

**FALMOUTH TIDE YOUTH SPORTS ASSOCIATION**

**TIDE**

**TRACK AND FIELD**



**2017 SEASON  
REGISTRATION PACKET**

# **MEMBERSHIP INFORMATION**

Membership Fee for the 2017 season is: **\$350**.

Returning Members for the 2017 season is: **\$275**

An initial deposit of **\$75.00** is required to reserve a spot.

**Registration will close on March 13, 2017. Fees are due by March 17, 2017.**

Fees cover: USATF and AAU memberships, Track Uniform (warm up, shirt, shorts), facility use fees, Club fees, Insurance, Equipment, and Meet Entry Fees to include District Qualifying meet. The Meet fees do not include the AAU Regional Qualifier, Club Championships, and Junior Olympic games.

Membership fees are not refundable or transferable.

The following is due at registration:

- Copy of Birth Certificate
- Signed Copy of the Parent Code of Conduct
- Athlete Registration Form filled out completely
- Medical Release Form
- Athlete Bio
- Copy of Report Card

\*Memberships must be paid in full and paperwork must be complete before athletes are allowed to participate in practice.

## **Contact Information**

**James “Mack” McClendon**, Owner of FTYSA, 540-207-5757

Email- [james.mcclendon@me.com](mailto:james.mcclendon@me.com)

**Brenda Sherrod**- Head Coach, Cell: 540-735-5568

Email- [coachbrenda@yahoo.com](mailto:coachbrenda@yahoo.com)

**LaTonja Davis**- Coach, Cell: 540-522-4436

[Coach-Tonja@outlook.com](mailto:Coach-Tonja@outlook.com)

**Kenny Sherrod**-Coach, Cell: 540-604-7522

Email- [ken197134@gmail.com](mailto:ken197134@gmail.com)

## ATHLETE REGISTRATION FORM

<b>Athlete's Name:</b>		
Date of Birth:		
School:		
Grade:		
Height:	Weight:	
Shirt size: YS YM YL YXL AS AM AL AXL		
Short size: YS YM YL YXL AS AM AL AXL		
<b>Father/Guardian:</b>		
Address:		
City:	State:	Zip:
Work Phone:		
Cell Phone:		
Home Phone:		
Email Address:		
<b>Mother/Guardian:</b>		
Address:		
City:	State:	Zip:
Work Phone:		
Cell Phone:		
Home Phone:		
Email Address:		
Emergency Contact:		
Relationship:		
Phone:		
Family Doctor:		
Office Phone:		
List all Known Allergies:		

## **AAU ATHLETICS AGE DIVISIONS**

\*All age divisions are determined by Year of Birth

AGE DIVISIONS	YEAR OF BIRTH
8 & UNDER	2009 & AFTER
9 YEAR OLD	2008
10 YEAR OLD	2007
11 YEAR OLD	2006
12 YEAR OLD	2005
13 YEAR OLD	2004
14 YEAR OLD	2003
15-16 YEAR OLD	2001-2002
17-18 YEAR OLD	1999-2000

## **USATF AGE DIVISIONS**

\*All age divisions are determined by Year of Birth

Age Division	Year of Birth
8 & Under (previously Sub-bantam)	2008+*
9-10 (previously Bantam)	2007-2008
11-12 (previously Midget)	2005-2006
13-14 (previously Youth)	2003-2004
15-16 (previously Intermediate)	2001-2002
17-18 (previously Young)	1999-2000**

\* Per USATF Rule 300.1 (c) "Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championships."

\*\* Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to compete in the 17-18 age division through that meet. This extended eligibility does not apply to cross country events.

# PARENT'S CODE OF ETHICS

All parents/guardians of participating athletes/children within the Falmouth Tide Track and Field Team 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 the Falmouth Tide Track and Field Team. Each parent/guardian must sign and be aware of the parents' CODE OF ETHICS. Failure to observe the parents code of ethics could result in forfeiture of your Athlete's continued participation in the Falmouth Tide track and field team.

