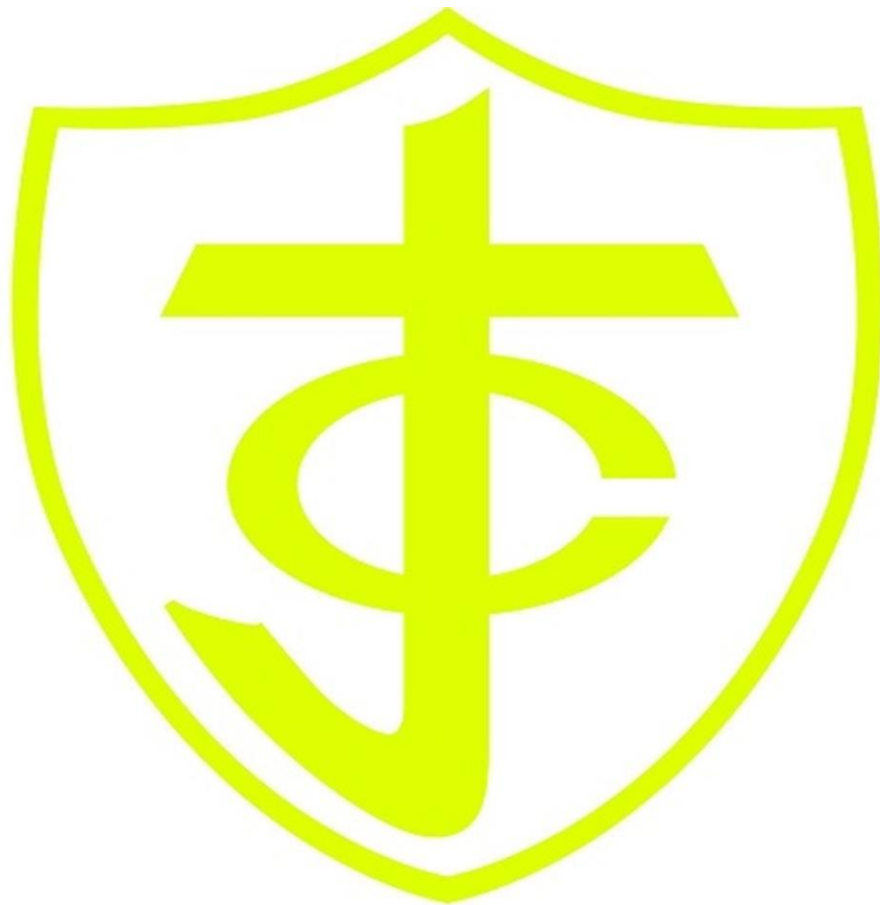


**We Welcome You
To The
JETS TRACK & FIELD CLUB**



2017 Information Booklet

About Us...



The Jets Track & Field Club was established to expand and increase the opportunities for student-athletes to reach their max-potential! Our mission is to develop the complete student-athlete, spirit, mind, and body through the sport of track and field. While our program provides competition training and competitive opportunities for youth athletes, we also emphasize the importance of education, healthy eating habits, and community involvement.

We are a nonprofit 501(c)(3) organization providing opportunities for youth ages 6-18. Our team was developed to provide a positive **and** competitive training environment that allows youth athletes to excel and attain **THEIR** peak performance. Each athlete has the opportunity to compete in youth meets and achieve success at his or her own level. Youth meets and races can be more than just competition...they can be FUN! Regardless of whether the kids achieve a personal best, win a medal, or earn the chance to compete nationally, they **WILL** have the opportunity to improve themselves!

Much like our inspirational Partner Organization, **Break The Barriers International**, has done in expanding the opportunities of the exceptional kids in their programs, we're striving to prepare our student-athletes to utilize track and field as a means to DEVELOP, IMPROVE, and OPTIMIZE the blessings afforded to them as students-athletes. We hope that you are able to take part in this exciting and rewarding endeavor as our team of COMPETENT coaches, FANATICAL staff and COMMITTED parents work endlessly to provide the **Social, Academic, and Athletic** environment necessary to see our student-athletes succeed!

