

HANDBOOK

BENSWIC
TRACK CLUB



Membership Handbook & Parent Agreement Form

*Benswic Track Club competes in AAU and USA Track and Field Associations.
We confirm our club membership at the beginning of each season.*

From Coach William Marshall,

"Thank you for choosing Benswic Track Club -- Champions in the Making! Benswic Track Club is taking running to the next level by not only training but educating. Our training is built by providing each runner with event specific coaching and athletic training to prepare them to compete in competitions. We strive to create a positive, motivational, mentoring, and inclusive organization dedicated to helping youth reach their full potential. We have a **CHAMPION'S MINDSET**, where every athlete is referred to as a Champions. Our Champion's Mindset begins on their first day of practice, followed by an entire season dedicated to developing and unleashing their inner Champion on the track, in thier personal life and their community.

Let me be the first to say, **"Welcome to Benswic Track Club."**

Mission

Our purpose in developing a Track Club, is for one reason and one reason **ONLY** and that's developing future Collegiate Runners; Elite Runners; and Olympians.

We're all about exposing each runner to local and regional competitions, to compete in AAU and/or USATF Championships and travel around the US. This opportunity goes a long way in childrens lives.

Making it FUN, and MEMORABLE!

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About Our Team

Benswic Track Club is taking running to the next level by not only training but educating. Our training is built by providing each runner with event specific coaching and athletic training to prepare them to compete in competitions. We feature track & field, cross country, road races to youth and provide Summer Track Camp to youths that would like all year training. Athletes will learn techniques to improve their movement, speed, balance, flexibility, concentration and power as well as technical and mechanical skills.

Our belief in educating our runners is by giving them an understanding about pace, injury prevention, rest and recovery, and mental preparation. Our members of different distances will improve by learning starts and acceleration techniques, maximum velocity sprint mechanics and relay exchange work, proper hurdle technique, rhythm, perfect lead leg alteration, race modeling strategy and tactics, focus, proper mechanics, reprogramming the nervous system, reduce oxygen consumption, and other training techniques.

Other areas that makes us different from all the rest is our commitment to fitness and flexibility. We structure our workouts to include different forms of lifting from the upper/lower body with resistant bands, kettlebells, medicine balls, body weight and etc. We also train each core muscle group: Lower Ab, Internal Oblique, External Obliques, Lumbar Erectors. Lower Back and Flexibility by using foam rollers and active isolated stretches.

We also believe in exposing each athlete to different events. That's the beauty of Track & Field; it offers a variety of events allowing everyone an opportunity to explore. This also gives them an advantage because different events require different techniques / mechanics, along with different muscle use.



USATF AGE DIVISIONS SCHEDULE

| USA TRACK AND FIELD AGE DIVISIONS Track & Field 2018 Seasons | |
|---|--------------|
| AGE DIVISION | BIRTHDAY |
| 8 & Under | 2010 - After |
| 9 - 10 | 2008 - 2009 |
| 11 - 12 | 2006 - 2007 |
| 13 - 14 | 2004 - 2005 |
| 15 - 16 | 2003 - 2004 |
| 17 - 18 | 2001 - 2002 |

AAU AGE DIVISIONS SCHEDULE

| AMATEUR ATHLETIC UNION AGE DIVISIONS Track & Field 2018 Seasons | |
|--|--------------|
| AGE DIVISION | BIRTHDAY |
| 8 & Under | 2010 - After |
| 9yr | 2009 |
| 10yr | 2008 |
| 11yr | 2007 |
| 12yr | 2006 |
| 13yr | 2005 |
| 14yr | 2004 |
| 15 - 16yr | 2002 - 2003 |
| 17 - 18yr | 2000 - 2001 |

MEMBERSHIP

Fall (**Cross Country**) / Winter (**Indoor**) / Spring (**Outdoor**) / Summer Track Seasons

Fee Per Season (**Seperate Fee for Summer Track**):

\$600 for 3days a Week;

\$525 for 2days a Week;

