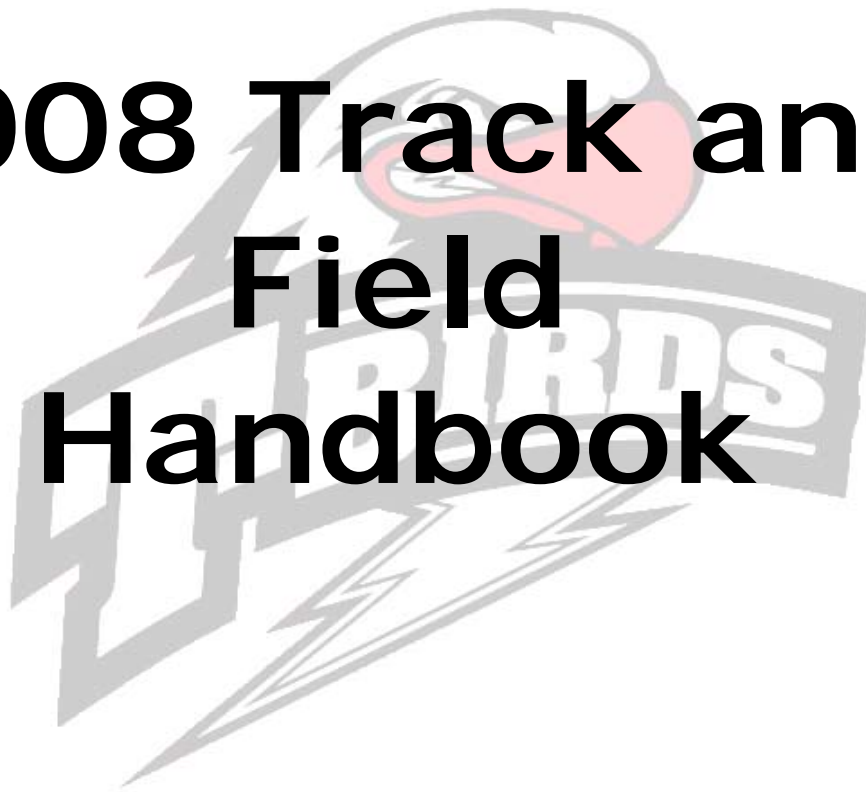


JR. THUNDERBIRDS

2008 Track and Field Handbook



Season Welcome Letter

April 2008

Welcome to the Jr. Thunderbirds Track & Field Team!

This handbook is intended to provide you with information to help you and your athlete have a rewarding and enjoyable experience with the sport of track and field.

The Jr. Thunderbird staff is a group of dedicated individuals with the desire to help young runners. Our program is a developmental program for young athletes, which means we are here to provide the opportunity for your child to run in an organized setting. It is up to the kids to bring the desire and effort to practice. We open our doors to all abilities of runners and ask only for their best effort at practice and meets.

Jr. Thunderbirds Guidelines:

1. Arrive ready to listen, work hard and learn.
2. Be supportive of all athletes on your team.
3. Show respect for coaches, officials and opponents.
4. No matter what the outcome of a meet or practice, you will always be a winner if you try your best.
5. Enjoy being on a running team and take pride in yourself for being an important part of a team.

We encourage parents to join in running with the team too. Not only is it a way to stay in shape, but it is a great way to spend some quality time with your kids and some very talented young athletes. It also lets the kids see that we really understand how hard they are working.

If you have any questions, feel free to speak with any of the coaches before or after practice or drop us a line using our website at

www.jrthunderbirds.com

We expect this to be an outstanding season and we are ready to go!

Jr. Thunderbirds

Jr. Thunderbirds Track & Field Philosophy.

First and foremost, we place the emotional and physical well being of the athletes ahead of all other considerations. We are here to help the individual athlete enjoy our sport rather than simply promote the club. We want fun and enjoyable experience for all our kids, no matter what level they achieve. We encourage athletes to set goals for themselves so they can experience success when they achieve those goals. And, we challenge them to be their best.

Jr. Thunderbirds Track & Field Goals and Mission.

The objectives of our track club are to encourage and help young people develop:

- **Physically** by learning skills related to the sport of track and field; improving their physical conditioning and developing good training and health habits.
- **Emotionally** by building their feeling of self-esteem by recognizing their individual achievements.
- **Socially** by having fun, forming bonds of friendship, and learning good sportsmanship.