With proven results from Athletes and Coaches that include:

- 2016 Junior Fresno Relays (57 Medals)
- 2016 Valley Track and Field Championships (38 Medals)
- 2016 Clovis District Elementary Track and Field Championship (33 Medals)
- 2016 Run for the Dream Summer Series Champions
- 2016 AAU Region 22 National Qualifier (27 National Qualifiers)
- 2016 USATF National Jr. Olympic Track & Field Championships (73 participants, 12 All-Americans)

We can say "We've been BLESSED with tremendous SUCCESS and we're just getting started!"

Registration Process

REGISTRATION CHECKLIST:

_____ **Read Information Booklet thoroughly.** If you have any questions or concerns, please send an email to jetstrackandfield@gmail.com. **Do not proceed with registration until all of your questions have been answered.**

You must complete or renew membership online prior to registration

_____ Complete USATF membership online - **\$20**
<https://www.usatf.org/membership/application/index.asp> **Club # 46-7015**

_____ Register for Jets membership online @
<https://campscui.active.com/orgs/JetsTrackFieldClub#/selectSessions/1711403>
New: **\$145** (Uniform Package & Administrative Fee)
Returning: **\$75** (Racing, Practice, and Team Shirts & Administrative Fee)

_____ New athletes must provide a copy of birth certificate. All athletes must provide a copy of most recent report card. **Please email copies to jetstrackandfield@gmail.com**

Please note: AAU membership is required for participation in Reno, NV meet. Please wait before completing membership.

AAU membership online - **\$16 Extended (AB) coverage**

ONLY REQUIRED FOR MEET IN RENO, NV June 29 - July 2nd

<https://play.aausports.org/joinaau/multimembershipapplication> **Club Code: WWDD6B**

Contact Information...

Coach Murray - Head Coach-Sprints/Hurdles/Jumps (559) 341-1307

Email: jetstrackandfield@gmail.com

Coach Fain - Asst. Head Coach-Multi-Event/Sprints/Relays (559) 765-8991

Email: rfainjr@gmail.com

Coach Steve - Asst. Head Coach-Sprints/Relays (321) 759-9019

Coach Kelly - Distance/Strength & Conditioning (321) 501-8100

Coach Marvin - Distance (559) 385-6211

Coach Ross - Jumps Specialist (559) 994-6103

Coach Nick - Sprints/Hurdles (559) 346-7154

Coach Foster - Hurdles/Jumps (559) 417-1218

Booster Committee...

JoAnn Barry - Booster Chair (559) 472-8259

Email: lijo2006@sbcglobal.net

Fees...

USATF and AAU provide Group Accident Insurance which begins as soon as they receive your registration. The program covers track-related accidents at practice sites and track meets.

USATF Membership \$20...

<https://www.usatf.org/membership/application/index.asp> Club # 46-7015

AAU Membership \$16... **ONLY REQUIRED FOR AAU MEET IN RENO, NV June 29 - July 2**

<https://play.aausports.org/joinaaau/multimembershipapplication> Club Code: WWDD6B

Entry fees for each meet varies from **\$10 - \$25**. Entry fee for championship meets are to be determined. Fees must be turned in at least 2 weeks prior to meet deadline. The majority of meets use "Coach O" for online registration. We will register all athletes who meet this deadline. Parents will be responsible for registering their athlete online after deadline. Some meets may require an overnight stay. **Travel expenses are the responsibility of the parent/guardian.**

Summer Season dues must be paid in order to participate in our summer program.

1 Athlete - \$100, 2 Athletes - \$150, 3 Athletes - \$200 Dues are NOT prorated or adjusted to the number of practices and/or meets the athlete attends. PAID DUES ARE NON-REFUNDABLE (this includes athlete dismissal and/or discontinuation of membership)

Uniform Cost...

The uniform package is **\$125** per athlete and is included in registration. (ATHLETES WILL NOT BE ISSUED A UNIFORM OR PERMITTED TO COMPETE UNTIL THEIR UNIFORM COST IS PAID IN FULL)

Uniform Package: Racing Shirt, Racing Shorts, Team Shirt, Socks, Backpack

If an item becomes unavailable, we reserve the right to make substitutions.