Each Membership Registration Includes

- Coaching and Athlete Development.
- Track & Field Event Skills Training.
- Speed, Strength and Endurance Training.
- Speed-Fundamentals and skill development.
- Running form mechanics.
- Sports photography critique of running form w/ development and improvement plan.
- Core work.
- Hydration and Nutrition Guides.
- How - To Videos (**Youtube**)
- Supplemental training resources.
- Track Team Bag
- Team T-Shirt
- Professional action photos of your athlete during the season.
- Workout Curriculum using **Google Docs, Sheets** that will give you an opportunity to view workouts before practice (**i.e. view day of, weeks, and months**)

*****NOTE: Team Competition Race Uniform, Warm-Up Gear, Meet Competition Fees, and Travels are not included in the cost of CLUB MEMBERSHIP.**

MEMBERSHIP *(cont.)*

MEMBERSHIP SETUP COSTS

- USATF Membership Annual Association Fee – \$20 **(do not join USATF before 11/2/2017)**
- AAU Membership Annual Association Fee – \$14 **(must join AAU in 2018 and before 5/15/2018)**
- Competition Uniform **(Singlets, Compression and Regular shorts)** – Starting at \$80
- Warm-Ups **(1/4 Zip, Hoodie and Pants)** – Starting at \$70

OTHERS

- Meet Entry Fees Range \$8 - \$25 per participating athlete in that competition.
- Competition shoes with spikes
- Practice training shoes
- Banquet, travel, hotel and food, additional gear or apparel
- Fitness Supplies (Mini Bands, Foam Roller, Stretch Rope, etc....**more on “EQUIPMENT” Section of this handbook**).

FITNESS SUPPLIES

Stores:

Amazon
Perform Better
Models

COMPETITION AND TRAINING SHOES

Stores:

Academy Sports,
Dicks
Sporting Goods,
Hibbett,
Ross

EQUIPMENTS

CLUB UNIFORMS

An authorized BENSWIC Track Club Uniform must be worn at each meet.

SHOES FOR TRAINING

The most important piece of equipment needed are a good pair of training shoes. Running shoes **(not basketball, court or cross-training shoes)** are required for all athletes at track practices. These shoes should have good support, be relatively lightweight and comfortable. Waffles and other shoes providing inadequate cushion or support are not allowed.

SHOES FOR COMPETITIVE EVENTS

Spikes are encouraged for all competitions, unless otherwise noted or prohibited by the facility or event.

SWEATS AND OTHER ATHLETIC WEAR

Sweats for warming up are recommended for all practices and the designated BENSWIC Track Club sweats are required for all meets. Other athletic wear, such as cold weather tights, hoodies, wool hats, earmuffs, gloves, sports bras, athletic supports, etc. may be recommended by the coaching staff.

TRACK BAG

Each athlete should have a track bag at each meet, containing the following: track shoes, towel, and water bottle **(with water)**

FITNESS

Each athlete needs to bring their own Resistance Mini Bands, Foam Roller, Lacrosse Ball, Stretch Rope to Practice and Meets.





CODE OF CONDUCTS

Conduct which is not in compliance with this Code of Conduct and/or which is detrimental to the Club may result in an athlete's dismissal from the club. Fees will not be REFUNDED in the event of dismissal.

PARENTS SHOULD:

- Encourage good Sportsmanship.
- Demonstrate good sportsmanship toward all athletes, coaches and officials at practice and meets.
- Support the club by volunteering to help at meets, and with fundraising events.
- Support assistant coaches/parent coaches and officials. Parent coaches and officials are volunteers giving their personal time, money, and expertise to improve your child's success in the sport, please respect their volunteerism. If you have an issue with a coach or an official please resist the urge to confront or vent your concerns directly or publicly. Communicate the issue to the head coach so it can be addressed through **AAU** or **USTAF** protocol and channels.
- Understand that parental interference with coaching will not be tolerated.
- Parents may discuss the training/coaching program with coaches following a practice, time permitting. Make scheduled appointments with the head coach to discuss and resolve issues and concerns.
- Athletes are required to participate in or be available for **(i.e. relays)** at all scheduled meet events, including being an alternate on relay.
- Athletes can not miss more than **4 meets** a Season. This will result in dismissal from the team.
- Arrive at all meets **1- hour** prior to your athlete's first scheduled event and check-in with the designated parent or BENSWIC Track Club coach.
- Place the physical and emotional well being of your child above any personal desire that he or she wins. Track and field is very competitive and your athlete's performance will vary against the competition in attendance.
- Demand a drug, alcohol and tobacco free environment for your child.
- Remember that children are involved in organized sports for their enjoyment
- Remember that children need role models, not criticism. They need to be inspired to perform and should not be pressured.
- Conduct themselves in a manner that promotes harmony among team members, officials and other parents.