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, or practice.
- I will place the emotional and physical well-being of my child ahead of my personal desires.
- I will insist that my child play in a safe and healthy environment.
- I will require that my child's coach be trained in the responsibilities of being an AAU/USATF coach and that the coach upholds the Coaches' Code of Ethics.
- I will support coaches working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at AAU/USATF youth track and field events.
- I will do my very best to make track and field fun for my child. I will ask my child to treat other players, coaches, officials, and fans with respect regardless of race, sex, creed, or ability. I will also treat with respect other Athletes, coaches, fans and officials.
- I will help my child enjoy the track and field experience by doing whatever I can to be a respectful fan.
- Parents/guardians acknowledge that any unsupervised track and/or field practices not hosted the Falmouth Tide Track and Field Team will not be covered by the organization's liability insurance.
- Parents/guardians should notify coaching staff of any sickness/injury that the athlete has endured.
- As a parent and fan, I will not harass, abuse, disrespect, or cause a disturbance against coaches, Athletes, or officials.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **24 HOUR RULE**

There will be times when frustration occurs on and off the track for various reasons. A coach should not be approached before, during, or after the meet. Therefore Falmouth Tide Youth Sports Association has implemented a 24 hour rule. The 24 hour rule states if there is dissatisfaction and/or disagreements between a parent and/or coach, all parties need to allow 24 hours to pass before addressing the issue. This allows all parties to cool down and take in what occurred prior to discussion.

Your signature below serves as your acknowledgement and understanding of the 24 hour rule.

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Parent/Guardian of Athlete

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Signature of Guardian/Parent

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Name of Athlete

## **APPAREL POLICY**

Below is a list of apparel that your child will receive for the 2017 season. The apparel is yours to keep. If the apparel is lost or damaged (beyond normal wear and tear), you are responsible for the replacement cost(s).

- Uniform- Shirt and shorts
- Track Warm up- top and bottom

Your signature below serves as your acknowledgement and understanding of the apparel policy.

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Parent/Guardian of Athlete

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Signature of Guardian/Parent

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Name of Athlete

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Date

# **FUNDRAISING COMMITMENT**

In the essence to minimize costs incurred due to organization fees (facility use rental, team equipment supplies, insurance) Falmouth Tide will hold fundraising events. Each athlete is responsible for participating in fundraising for the track team.

Your signature below serves as your acknowledgement and understanding of the fundraising commitment.

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Parent/Guardian of Athlete

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Signature of Guardian/Parent

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Name of Athlete

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Date



# **MEDICAL RELEASE FORM**

## **AGREEMENT TO PARTICIPATE**

### **READ CAREFULLY – THIS FORM MUST BE RETAINED BY THE HEAD COACH**

I understand there are several inherent risks involved in athletic participation in the sport of track and field and I voluntarily assume all such risks. I, intend to be legally bound, do hereby, for myself, the athlete, heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims for damages which may have or which may hereafter accrue to the athlete against Falmouth Tide Youth Sports Association Track and Field Team, the Amateur Athletic Union of the US Inc., USA Track and Field, the sponsors and officials of any track and field event in which the Falmouth Tide Youth Sports Association club participates in, the owners of facilities in which events, scrimmages, or practice sessions are held, or any other support group of organizations, and their respective directors, officers, agents, members, coaches, sponsors, parents, volunteers, representatives, successors, and assigns for any and all damages which may be sustained and suffered by the athlete in connection with his or her entry or participation in any track and field event, scrimmage, or practice session involving Falmouth Tide Youth Sports Association club whether or not sanctioned by the AAU/USATF or any governing body or which may arise out of traveling to and from said events including lodging. I, or we, grant to the coaches, trainers, adult volunteers, or other assigned chaperones to act as guardian/spokesman in granting permission for emergency treatment/hospitalization (including anesthesia) if necessary for my child while en route to or from or at the site of any track and field event, scrimmage, or practice session. Should a health emergency arise such medical treatment as deemed necessary by competent medical personnel is authorized. I hereby authorize Falmouth Tide Youth Sports Association Track and Field Team and the AAU/USATF to allow the reproduction, dissemination, and/or publication of my name and likeness for media coverage, public relations, or any other purpose, which may involve the use of photographs, films, or video tape recording without remuneration. I agree to pay for any damage or theft caused by the athlete to property including but not limited to track and field equipment/supplies, vehicles, or hotel rooms. I agree to pay for any long distance telephone calls, movies, or other extra costs charged to the athlete's hotel room. I authorize the assigned chaperones to send my child home early from events in the event of serious misbehavior including any involvement with illegal drugs or alcohol and agree to pay for the costs of transportation.