Administrative Fee...

There is a **\$20 Administrative Fee per athlete** included in the Total Registration Cost.

Total Registration Cost...

New Members: \$165 (Uniform Package, Memberships, Administrative Fee)

Returning Members: \$95 (Racing Top, Team Shirt, Memberships, Administrative Fee)

Birth Certificates...

Copies of birth certificates are required for your child(ren) to register as a member of USATF, the Central California USATF Association, and the Jets Track Club. **Parents of (NEW) athletes are required to provide a copy of their child's B/C to the Jets Track Club.**

Communication...

All team communication will be sent via email. We appreciate timely replies to requests for any information needed. **If you have any questions or concerns, please send an email to jetstrackandfield@gmail.com.** Remind & Shutterfly will be used for updates.

Academic Requirements...

ALL Jets athletes **MUST** currently have AND finish the academic year with a **MINIMUM 2.75 G.P.A.** If your child is having academic struggles, please notify their event Coach or Coach Murray **IMMEDIATELY**, so corrective measures can be taken before the school year is over. **Athletes must provide a copy of most recent report card upon registration and subsequent report cards throughout the season.** Academic awards will be given in conjunction with athletic achievements at our awards banquet.

Practice information...

Dues must be paid in order for an athlete to attend practice.

Practice schedule is as follows:

Mondays 6:00pm Clovis East, Wednesdays 6:00pm & Saturdays at 11:00am Clovis High.

Summer Season: June 3rd – July 15th.

More information is listed on pages 12 -13.

PRACTICE TIMES & LOCATIONS ARE SUBJECT TO VARY. Even though we obtain authorization from C.U.S.D. facilities to use the track for our practices, the individual schools, of course, have priority and can make changes at any time. Air Quality levels & Heat Index may determine whether or not a practice will be held. As soon as we are notified of any changes, parents will be notified by email and/or text.

Uniforms and Warm-ups...

Athletes must compete in Jets uniform or uniform approved by Jets coaching staff. The uniforms/warm-ups MUST be worn at ALL times during track meets. NO EXCEPTIONS! Parents must label each item of uniform. Athletes are responsible for keeping track of their own uniform, spikes, shoes, and backpack. Replacements of uniform(s) or individual items is the sole responsibility of the parent.

Shoes...

Running shoes and racing spikes purchases are the responsibility of the parent. PLEASE ensure that your athlete has appropriate “running” shoes in GOOD condition. Shoes should not be more than 2 years old. Preferred spike shoe colors are Neon Yellow, White or Black.

Fundraising/Sponsorships/Donations...

The Jets Track & Field Club will participate in various fundraisers throughout the season.

A parent from every family is expected to participate in TEAM fundraisers that will benefit the entire program. It is very important that we receive 100% participation from all athletes and parents to promote teamwork in reaching our financial goals. Every athlete will also have an opportunity to participate in **Individual** fundraisers in which a portion of the proceeds will be deposited into an athlete account to be used towards any 2017 JTC related expense. Refusal to participate in any TEAM fundraiser will discontinue athlete membership. All funds not used for JTC related expenses and remaining in account at the end of season will not be carried over to the next season. Funds will be transferred to JTC general fund.

Corporate sponsors and ongoing donations are also needed to supplement our fundraising efforts. If you know of an organization or business that donates money or services, please let the booster committee know. Please also check with your employers to see if they give charitable donations. JTC has various sponsorship levels and special recognition for corporate level sponsors.

Community Involvement...

Our club will be participating in several Community Outreaches and Programs during the season and in the off season. We highly encourage our athletes and parents to participate with us as we find ways to contribute and support our community by giving back the best ways we can. We look forward to serving others with you!

Volunteers/Staff...

The Jets Track Club is responsible for various meet responsibilities and/or concessions during the track season. Coaches and staff volunteers are required to have a background screening conducted **before** they can assist the track club. The process is confidential and only the association chair will know if an applicant was approved or rejected.