- Be patient with leaving before practice is officially over. Most practices will go over at least 10min, the latest.
- Back Off from shaming your child's performance. We believe each will grow on his/her level. This is a competitive sport and faced with some heavy competition. Athletes need to know you support them on and off the field.

ATHLETES:

- Do your best to be at every scheduled practice on time and prepared. No athlete will be allowed to participate in training activities without completing the team warm-up routines (familiarize yourself with **Google Docs "Sheets"**). Coaches will not delay scheduled activities or extend practice to accommodate late arrivals. All athletes are required to do the practice workouts, unless there is a medical reason that excuses them. The practice requirement and commitment level is the same for all athletes. Each team member has a direct impact on the performance of the entire team. Lowering the bar and expectations for one athlete ultimately lowers the bar for the team as a whole.
- Arrive at practice ready to listen, work hard and learn.
- Be respectful to coaches, officials, teammates and competitors on other teams.
- Use only appropriate language.
- Older athletes should be mindful and strive to set a positive example for their younger teammates.
- No one person is bigger than the team.
- Athletes will not go back and forth with the coaches about events they will run. We will do our best to accommodate by letting each athlete know a week before competition.

PRACTICE AND BAD WEATHER

- The coaches will not cancel practice because of rainy weather in general. Practice will be held as scheduled except in the event of dangerous weather, such as extreme cold, heavy rain, or lightening. In the event that a scheduled practice is cancelled ahead of time due to the weather, the club will inform the members by **Remind.com** team text.

DISAGREEMENTS

Any complaints or disagreements with the coaches or the Club shall be communicated through a designated Head Coach. Speaking ill of the Club and/or creating dissention among Club members will not be tolerated. Violation of this rule will result in immediate dismissal from the Club.

UNSANCTIONED COMPETITIONS

No athlete may enter into an unsanctioned meet or road race during the season, unless the head coach has given prior consent. This provision is to protect the athlete from injury; ensure sufficient rest between the Club's official training and meet schedule; and meet peak development and performance targets. Violation of this rule can result in dismissal from the club.



PRACTICE REGULATIONS FOR ATHLETES

The Club schedules regular practices sessions that each athlete must attend. A practice schedule, and any potential schedule updates, will be provided by the head coach through our **"Remind" Communication System**.

- Athletes should be at all practices.
- Athletes should arrive on time and be ready to workout.
- Athletes should have the following at each practice:
 - Water and Water Bottle.
 - Shorts and T-Shirt Top (**this varies during cold weather**).
 - Sweats Pants and Top (**this varies during warm weather months**).
 - Good pair of training shoes with running support.
 - Running tights, hat, gloves and hoodie are recommended in cold weather.
 - Fitness Equipments
- 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.
- Athletes must be respectful to all Coaches, Teammates and Parents. The following is not allowed: profanity, horseplay, abusive language, ridiculing or berating other athletes, and fighting.
- Members unwilling to participate in workouts or who give a lack luster effort can be dismissed from the track or practices....and will not be allowed to return until coaches have spoken with the parents. **Note: Each members actions has a direct impact on the performance of the team as a whole.**
- Repeated misconduct, distractions and/or refusals to do workouts will be grounds for termination from the program. **NO MEMBERSHIP** fees will be refunded if a membership is terminated.



