

2021 SUMMER ATHLETIC HANDBOOK



www.xtremeforcetrackclub.org

Hello,

Thank you for your interest in joining the Xtreme Force Track Club team. We are an organization formed to provide a youth track and field program in Central Texas dedicated to the educational and athletic enrichment of the student athlete. Xtreme Force Track Club strives to provide training, educational assistance and mentoring for student athletes from the ages of 6-18 years old.

The primary purpose of the club is to assist the student athlete in the development of the skills and discipline which we believe are essential for success in the area of track and field as well as in life. We believe that self-discipline, self-esteem, and high moral standards are the cornerstone of any successful organization.

Academic success in the classroom is a priority over athletic success. We motivate all of our athletes to improve their academic achievement and stress the importance of an education in helping them to attain their long term goals.

The outdoor season is our largest and longest season spanning, 3-5 months (April - 1st Week of August), and typically has about 5 travel meets per season. All travel is at the parent's expense unless enough fundraising occurs to offset all or part of the athletes travel costs. Of the approximate 5 travel meets, one is a week-long and is what we work all season to achieve - the Amateur Athletic Union Junior Olympics, the location this year is in Des Moines, Iowa. The Jr. Olympics is for qualified athletes 6 – 18 years of age.

As we have youth ranging in age from 6 - 18, our junior high and high school athletes typically come out after the completion of their school's track season, somewhere in between April and May. However, registration is required *prior* to the closing date to ensure uniforms are ordered in a timely manner. Outside of your membership fees, you can expect out of pocket cost of \$6 per meet per spectator each week.

Below is a checklist of the documents attached and the items needed to complete the registration process. Please review all documents. Uniforms will not be issued until the registration process is complete and all fees are received. *Fees are non-refundable.*

Best Regards,

Xtreme Force Track Club Coaches & Staff

CHECKLIST:

- Registration (must be completed online)
- Fee List
- Schedule
- Athlete and Parent Expectations
- Birth Certificate (**copy of original** must be turned in by April 30th)

REGISTRATION:

March 19-April 9 (*registration is required prior to the closing date to ensure uniforms by the Qualifying meets.*)

Due to our insurance requirement each athlete must register, pay deposit or full amount BEFORE the athlete begins practice.

Please note: fees are non-refundable and \$150 deposit per athlete due at sign-up, with the remaining due no later than April 9th. If your balance is less than \$150, do not choose the \$150 deposit per athlete option, but pay the full amount

Registration Fee \$425

First Additional Sibling- \$400

Second Additional Sibling and more- \$375 each

Fee Includes

- Amateur Athletic Union (AAU) membership card
- Liability Insurance
- Uniform Top & Bottom
- Warm-up T-Shirt
- Warm-up Tracksuit
- Personalized Backpack
- Entry to all meets EXCLUDING AAU Jr. Olympics

STAY CONNECTED:

- Xtreme Force Track Club Website: www.XtremeForceTrackClub.org. You will need to enter your email address to subscribe to new updates that are posted to the website, and then confirm you joining the subscription.
- Facebook, Twitter, Instagram
- GroupMe App: This is a great way for the team to stay connected. You will have to get signed up and remember to reply when you are added. If you do not reply, you will not

receive any announcements sent via GroupMe. You can either download the app or just receive the messages as a text.

PRACTICE:

Practices are held every Monday, Tuesday, and Thursdays. Restroom facilities may be limited. Please use the restroom before arriving at practice. Practice times and location may vary depending on weather, daylight savings time and planned workout. Please see the practice schedule for specific details on the website.

BAD WEATHER:

Practice and track meets will be held as scheduled except in the event of dangerous weather, such as 40 degrees and below, heavy rain, or lightning. In the event that a scheduled practice or track meet is cancelled due to the weather, the club will attempt to inform the members by email, GroupMe app or posting on website and social media sites. When in doubt, please contact a coach.

