an appreciation of playing by given rules.
7. The athlete will learn the value of physical fitness that leads to a sound body, healthy mind, and life-long health habits.
8. The athlete will learn, in a positive manner, to cope with the competitive nature of athletics and society.

_____ _____

Athlete Signature Date

_____ _____

Parent Signature (if under 18) Date

2014 Season

Photo Release Form

2nd To None Track & Field Club
P. O. Box 8182
Fredericksburg, VA 22404

I consent to 2nd To None Track and Field Club the right to take photographs of my family and me in connection with the any 2nd to None Track and Field events. I authorize 2nd To None Track and Field Club its assignees and transferees to copyright and publish the same in print and/or electronically.

I further consent 2nd To None Track and Field Club may use such photographs of me with or without my name for any lawful purpose, including for example such purposes as publicity, illustration, advertising and Web content.

I have read and understand the above:

Signature _____

Printed name _____

Address _____

Date _____

Signature, parent or guardian _____
(if under age 18)

2020

2014 Season

UNIFORM AND CLUB CLOTHING

Athlete Last Name: _____Athlete First Name: _____

Phone: _____ Cell: _____

Uniform

The 2nd to None Track and Field uniform is royal blue and white. Club members may not compete unless wearing the official uniform. Optional track suits are also available by filling out the order form below:

This is mandatory for each club athlete. Check appropriate box for size required.

Gender	Measurement	XS	S	M	L	XL	XXL
Men	Chest	28-32	32-35	34-38	35-42	40-44	42-48
	Waist	24-26	28-30	32-34	34-36	36-38	38-42
Check Here							
Ladies	Bust	32-33	33-34	34-35	36-37	38-40	40-42
	Waist	23-25	25-27	28-30	30-32	32-34	35-38
	Hips	32-34	35-36	37-38	39-41	41-42	43-44
Check Here							
Youth	Chest		24-25	26-27	28-29		
	Waist		21-22	23-24	25-26		
Check Here							

*****All Boys and men must wear jock supporter.*****

Track Warm-ups

The track suits will be blue and white. The team logo will be on the left front breast along with the athlete's first name. The 220 signature will be on the left front of the pant leg. These items can be purchased separately.

Name to appear on the left breast as _____.

This is optional. Check appropriate box for size required.

Gender	Measurement	XS	S	M	L	XL	XXL
Men	Chest	28-32	32-35	34-38	35-42	40-44	42-48
	Waist	24-26	28-30	32-34	34-36	36-38	38-42
Check Here							
Ladies	Bust	32-33	33-34	34-35	36-37	38-40	40-42
	Waist	23-25	25-27	28-30	30-32	32-34	35-38
	Hips	32-34	35-36	37-38	39-41	41-42	43-44
Check Here							
Youth	Chest		24-25	26-27	28-29		
	Waist		21-22	23-24	25-26		
Check Here							

2014 Season

PARENT/VOLUNTEER INFORMATI0N SHEET

Name: _____

Child's Name: _____ Child's Age: _____

Address: _____

Telephone: _____ Cell: _____

Employer: _____

Interest related to track club: _____

Area in which you would like participate: _____

_____

Please see below suggested areas to volunteer:

- Fundraising
- Ad hoc committees
- Concessions
- Meet Coordinator
- Coaching Assistant

2014 Season

2nd To None Track and Field Club

Striving for unparalleled character and excellence.

Donor Information Form

Please mail all donations to:
2nd To None Track and Field Club
P. O. Box 8182
Fredericksburg, VA 22404

Name:_____
Business Name:_____ _____
Address:_____
City:_____
State:_____Zip:_____

Primary Phone:_____ Secondary Phone: _____

2nd to None Point of Contact:_____

☐ I would like to make a check/cash donation. Please make checks payable to 2nd To None Track and Field Club.

Amount: $_____

☐ I would like to donate the following to the 2nd To None Track and Field Club.

Value of Donation: $_____

Donation Description: (Gift Certificates, Goods, Services, etc)

_____
_____
_____

2nd to None Track and Field Club is exempt from federal income tax under Section 501(c) (3) of the Internal Revenue Code. Contributions are tax deductible to the extent of the law. Tax Identification number will be provided for tax filing purposes upon receipt of donation. There is a $50 fee for returned checks.