



## PARENT / ATHLETE

Thank you, parents and guardians, for allowing your child athlete to be a part of our club. Our objective is to provide these athletes the opportunity to participate in a sport in which they can be competitive, have fun and grow into fine young athletes. No special skills are necessary and we will teach techniques.

To become a member of our track and field club you will need to:

- Complete the attached membership form.
- Provide a copy of the athlete's birth certificate. All competitions are by age groups and this document will be proof of the athlete's age.
- Pay annual club membership fee of \$75. These fees will be used towards a USATF membership card, team uniforms and equipment. Track shoes, event fees and some travel expenses will be the responsibility of the athlete. Once we get sponsors onboard and fundraisers going, these expenses will decrease.
  - Please make checks payable to the Club StarTrack or CST.
  - If you'd like to make a further donation, please include the donation amount along with any applicable membership fees. Thank you for your generosity.
- Be in good health. Certain existing medical conditions can be acceptable, but we MUST be informed of what they are, and you must sign a disclaimer.

Since all events in which we will compete are USATF sanctioned, you will need a USATF membership card to compete in these track and field events. The fee is \$30 annually and, upon receipt of your club membership fee, we will order the membership card for you.

### **PRACTICE:**

Practice will be scheduled for 1 – 1 ½ hours. Practices will generally be held at Alice Drive Middle School. Coaches will notify you by text if practice has been cancelled or moved. All athletes will be required to warm prior to and after practice. Periodic breaks will be given.

***Parents are always welcome at practice, but if you are not a designated coach or assistant you must not be on track.***

If you do not stay for practice, you must pick up your child on time after practice. It is not fair to the coaches to have to stay after practice waiting for rides.

Practice clothing should include running shorts, long sweat pants, and tee shirt. Shoes should be light weight running shoes.

There will be no throwing of objects unless authorized by a coach. Safety is our ultimate concern for our athletes. No horseplay.

**TRACK MEETS:**

A calendar is attached showing track meets scheduled to be held in South Carolina. All of these meets will lead up to the USATF SC Junior Olympics, the Regionals and possibly the Nationals.

**UNIFORMS:**

The uniforms will be issued to the athlete and become their property to maintain. The athlete must purchase his/her own running shoes.