Use & possession of tobacco on school campuses...

Possession of tobacco products on K-12 public, charter or private school grounds, building, parking lots, playing fields and vehicles and at off-campus school sponsored events is a petty criminal offense. ARS §36-601.01 Tobacco Possession Prohibition 'Tobacco products' includes smoking tobacco (e.g. cigarettes, cigars), smokeless tobacco (e.g. snuff, twist) and cigarette papers.

Alcohol & Controlled Substances...

To possess, use, or be under the influence of any controlled substance as defined in Health and Safety Code section 11053, an alcoholic beverage, or an intoxicant of any kind is prohibited in all district facilities and on all district property.

Concerns...

Once competition starts, parents are not allowed on the field. If you have any questions or concerns, please direct them to the Jets Track Club coaching staff. Parents, please try not to complain in front of your child or the other athletes on the team. As we all know, if your child sees you angry or upset about something, they will more than likely become upset and angry, which affects their performance and their attitudes towards the coaching staff. Please address all problems **AFTER** practice or after the track meet if possible.

No Lay Down Rule...

Each athlete is expected to perform at the best of their ability at all times. If you "*lay down*", or do not perform to the best of your ability, you may be required to run another event. If your child will miss a track meet, be late, or leave early, please notify the coaching staff as soon as possible.

Events...

Event placement is **ULTIMATELY** determined by our experienced coaching staff. The coaching staff will **ALWAYS** take into consideration the athlete's and parent's perspectives, **BUT** final decisions will be based on the athlete's ability and potential. Therefore, athletes will be required to participate in various events throughout the year. Jets' athletes are not "single-event specialists". If you have questions or concerns regarding your athlete's events, please contact Coach Murray **AFTER** practice.

Relays...

Relays typically consist of the four fastest runners in each age group. Participation on a relay at any given time does not hold the athlete's spot throughout the season. Relay assignments are subject to change and final determination is made by the head coach.

Injuries...

It is the responsibility of the athlete and parent to notify your coach of any pre-existing injuries and/or injuries that may occur during the season. If an athlete is unable to train and/or compete due to a severe injury, written verification from a medical doctor must be provided to club upon return. Dues will continue for temporary injuries. Future dues will be suspended for severe/season ending injuries. **Paid dues are non-refundable.**

Code of Conduct Expectations and Consequences...

Violations of the JTC Code of Conduct may result in disciplinary actions to include dismissal from competition and/or dismissal from the team. Please read guidelines carefully.

Expectations of a Jets Track Club (JTC) Athlete are that they WILL...

- Notify the JTC coaching staff of ANY and ALL private training, outside JTC practices
- Abide by all, but not limited to USATF and AAU policies, procedures and rules
- Abide by all JTC policies, procedures and rules
- Compete by the rules of each track & field competition and show respect to all officials and staff members associated with each competition
- Represent themselves, their parents, their teammates and the JTC on and off the track/field with Honor, Respect, Integrity, Max-Effort and Determination.
- Demonstrate great leadership in their words, behavior, and actions AT HOME, SCHOOL and IN PUBLIC
- Be punctual and prepared for every competition and practice
- Stay focused during track & field competitions and practices "...until the job is done...!"
- Be encouraging, supportive, and helpful to their teammates AT ALL TIMES
- Be courteous and show good sportsmanship to others AT ALL TIMES
- Be great listeners, learners, and followers of directions so they can be *their* best
- Demonstrate self-control during ANY and ALL Jets athletic events and/or functions

Expectations of a Jet Track Club (JTC) Parent are that they WILL...