TENTATIVE SCHEDULE (* denotes a qualifying meet)

Date	Meet	Location
May 1, 2021	Practice Meet	TBD
May 8, 2021	Central Texas Roadrunners Meet	Killeen, TX
May 15, 2021	Practice Meet	TBD
May 22, 2021	4Star Track Meet	TBD
May 29, 2021	LC Express/Texas Heat Track Meet	Giddings, TX
June 5, 2021	South Texas AAU Primary Championship / XFTC Invitational Meet	Georgetown, TX
June 11-12, 2021	South Texas Northern District Qualifier	Belton, TX
June 18-19, 2021	South Texas Southern District Qualifier	Converse, TX
June 19, 2021	Pflugerville Hawks Track Meet	Thrall, TX

* June 23-26, 2021	AAU Region 19 Qualifier *	Steeplechase TBD Other Events at Converse, TX
July 31-August 7, 2021	AAU Junior Olympics	Humble, TX

TRACK MEETS:

1. Arrival time may vary and will be provided the week of the track meet. Upon arrival, athletes are required to check-in at registration and then proceed immediately to the designated camp area. Arrival time is typically 2 hours prior to the start of athletes' first event.
2. Xtreme Force coaches determine what events the athlete will participate in for each meet. Parents may discuss this with the coaches prior to the meet; however coaches have the final say.
3. Xtreme Force Track Club will have a designated camp area for athletes to remain in during the entire meet. All athletes must sit together in this area. A parent or guardian must watch their child when in the camp area.
4. Athletes must receive permission from a volunteer camp assistant to leave the camp area.
5. **Admission fees:** Many meets charge an admission fee for spectators. This includes parents, siblings, and any non-participating athletes. Prices range from \$5 to \$20 depending on if it is a practice meet or a qualifying meet.
6. **Food and Water:** Coolers with PLENTY of water and snacks. Track meets last all day and it is imperative that you keep your athletes completely hydrated and fueled for the day. Concession stands are available at some meets. Athletes are required to bring a healthy lunch and snacks such as: sandwiches, bagels and muffin, crackers and pretzels, fig newtons, oatmeal-raisin cookies, bananas, grapes, & melon, fruit roll ups, sports drink and water.
7. **Things to bring:** Tents to provide shade, if you have one. Chairs, pillow, blanket and/or tarps and blankets. Music, books, etc to keep your athlete occupied between races. Athletes must arrive wearing their uniform, warm-ups, running shoes, spikes, and extra shoes to walk around in between events.

AAU Athletics Age Divisions:

Division	2019	2020	2021	2022
8 & Under	2011 & After	2012 & After	2013 & After	2014 & After
9 Year Old	2010	2011	2012	2013
10 Year Old	2009	2010	2011	2012
11 Year Old	2008	2009	2010	2011
12 Year Old	2007	2008	2009	2010

13 Year Old	2006	2007	2008	2009
14 Year Old	2005	2006	2007	2008
15-16 Year Olds	2003-2004	2004-2005	2005-2006	2006-2007
17-18 Year Olds	2001-2002	2002-2003	2003-2004	2004-2005

**Athletes who are still eighteen (18) years of age through the final day of the AAU Junior Olympic Games shall be eligible to compete in the 17-18 year olds division.*

FUNDRAISING:

Everyone is encouraged to participate in fundraising. Xtreme Force Track Club Fundraising Coordinator will coordinate all fundraising activities. If you participate in fundraising, monies earned helps to offset the travel cost of Junior Olympics. Only those participating in fundraising activities are subject to having part of their monies earned to help offset additional cost for their athlete.

ATHLETE EXPECTATIONS:

1. Athletes are encouraged to attend all practices and track meets. If you are unable to attend, please contact a Coach as soon as possible
2. Athletes must arrive on time to every practice to receive the full training program.
3. Athletes must be prepared by wearing and bringing the following to each practice:
 - a. Water bottle filled with water
 - b. Tights or leggings are preferred (wind pants or sweatpants are expectable).
 - c. Running Shoes
 - d. Spikes (sprint or mid-distance)
 - e. Warm-ups
4. Athletes must follow the directions of the coaching staff during practices. This includes doing the exercises, participating in all drills and completing the training program.
5. Show respect for XFTC coaches and staff
6. Demonstrate sportsmanlike behavior
7. Demonstrate a positive attitude
8. Respect possessions of others
9. Do not possess or use any tobacco or tobacco-related products, drugs, or alcohol
10. Be courteous and polite to others
11. The night before a track meet athletes are encouraged to eat pasta, pizza, vegetables, brown rice etc. The day of a track meet eat 2-3 hours prior to your event starting...oatmeal, eggs, wheat toast etc. Stay away from eating dairy products.
12. STAY HYDRATED