PRACTICE REGULATIONS FOR PARENTS

- Per USATF safety and background screening rules, parents are not permitted on the track or in practice areas during practices unless they have completed the required current year USATF Safe Sport Training and background check.
- Parents shall refrain from coaching or instructing athletes during practice sessions. Coaching is the exclusive responsibility of the BENSWIC Track Club coaching staff. Unless, you're willing to be part of our Parent Coaching that will be fine.
- Great detail is used in creating a plan for each athlete to reach specific development goals for the season and their event(s). Parents who attempt to coach over the coach creates a time burden and distraction on the coach, which ultimately undermines the coach and the entire team.
- Please notify the coach if your child will not be able to participate in a scheduled practice. This notification should be given as early as possible, and preferably prior to the scheduled practices. **NOTE - Team members depend on each other to push and challenge them in their workouts.** Each team member's attendance and effort at practice has a direct impact on the effort and performance of the team as a whole. If this becomes a constant pattern, it will result in termination from the team.



MEET RESPONSIBILITIES & RULES

To create an environment that helps to inspire optimum performances at competitions, BENSWIC Track Club coaching staff has developed the following rules and responsibilities for athletes and parents.

GENERAL INFORMATION

Meet information will be provided by 7 pm EST a week prior. This information will be provided on a link via our **Remind.com** text system (**or by email**) and under the Meet Schedule page of <https://benswic.com/sports/track-club/>. **NOTE: BENSWIC Track Club parents and athletes are responsible for knowing the athlete's events and rolling schedule times.**

BENSWIC Track Club Coaches determine which events the athlete will participate in for each meet. The parent may discuss this with the coaches prior to entry, but the coaches have the final decision for the best development and chances of success for the athlete, and the athletes training routine and performance at practices. The club's primary mode of communication will be the Remind notification system (**text**), and email. Please make sure that the coach has your current mobile phone, email, and contact information. If you do not have web, text or email access, please make that known as soon as possible. If an athlete will not be competing at a meet, this must be communicated to the coaches prior to the start of the meet, and as early as possible. If meet fees have been paid and your athlete is not going to compete, your meet fee will not be refunded by the meet director. Again, you're **ONLY** allowed to miss 4 meets -- more than that will result in being dismissed from the Club.

"THE TEAM TENT" - A SAFE-HAVEN FOR OUR ATHLETES

The team will have a designated area and or tent for the BENSWIC Track Club athletes to stay during the meet. All athletes must sit together in this area. The team tent is a safe-haven environment for our athletes to get mentally prepared for their events, relax, eat, and support their teammates. Parents are permitted to occupy the team tent, and are encouraged to do so, provided that parent works to maintain a healthy and positive environment for the team and athletes. Parenting in the team tent should always be done respectfully and with the understanding that your behavior is in full view of the general public. Reprimanding or yelling at your child or being physically aggressive with them has a peripheral impact on the entire team, and not permitted in the team tent or anywhere around the team.

ATHLETES RESPONSIBILITIES

Check your event time prior to the Meet. Arrive at the meet at least one hour prior to your scheduled event times. For Spring Season meets or meets with rolling start times coaches will announce the times for athletes to arrive at the track.

Upon arriving at the meet, check in with the Club at the designated area and get your numbers/stickers and instructions.

Sit with the Club during the meet. Athletes must stay in the team tent or Area when not competing during the meet, this requirement is for team member management and accountability, and security.

Come Prepared. Wear your BENWIC Track Club uniform. Have your shoe bag containing shoes and water bottle **(with water)**. Bring warm-up clothes to every meet and be prepared for unpredictable weather.

Warm-up. Warm-up with your teammates, especially event related. Arrive in time to get prepared physically and mentally for your event(s). If you miss your event check-in time the meet director will disqualify you from that competition. Being on time is critical especially if you are a member of a relay team, if you are late the whole relay team can be disqualified.