- Notify the JTC coaching staff of ANY and ALL private training, outside JTC practices
- Abide by all, but not limited to USATF and AAU policies, procedures and rules
- Abide by all JTC policies, procedures and rules
- Demonstrate respect towards all JTC coaches and staff members
- Take FULL responsibility of any and all of their athlete's behaviors and actions
- Handle ALL disputes and disagreements in a mature and calm manor
- Respect the rules of each track & field competition and show respect to all officials and staff members associated with each competition
- Represent themselves, their kids, and the JTC during any and all track & field events or functions with Honor & Respect.
- Demonstrate great leadership & responsibility in their words, behavior, and actions while wearing JTC apparel or representing the JTC during any and all events or functions
- Be punctual and have their athlete prepared for every competition and practice
- Stay focused during track & field competitions and practices "...until the job is done...!"
- Be encouraging, supportive and helpful towards teammates AT ALL TIMES

- Be courteous and show good sportsmanship to others AT ALL TIMES
- Be great listeners, learners and followers of directions so their athlete can be *their* best
- Demonstrate self-control during ANY and ALL Jets athletic events and/or functions
- NOT verbally or physically abuse, confront, taunt, harass, or demean a coach, athlete, parent, official or staff member at any time
- NOT conspire with other parents or any individual, group, or entities to undermine the authority of any coach, the program, or JTC
- Bring issues and concerns to the attention of Coach Murray or Coach Fain and NOT attempt to handle the situation by themselves

Social Media Responsibility & Internet Communication

Parents and athletes must demonstrate social media responsibility AT ALL TIMES.

Social media, emailing, texting, and instant messaging are powerful tools of communication that have significant impact on your personal reputation as well as the reputation of JTC.

JTC athletes and parents must refrain from:

Using any social media platform to post derogative, defamatory, or inappropriate material that may have a negative effect on your reputation, the reputation of your family and friends, the reputation of another student, and the reputation of your school.

JTC athletes and parents should:

Be respectful and thoughtful. As a member of the JTC, be mindful of the organization's commitment to showing respect and dignity for all people and to the civil and thoughtful discussion of opposing ideas. Treat others the way you would like them to treat you while posting on social media sites. **Stay S.M.A.R.T when using social media!!**

Social Media Action Requires Thought before you post, comment, or link.

Always remember that Cyber bullying is the willful and repeatedly bullying or harassment of another person or persons' through the medium of Social Media, which includes, electronic text.

Any athlete engaging in Cyber bullying will be dismissed from JTC immediately.

Consequences of Code Violations:

1. Meeting with event Coach and athlete and parent notification of issue
 2. Meeting with event Coach, athlete, Coach Fain or Murray and parent
 3. Suspension from ALL team activities for an indefinite timeframe (dependent on the severity and nature of violation(s))
 4. Dismissal from team for the remainder of the season (a meeting and Plan of Action MUST be discussed and signed prior to athlete continuing with the Club)
- Returning athletes who violate code of conduct can be dismissed from the team without consequences 1-3. Parents who violate code of conduct can also result in athlete dismissal.**

Grievance Procedure:

1. DO NOT in anger or loudly confront the situation, but take time to calmly follow Step 2
2. Respectively request a meeting with your athlete's event Coach(es)
3. If your issue is not resolved, a meeting with Coach Fain or Coach Murray will be arranged to resolve the issue

Jets Track Club Athlete and Parent Guidelines...

Athletes:

1. Go to bed early the night before the track meet.
2. Eat a healthy breakfast prior to track meets.
3. Go to the bathroom before arriving to the track meet.
4. Arrive one hour prior to the start of the meet. Be on time!
5. Don't forget your track shoes!
6. Arrive to the meet well-groomed and wearing your entire uniform.
7. No loud talking.
8. No large radio. Headsets are okay.
9. Do not leave the stands without receiving your parent's or a coach's permission.
10. You must receive permission from a coach before eating or drinking during the track meet. This includes drinking water.
11. All athletes must sit with the team in the TEAM CAMP AREA. Your lunch must be in your backpack at every meet or with your parent.
12. Swimming during out-of-town meets is NOT permitted. This applies to all Jets Track Club athletes even if their event is finished prior to Sunday UNLESS THEY HAVE BEEN SIGNED OUT AND RELEASED TO THEIR PARENT OR GUARDIAN.
13. Be courteous to others at all times.
14. Do not brag or boast to your competitors.
15. Track shoes must be properly prepared **PRIOR** to competition dates.
16. Return immediately to team tent after your event **AFTER** you have cooled down properly.
17. After completing your event, obtain the time/distance and place, if available, and provide this information to your event coach or Coach Murray.
18. All runners will start from the down position except those running the 800M or 1500M.
19. Put your name on all clothing and shoes.
20. Do not bring jewelry or large amounts of money to track meets.
21. There will be no fighting, arguing or swearing.
22. If there is a problem at the starting line or at one of the relay positions, wave your hand to get the attention of a Jets Track Club coach. (DO NOT argue with officials).
23. Shake your competitor's hand and be friendly.
24. Do not play in the stands, bathrooms, under the bleachers, in the starting area or near any location where there is a competition.
25. Stay out of the sun as much as possible. (Stay under the team tent).
26. Arrive at the track meet prepared and ready to compete.