Responsibilities-Code of Conduct

Athletes

- Arrive to practice ready to listen, work hard and learn.
- Be supportive of ALL athletes on your team.
- Show respect for coaches, officials, teammates and opponents.
- Learn the rules, and always compete by them.
- Remember, your opponents are necessary friends. Without them, you cannot compete.
- Use only appropriate language around the club events.
- No matter the outcome of the meet, you will always be a winner if you do your best.
- Have FUN!

Parents

- Encourage good sportsmanship by demonstrating good sportsmanship towards all athletes, coaches and officials at every practice and meet.
- Place the emotional and physical well-being of your child(ren) above any personal desire that they win.
- Support coaches and officials working with your child(ren) in order to provide an enjoyable and fun experience. REMEMBER...coaches and officials are volunteers giving of their personal time and money.
- Demand a drug, alcohol and tobacco free environment for your child and assist by refraining from their use at all youth sporting events.
- Remember children are involved in organized sports for their enjoyment, not ours and children need models, not criticism.
- Support the team by volunteering to help with practice, or whatever else it would be helpful.

THE BILL OF RIGHTS FOR YOUNG ATHLETES

The right to participate in sports.

The right to participate at a level commensurate with each child's maturity and ability.

The right to have qualified adult leadership. The right to play as a child and not as an adult.

The right to share in the leadership and decision-making of the sport.

The right to participate in a safe and healthy environment.

The right to proper preparation.

The right to an equal opportunity to strive for success.

The right to be treated with dignity.

The right to have fun in sports.

Club Contacts:

Charles Mass	charlesmass@satx.rr.com
Darlene Mass	darlenemass@satx.rr.com
Julian Martinez	

Communications.

We strive to keep our club members informed. This sounds like an easy task, but with all the information that needs to be distributed, it is more difficult than it sounds. So, we have three main ways to communicate with you:

1. In person: We will verbally communicate information about our program and answer your individual questions at practice, track meets, and parent meetings.
2. Printed Material: We distribute printed material, such as handouts, flyers, etc. at practice. Please check!
3. Email & Website: We will send out information via email whenever possible. We understand that everyone does not have email, but nearly 90% of our club does and it simply saves the club a lot of money by not printing sheets of information. The coaches check e-mail regularly and will respond to questions or concerns as quickly as possible as their teaching and coaching schedule permits. Additionally will try to keep our website up to date with new information.

Practice.

Practice begins on the 3rd week of April. Practices are held from 6:30 to 7:30 or 7:45 PM at Metzger Middle School. Make sure your athlete's coach is on the field before leaving him or her at practice. Please pick up your athlete promptly at the end of practice.

Weather.

Practice will rarely be cancelled. The only time we would cancel practice is if the weather is such that it is dangerous (e.g. Lightening storms). If you have not been notified of cancellation, come to practice.

Registration paperwork.

You must complete a 2008 Application form prior to your child's first day of practice. Application materials will be available on-line starting in April. Also you can receive an additional \$25.00 off with a Jr. Thunderbird coupon it is redeemable until the 1st of May.

Behavior:

1. No indulging in alcohol or drugs. You will be automatically dismissed from the team if you are found to have been involved in this activity.
2. Finally, no one person is above the team. Fighting, "trash talking" to teammates or opponents, mouthing off, refusing to do workouts, showing disrespect for any adult, coach, members of opposing team, or your fellow team members will not be tolerated. Everybody on the team is important—no matter how fast he runs, and deserves your respect and encouragement. If any of the above becomes a problem you will receive one warning and after that removed from the team.

Sickness/Injuries.

1. All injuries must be reported to the coaching staff. If it is serious enough you will be expected to see your family physician.
2. All athletes are strongly encouraged not to share water bottles, jugs, etc. with any other member of the team to prevent a spread of viruses.

Registration Fees and Fundraisers.

Your registration fee is used to pay for such items as AAU membership and the uniforms, which the athletes keep. Refunds are not available. You are required to participate in all fundraisers and raise \$75 per child to help with league expenses.

Track Etiquette.

Only coaches, athletes and officials who are currently participating in the events may occupy the field during the meets.

Clothing.

The Jr. Thunderbirds uniform (jersey and shorts) must be worn to all meets, but not to practice (except picture day). Shorts, T-shirt or tank top, and running shoes should be worn to practice. To assist in preventing cooling down too quickly after a workout or race, a sweat suit or long pants and jacket can be worn.

Running Shoes.

Each athlete must provide his or her own running shoes. The shoe you select should be especially designed as a running shoe (I.E. not court, aerobic, multipurpose or basketball shoes).