Bring drinks and food. Bring plenty of water and healthy food. **See the Nutrition section of this handbook for ideas.**

Concession Stands

Concession Stands are off limits during the meet for athletes. Unfortunately, food choices at concession stands are usually unhealthy and can significantly hinder the performance of an athlete and/or make them sick if consumed before competition or too soon after. Athletes may only approach the concession stand after the completion of the athlete's last event and/or with clearance from a BENSWIC Track Club coaches.

Pay attention to the meet announcer.

The meet announcer makes the calls for each event check-in. It is your responsibility to get to your event on time. With exception of the younger athletes **(Coach/Parent Coach will assist in this area)**.

Check in.

When you check in, you should be ready to compete **(with uniform, number/sticker and shoes)**. Take your water or sports drink with you to check in. Make sure to use the bathroom. Once you check in at your running event, you should not leave the check in area.

Parents' Responsibilities

Make sure that your athlete is prepared, at the meets early and ready for his or her events. All athletes should receive 8 to 10 hours of sleep 2 nights before a meet. Athletes should eat a nutritious breakfast. This includes fruit, bread, cereal, water and juice. Little or no meat is best. More information is provided in the **"Nutrition"** Section of this handbook. Overnight meets entail additional parental responsibilities (**see the Travel Section**). Parents and athletes are responsible for listening for the call of their events and for being prepared and warmed up.

IMPORTANT - MANAGING PUBLIC PERSONA

Parents, coaches, and athletes are an extension of the BENSWIC Track Club Family. Your interaction with spectators, officials, and athletes shape the public persona of the BENSWIC Track Club, BENSWIC business, our sponsors, and everyone associated with the team. What you say and do at practices, track competitions, and while wearing BENSWIC Team Gear in public matters. At track competitions there are thousands of mobile phones and spectators recording and broadcasting their experiences at all times. Assume that your comments and actions could be intentionally or unintentionally recorded by a stranger or adversary and broadcasted without your knowledge.

Inappropriate images and controversial video are in high-demand and shared like wildfire. Although these actions are illegal in most states, in certain circumstances, your public persona projected on social media will remain, along with the burden to overcome it if is perceived as negative. To help manage our collective public persona, please keep your cool at all times and strive to make sure that your comments are up beat, encouraging, and positive. Try not to react negatively to an official's bad call or show frustration or disappointment when an athlete's efforts are below their own performance capability. Stay in close communications with the head coach when working through these normal competition dynamics. We represent our Champions and each other and collectively form the public persona of the BENSWIC Track Club.



NON-SOLICITATION POLICY

The focus of the BENSWIC Track Club coaching philosophy and program is to expose youth to the exciting world of track and field and develop a positive dynamic team environment to produce Champions on the track, in the classroom, and community. To facilitate these endeavors requires high expectations, trust, shared vision, focus, rewards, and the respecting of boundaries.

Parents make huge sacrifices to support their children and their children need this essential support to be successful. Unwelcomed solicitation can be intrusive to the coaching staff and team, and parent and child experience. To avoid disruptions to the Champions' BENSWIC Track Club has implemented a Non-solicitation Policy (the "Non-solicitation policy") to parents, coaches, and team members during track practices and inside the "Team Tent" at track meets.

Although the non-solicitation policy has no jurisdiction outside of the Champions' Time, it is important that we consider the impact of a solicited business deal gone bad and how it can sour parent relationships and negatively impact the team as a whole.

For purposes of the Non-solicitation Policy, "Solicitation" (or "Soliciting") shall include, canvassing, recruiting, soliciting or seeking to obtain membership in or support for any organization, requesting contributions, and distributing promotional materials during the Champions' Time. This includes replies to team email and text blasts as well.

"Commercial Solicitation" means peddling or other wise selling, purchasing or offering goods and services for sale or purchase, distributing advertising materials, circulars or product samples, or engaging in any other conduct relating to any outside team interests or for profit or personal economic benefit during the Champions' Team Time.

Solicitation protocol for an opportunity that could benefit the team as a whole and contribute positively to the Champions' Team Dynamic, begins with presenting the opportunity to the head coach for approval for a wider team presentation.