Parents

1. Please ensure your child gets to bed early the night before a track meet.
2. Please ensure your child eats before the track meet at least 2 hours before the meet starts.
3. Please ensure your child has packed their track shoes.
4. At the track meet, please do not feed or give drink to your child without a coach's permission.
5. Please do not send your child away from the stands without notifying a coach.
6. Please do not give advice to your child regarding an event, which contradicts that of his/her coach.
7. Please do not smoke, drink (alcohol), or swear at practices and track meets.
8. If you become irritated by an action taken by another or some other discourtesy, please see Coach Murray for resolution. Do not take matters into your own hands.
9. Please take precautions to ensure your child's proper behavior during all track meets.
10. Please reframe from sending your child to the snack bar or other places, which may cause the athlete to travel up and down the bleachers.

11. Please sit close enough at track meets to allow your child the opportunity to visit you when lunch is announced. Your location should not be out of sight or hearing distance of the coaching staff.
12. Please do not allow idol gossip and/or riffs between children at practice or track meets. Please bring all matters of this nature to the attention of Coach Murray or Coach Fain for resolution.
13. All business related questions or inquiry associated with the operation of the Jets Track Club should be directed to Coach Murray.
14. It is vital that (you) transport your child to away track meets. Children have a tough time adjusting to new surroundings and this is particularly so, when you are not there.
15. **If avoidable**, PLEASE do not travel to away track meets that are more than 4 hours away the morning/day of the meet. Traveling in a car can be uncomfortable and your child's body doesn't rest even though they appear sleep. As a result, they are sluggish and may not reach their normal performance level that day. **If possible, please travel the day before competition.**

Jets Track Club's Athlete Nutrition Advice

Prior to all track meets, athletes should consider the following:

- GET PLENTY OF REST!
- Eat lots of carbohydrates such as bread, pasta, cereal, starches and fruit.
- Drink plenty of water to replace body water lost through sweat during training/competing. (Clear or pale yellow urine indicates an athlete is well hydrated. Dark urine means an athlete may be dehydrated.)
- All caffeinated beverages such as soda, coffee & tea SHOULD be avoided the day before and the day of competition.
- Red meats, ice cream, pepperoni pizza, candy and junk food in general, should be avoided the day before AND day of a track meet.
- The night before a track meet, eat a simple, BUT nutritious dinner that is easy to digest. It should consist of foods high in carbohydrates and low in fat. A good example of a good "pre-meet night before dinner" is: (1) large baked potato with $\frac{1}{3}$ cup of low-fat grated cheese; (1) baked fish or piece of chicken; (1) serving of "green" vegetables; (1) NON-carbonated beverage and (1) cup of frozen yogurt topped with fruit.
- On the morning of the track meet, eat a good breakfast 2 hours prior to the event. An example is: 1 cup of oatmeal, one hard-boiled egg and a slice of toast topped w/fruit jelly. 1 glass juice (preferably not orange juice)
- During the day of a track meet, keep your body refueled by periodically snacking on raisins, pretzels, sports/power bars, and or bananas, etc. You should have (depending on your competition schedule) a healthy sandwich. Make sure they are lean low fat sandwiches such as: chicken or turkey sandwiches **without** mayo.
- As mentioned earlier, it is most important to stay hydrated. You must drink water frequently during the day. A long day at the track meet can easily make you dehydrated. (Headaches, fatigue and light-headedness are sure signs of dehydration.)