**Signature of Athlete:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Signature Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### **Medical and Insurance Information:**

**Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**Cell Phone:** \_\_\_\_\_ **Parent/Guardian Phone:** \_\_\_\_\_

**Existing Medical Conditions, Allergies, Medication, ETC:**

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**Primary Physician:** \_\_\_\_\_

**Primary Physician Phone:** \_\_\_\_\_

**Insurance Company/Program:** \_\_\_\_\_

**Policy #:** \_\_\_\_\_



# Image Release Form

I authorize Falmouth Tide Youth Sports Association, its assignees, and transferees the unrestricted right and permission, free from approval or review, to copyright and publish my child and my family in all media now or hereafter known, including but not limiting to, pictures, videos, which he/she may be included with or without my name for any lawful purpose such as publicity, Web content, advertising, or illustration.

I have read and understand the above:

Signature \_\_\_\_\_

Printed name \_\_\_\_\_

Address \_\_\_\_\_

Date \_\_\_\_\_

## **TENTATIVE MEET LOCATIONS**

- Richmond, VA
- Woodbridge, VA
- Suffolk, VA
- Fort Belvoir, VA
- Norfolk, VA
- Newport News, VA
- Virginia Beach, VA
- Culpeper, VA
- Sterling, VA
- Gloucester, VA (Region 5 Qualifier)
- Lake Buena Vista, Florida (Club Championship)
- Ypsilanti, MI (Junior Olympic Games)

# **PRACTICES**

Practices are currently being held on Mondays, Wednesdays, and Thursdays, but, this is subject to change. Practice location: TBD

**Preseason Conditioning will begin week of February 13, 2017.** Please look out for an email from me for location and time. Please start doing the core workouts on a daily basis.

**Regular Season practice will start on February 27, 2017.**

**Please sign up for Shutterfly.** I will send out an invite to the new family members. This is where you will find information about practices, track meets, etc.

- Athletes should plan to attend all practices and be ready to start upon arrival
- Athletes should bring the following to practice:
  - Water bottle
  - Shorts and T-shirt
  - Sweat pants and top (no jeans or sweaters)
  - Proper Running shoes (no basketball shoes)
- Athletes will not be able to participate in practice if they do not wear proper workout attire (listed above)
- Athletes must follow the directions of the coaching staff during practices.
- Athletes must conduct themselves in an appropriate manner allowed: profanity, horseplay, abusive language, etc. will not be tolerated.

## **Parents**

- Parents are not permitted on the track or in practice areas during practice.
- Parents shall refrain from coaching or instructing athletes during practice sessions.
- Parents can discuss any issues or concerns with coaches after practice.
- If your athlete is going to be late or absent from practice, please contact one of the coaches as soon as possible.
- It is very important that your athlete/s attend practice so that he/she is properly prepared for upcoming track meets. If your athlete misses more than 2 practices during the week, he/she will not be able to participate in the upcoming track meet.

**Weather:** Practice will not be cancelled because of rainy weather. Practice will be held as scheduled except in the event of inclement weather, such as thunder and lightning or extremely heavy rain.

## **HEALTH AND NUTRITION**

- It is important that Athletes get proper rest so that they are ready for competition the next day. Athletes should receive 8 to 10 hours of sleep prior to a meet.
- Athletes should eat 3-4 hours prior to competition. Foods high in complex carbohydrates (bread, fruit, vegetables), Moderate in protein, low in fat, and plenty of fluids.
- Athletes should eat a nutritious breakfast prior to competition such as fruit, water, juice, and little to no meat.
- Healthy Snacks- Water, crackers, pretzels, Fresh fruit such as bananas, raisins, grapes, oranges, peaches, watermelon.

# Checklist

Athlete's Name: \_\_\_\_\_

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

- \_\_\_\_\_ Athlete Registration form
- \_\_\_\_\_ Copy of Birth Certificate
- \_\_\_\_\_ Signed copy of Parent Code of Conduct
- \_\_\_\_\_ 24 Hour Rule
- \_\_\_\_\_ Fundraising Commitment
- \_\_\_\_\_ Apparel Policy
- \_\_\_\_\_ Medical Release Form
- \_\_\_\_\_ VA High School League Approved Sports Physical
- \_\_\_\_\_ Athlete Bio
- \_\_\_\_\_ Image Release Form
- \_\_\_\_\_ Copy of current report card
- \_\_\_\_\_ Checklist

Please make checks and money orders payable to Falmouth Tide.