Items to be distributed or offered for sale, which contains BENSWIC Track Club logo or name must be approved by the head coach.



HEALTH AND NUTRITION

Pre-Competition Sleep

- Athletes should receive 8 to 10 hours of sleep 2 nights before & the night before a meet.

Pre-Competition Meals 3 - 4 hours before the event

- High in complex carbohydrates, such as bread, fruit and vegetables
- Moderate in protein
- Low in fat
- Plenty of Fluids
- Athletes should eat a nutritious breakfast before a meet, including fruit, bread, cereal, water and juice. Little or no meat is best.

Snack HINTS - For All Day Meets

- WATER
- Fresh Fruit - bananas, raisins, grapes, oranges, peaches, watermelon.
- Bread, bagels, muffins. With peanut butter, cheese or cream cheese if within 3 to 4 hours before competition. **(beware for those with peanut allergies)**
- Crackers and pretzels
- Oatmeal-Raisin Cookies
- Fruit and Vegetable Juice - orange, tomato, etc....
- Cereal - With milk if 3 to 4 hours before competition.
- Fruit yogurt - if 3 or 4 hours prior competition

Post-Competition

- Athletes should always do their cool-down runs after race events.
- Water, low sugar yogurt with protein, energy bars, fruit and plenty of rest should be a consistent part of your post-race activities.

CLUB TRAVEL

All athletes are expected to attend all meets for which they qualify (**relays included**). This includes out-of-town meets. A list of all meets and their locations will be provided in advance. If there are extenuating circumstances, they should be discussed with the coach way in advance. Violation of this rule will result in immediate dismissal from the Club.

Travel to out-of-town meets entails additional costs not included in the membership fee.

The Club arranges hotel accommodations for out-of-town meets. Payment for individual rooms is the responsibility of the parent. The Club will try to have all members stay at the same location, but this is not always possible. If the member does not desire to stay at the Club's hotel, then the member is responsible for making his/her own accommodations.

While out-of-town meets are often viewed as opportunities for family vacation time, these meets are "business trips" for the athletes.

Children are influenced by parent behavior. Parents should acknowledge this impact and refrain from adult activities (**late nights, alcohol consumption, etc.**) in the presence of the children.

If the parent or legal guardian can not travel with the child, a guardian can be appointed. The athlete's coach must be advised of this and a proper waiver must be signed. It is the parent's responsibility to provide for the athlete's need for the trip. The guardian is expected to fulfill the responsibilities of the parent.

GENERAL

Club Meetings. Regular club meetings will be called as needed.

Fundraisers. The Club will have several fundraising events throughout the year. All families are highly encouraged to participate in funding efforts.

BENSWIC Track Club Web Site. Keep up to date with the latest club information at <https://benswic.com/sports/track-club/>

Volunteer Commitment. At least one adult representative for each athlete/family are encouraged to volunteer at track meets for a few hours throughout the Fall, Winter, and Spring Seasons.

BENSWIC Track Club Logo, mark and design are the exclusive property of BENSWIC Track Club. Usage of the name, logo, marks or designs is prohibited in any form without the expressed written consent from the Head Coach. Violation of this rule will result in immediate dismissal from the Club.



ACKNOWLEDGEMENT

I have received and read the BENSWIC Track Club Member Handbook and understand the rules and regulations contained there in and will comply with them. Non-compliance will result in dismissal from the Club without a refund. I am also acknowledging the following:

- That if my child qualifies for a meet I am obligated to ensure my child's participation unless it is discussed and agreed with the head coach.
- Out-of town travel will entail additional costs not covered with my child's BENSWIC Track Club membership.
- That my child has a BENSWIC Track Club authorized sweat suit that is in good condition; otherwise, I will have to purchase another one.

Date:_____

Athlete Signature:_____

Parent Signature:_____

PRINT ONLY THIS PAGE

This needs to be signed and returned within a week of distribution or athletes will be unable to attend practice. If this is not something you/your child can commit to, please visit www.benswic.com for other training options.