Following the above suggestions are healthy, safe practices and may provide you with an edge over your competition. If you have any questions concerning nutrition, please contact coaching staff.

JETS TRACK & FIELD CLUB

Summer Season: June 3 – July 15

USATF Membership...

<https://www.usatf.org/membership/application/index.asp> \$20 Club # 46-7015

AAU Membership...

ONLY REQUIRED FOR AAU MEET IN RENO, NV. PLEASE WAIT BEFORE COMPLETING!

Cost is \$16 for Extended (AB) coverage

<https://play.aausports.org/joinaaau/multimembershipapplication> Club Code: WWDD6B

Summer Season dues...

1 Athlete - \$100, 2 Athletes - \$150, 3 Athletes - \$200

Dues are NOT prorated or adjusted to the number of practices and/or meets the athlete attends.

PAID DUES ARE NON-REFUNDABLE (Exception for severe/season ending injuries or illnesses only)

Practice information...

Athletes cannot attend until dues have been paid or payment arrangement has been made.

Mondays 6:00pm at Clovis East, Wednesdays 6:00pm & Saturdays 11:00am at Clovis High.

PRACTICE TIMES & LOCATIONS ARE SUBJECT TO VARY. Even though we obtain authorization from C.U.S.D. facilities to use the track for our practices, the individual schools, of course, have priority and can make changes at any time. Air Quality levels & Heat Index may determine whether or not a practice will be held. As soon as we are notified of any changes, Shutterfly will be updated and parents will be notified by email and/or text via Remind.

USATF Jr. Olympic Nationals...

Athletes must qualify in the following meets to advance to Nationals:

June 24th Central CA Association Qualifier @ Hanford, CA

July 8- 9th Region 14 Qualifier @ Cupertino, CA

July 15 - 16th Region 14 Multi-Events Qualifier @ Union City, CA

July 24 – July 30th Jr. Olympics @ Lawrence, KS

Jets Track & Field

2017 SUMMER TRACK SCHEDULE

JUNE

8th – RUN FOR THE DREAM SUMMER SERIES @ FRESNO PACIFIC UNIVERSITY

14 - 17th - **AAU** REGION 22 JR. OLYMPIC QUALIFIER @ RIVERBANK CA
(14-15th Multi-Event Competition 16-17th Track & Field Competition)

20th - RUN FOR THE DREAM SUMMER SERIES @ FRESNO PACIFIC UNIVERSITY

24th - **USATF CENTRAL CA ASSOC JO CHAMPIONSHIP QUALIFIER – round 1** @ HANFORD CA

27th - RUN FOR THE DREAM SUMMER SERIES @ FRESNO PACIFIC UNIVERSITY

29th – 2nd **AAU** WEST COAST CHAMPIONSHIPS (**2ND CHANCE QUALIFIER**) @ RENO NV
(29 – 30th Multi-Event Competition July 1st – 2nd Track & Field Competition)

CLUB MAY NOT ATTEND THIS MEET, BUT WILL ASSIST WITH REGISTRATION, IF NEEDED.

JULY

8th – 9th **USATF REGION 14 YOUTH JO CHAMPIONSHIP QUALIFIER – round 2** @ CUPERTINO CA

15 – 16th **USATF REGION 14 YOUTH JO MULTI-EVENTS QUALIFIER** @ UNION CITY CA

15th – FRESNO FLYERS SUMMER CLASSIC @ WASHINGTON UNION HS, FRESNO CA

24 - 30th **USATF JR. OLYMPIC NATIONALS** @ LAWRENCE, KS
(24th - 25th Multi-Event Competition 26th – 30th TRACK & FIELD COMPETITION)

Please note the following: Athletes must qualify in June 24th meet to move on to Region 14 meet, which is the last qualifier for **USATF JR. OLYMPIC NATIONALS**.

July 15th is the last day of participation for athletes not moving on to Nationals.

The Jets Track & Field Club is not responsible for any meet changes.

As soon as we receive updates of any changes, parents will be notified.