Track Shoes (Spikes).

Spikes may improve speed and running form, but are not required. Certain events and facilities have restrictions on the size and type of spike allowed. Spikes will not be permitted during the first two weeks of practice. When spikes are allowed at practice, they should be treated with extra care. Spikes shall be worn only for the portion of practice which requires them, then removed. A non-spike shoe must be worn to and from practice.

Identify Your Equipment.

Please label every item with your athlete's name and contact information. Spikes should be labeled on the outside heel cup, since many others will have the same type of shoes

Meets

General.

All meets begin promptly at 8:00 AM. Athletes should arrive by 7:00 AM to report to their coaches and receive their event stickers. Most meets will last until mid-afternoon. Please come prepared with sweats or warm-ups for your athlete to wear between events, water or juice, and a light lunch.

Age Group Classifications.

Primary- 2001 & After
Sub Bantam- 1999
Bantam- 1998
Sub Midget- 1997
Midget-1996
Sub Youth- 1995
Youth- 1994
Intermediate- 1992-1993
Young Men/Women- 1990-1991

Competition.

Each age group competes against the same age groups from opposing teams to ensure fair competition.

Nutrition.

The night before a meet, the athlete should eat a low fat, high carbohydrate meal, such as pasta, salad and fruit. The day of the meet, carbonated drinks, candy, milk products, and heavy, greasy food should be avoided, as they are hard to digest. Fruit juice, water, diluted sports drinks, and light foods are recommended for consumption during the meet.

Snack Hints.

- These high-carbohydrate foods can be packed and taken along for midday snacks, long workouts, or competitions.
- Breads, bagels and muffin
- Crackers and pretzels
- Fig Newton's, oatmeal-raisin cookies
- Fruit juices, or tomato or V-8 juices
- Fruit yogurt
- Frozen yogurt
- Cereal and milk

Pre-competition Meals.

- Eaten 3-4 hours before the event.
- High in complex carbohydrate like bread, vegetables and fruit.
- Moderate in protein
- Low in fat
- Adequate intake of fluids

All day events.

Athletes should consider the amount of time between eating and performance when choosing foods at all-day events. Suggested pre-event foods including the following:

One hour before competition:

- Fruit and vegetable juices such as orange or tomato juices, and/or
- Fresh fruit such as bananas, raisins, grapes, oranges, peaches, or watermelon

Two to three hours before competition:

- Fruit juices and fresh fruit, and/or
- Breads, bagels or muffins, with a small amount of cream cheese

Three to four hours before competition:

- Fruits juices and fresh fruit, and
- Breads, bagels or muffins and
- A light spread of peanut butter or 1 slice of cheese for breads, or a light
- Spread of cream cheese for bagels and or
- A bowl of cereal, with milk or yogurt

Four hours or more before competition:

- Sandwich with 2 slices of bread and 2 ounces of lean meat, and
- Fresh fruit, and
- Fresh vegetables, and
- Milk or yogurt

DON'T FORGET WATER-Try to stay away from soda or carbonated beverages.

*The above recommendations are from Eat to Compete, Eating for Endurance, Food for Sport, the Athlete's Kitchen and Nancy Clark's Sports Nutrition Guide Book.

Team Safety.

There will be about over 200 athletes at meets. In order to ensure the safety of all, a few rules must be enforced:

1. Shoes must be worn at all times.
2. Spikes may be worn only when authorized by one's coach.
3. Throwing any object is prohibited.
4. No climbing of fences, bleachers, equipment, etc.
5. Property and equipment must not be defaced.
6. No walking or jogging in the inner three lanes.
7. Look both ways before crossing the track.

Your First Track Meet

- **Registration fees are handled by the club for athletes.** You DO need to be at the meet at 7:00am for both registration and check in at each meet. The Jr. Thunderbirds handles paying fees for all registered members who have paid their season fees in full for the practice meets Regional and Championship fees are not covered by registration.
- **Check your event time on the Meet Flyer.** You need to be there 1 hour before the scheduled time. Check in with your coach 45 minutes before your event. Events may run up to 30 minutes early and you need time to warm-up, check- in, and get to the starting line.
- **Bring food.** Concession food is available, but the selection is limited and not as healthy as we'd like for our athletes. See the Nutrition Section of this handbook for ideas on what to bring.
- **Bring a stopwatch and notebook.** You will want to record your child's performances over the course of the season, so bring a notebook and stopwatch.
- **Check in with your coach.** We need to know who will be competing in what events so we can get you warmed up and ready to go.
- **Don't eat 1 to 2 hours before your event.** Running on a full stomach can cause problems. You need to eat, but plan it according to your event schedule. (See Handbook for nutrition suggestions)
- **Bring a water bottle.** You need to stay well hydrated to enable your body to work at its highest potential
- **Pay attention to the meet announcer.** The announcer will generally announce first, second, and last call for each event. You need to check in at the staging area by the second call. **THE ATHLETES ARE RESPONSIBLE FOR GETTING TO HIS/HER EVENT.**
- **Be patient with the officials and meet organizers.** They are parent volunteers and are trying to do their best. (You'll be in the their position at times during our meets) If you have a major problem with the officials, contact one of the Jr. Thunderbirds coaches for help.