PARENT EXPECTATIONS:

1. Parents are not permitted on the track or in practice areas during practices.

2. Parents shall refrain from coaching or instructing athletes during practices sessions.
3. Be courteous and polite to others;
4. Demonstrate a positive attitude
5. Coaching is the exclusive responsibility of the Xtreme Force Track Club coaching staff.
6. Coaches are available to answer questions before and after practice.
7. The Xtreme Force training program is physically intensive. Participation in additional athletic programs is highly discouraged. If an athlete fails to attend practice or you would like to know how you could assist your athlete on your own time, please discuss options with the coach. Excessive training could potentially HARM the athlete or cause injury.
8. Please notify the coaching staff if your child will not be able to participate in a scheduled practice or track meet. This notification should be given as early as possible.

EMERGENCY MEDICAL AUTHORIZATION:

I hereby grant my permission for any and all emergency medical/dental treatment and/or first aid to be administered to my child/participant, including authorizing any medical treatment facility/hospital to administer emergency treatment, for any illness/injury/accident resulting from participation in any and all Xtreme Force Track activities. _____

Parent/Guardian's (initial)

o **Child's Health Information**

Health Conditions (e.g. Asthma, Diabetes): _____
 Allergies (e.g. to Medications, Food): _____
 Prescription Medications: _____
 Date of Last Tetanus Injection/Booster: _____

o **Child's Medical Care and Insurance Information**

Physician/Pediatrician: _____ Phone Number: _____

 Dentist/Orthodontist: _____ Phone Number: _____
 Preferred Medical Facility: _____
 Insurance Company: _____
 Policy/Group Number: _____ Policy Holder: _____

PHOTO AND VIDEO RELEASE:

I hereby authorize and grant permission to the Xtreme Force Track Club to use me or my child's photograph and/or videos. I agree that such reproduction may be edited as desired and used in whole or in part for any and all print, audio-visual, multimedia, online, and/or exhibition purposes in any manner or media, in perpetuity, throughout the world. I understand that I have no rights to any benefits derived there from. I recognize that I have the right to enter into the Agreement and that my rights I have granted in this Agreement will not conflict with or violate any commitment

or understanding I have with any other person or entity. I agree to indemnify and hold harmless the Xtreme Force 'Track Club from and against all claims, losses, expenses and liabilities of every kind including reasonable attorney's fees, arising out of the inaccuracy or breach of any provision of this Agreement. I expressly release the Xtreme Force Track Club from any and all claims arising out of the use of me or my child's photograph or video image. This Agreement represents the entire understanding of the parties and may not be amended unless mutually agreed to by the parties in writing. _____ (Parent/Guardian's initial)

PARENT/LEGAL GUARDIAN CONSENT & RELEASE FORM

I hereby indemnify and hold harmless Xtreme Force Track Club, XFTC Coaches and Staff, and XFTC assigned Chaperones against any and all rights and claims which I have or which may arise in conjunction with my athlete's participation or travel to and from practices, track meets, road races or other activities sanctioned, sponsored and/or attended by the XFTC and AAU. I understand my child will not be covered by insurance provided by Xtreme Force Track Club and that I either have my own major Medical Insurance Policy or, if not; I will cover the expenses of any injury. _____ (Parent/Guardian's initial)

Receipt of XFTC Athletic Handbook and COVID Guidelines (separate page)

Acknowledgement of Athlete

I acknowledge that a copy of the XFTC Athletic Handbook has been issued to me. I have read, understand, and shall abide by the information contained in the handbook.

Athlete's Name (please print): _____

Athlete's Signature: _____ Date: _____

Acknowledgement of Parent/Guardian

I understand and consent to the athlete responsibilities set forth in the XFTC Athletic Handbook. I also understand and agree that my child shall be held accountable for the behavior expectations and consequences set forth in the XFTC Athletic Handbook. I understand that the XFTC policies and procedures can change at any time. Additionally, I have been advised that my child's participation in Junior Olympics is a privilege, not a right. Since the Junior Olympics are optional, I understand and agree that those who choose to participate will be held to higher standards of behavior and performance in and out of track meets.

Parent/Guardian's Name (please print): _____

Parent/Guardian's Signature: _____ Date: _____