Meet Schedules

Arrival Times For Track Meets:

Parents should arrive to track meet for check in no later than 7AM. There will be a gate admission fee for parents at each meet charged by AAU.

<p>2008 STAAU Practice Meets</p> <p>Location: Wagner High School 3000 Foster Rd San Antonio TX 78244</p> <ul style="list-style-type: none">• June 07, 2008• June 14, 2008• June 21, 2008• June 28, 2008 <p>** Meet will be FAT timed for athlete information only</p>	<p>2008 STAAU TRACK AND FIELD DISTRICT MEET DATES</p> <ul style="list-style-type: none">• JUNE 27- 28 Brownsville TX• JULY 11-12 Round Rock TX
<p>MULTI EVENT NATIONAL QUALIFIER</p> <p>@ WAGNER HIGH SCHOOLSAN ANTONIO ,TEXAS</p> <p>JUNE 20-21</p>	<p>2008 AAU Junior Olympic Games Detroit, MI July 26 - August 2, 2008</p> <p>Tony Staley 407-934-7200 (Phone) 407-8934-7242 (Fax) tony@aausports.org</p>

Parent or Guardian, please read each statement, initial the adjacent space, sign and date.

_____ I/We assume all risks and hazards incidental to participation with the Jr. Thunderbirds Track and Field Club, including transportation to and from the activities. I/We hereby agree to hold harmless the Jr. Thunderbirds Club, Coaches, Club Officers and assistants from any claim arising out of an injury to myself or my/our child.

_____ Jr. Thunderbirds parents or guardians of athletes ages 9 and under must be present during all practices.

_____ Personal information of team members may not be shared without obtaining the permission of the individual athlete and/or parent.

Parent Signature: _____

Date _____

Permission/Release (optional):

_____ I agree to allow a photograph be taken of my child and used for team purposes understanding that last names will not be used.

_____ I agree to have contact information printed on a team roster and made available to team members.

Jr. Thunderbirds Code of Conduct

Youth running clubs play an important role in promoting the physical, social and emotional development of children. It is therefore essential for parents, coaches and officials to encourage youth athletes to embrace the values of good sportsmanship.

I therefore pledge to be responsible for my words and actions while attending, coaching, or participating in the Jr. Thunderbirds running program and shall conform to the following code of conduct:

1. I will not engage in unsportsmanlike conduct with any coach, parent, participant, official or attendee.
2. I will not engage in any behavior which would endanger the health, safety or well-being of any coach, parent, participant, or attendee.
3. I will not use drugs or alcohol while at a practice or meet and will not attend, coach, or participate in a youth event while under the influence of drugs or alcohol.
4. I will not engage in the use of profanity.
5. I will treat any coach, parent, participant, official or any attendee with respect.
6. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, participant, official or any other attendee.
7. I will not initiate a fight or scuffle with any coach, parent, participant, official, or any other attendee.
8. I will remember that we are guests at meets. We will treat each track, field and public buildings with respect.
9. I will follow the rental guidelines for any track, field or public building in which we practice or compete.
10. I will not drop off any child age 9 and under for practices or meets.
11. I will remember to put the emotional and physical well-being of my child ahead of my personal desire to win.

Anyone who fails to conform their conduct to the preceding code of conduct while attending, coaching, officiating, or participating in the Jr. Thunderbirds program will be subject to disciplinary action, including but not limited to the following:

1. Verbal warning issued by coaching staff or board of directors.
2. Written warning issued by coaching staff or board of directors.
3. Suspension or immediate ejection issued by the organization or official who is authorized to issue such suspension by the youth running organization.
4. Season suspension or multiple season suspension issued by organization or by an official who is authorized to issue such suspension by the youth running organization.

Printed parent name

Parent signature date

Printed athlete name

Athlete signature date