

Eden Prairie Track and Field Association (EPTFA) Parent and Athlete Handbook

Last Updated: April 06, 2020

A. Mission Statement

The Eden Prairie Track and Field Association (EPTFA) is a not for profit charitable 501(c)(3) organization dedicated to the promotion, teaching and fostering of amateur track and field to youth in grades 1st to 6th of Eden Prairie and surrounding communities.

B. General Information

1. The EPTFA is made possible through a large group of dedicated volunteers and will rely heavily upon parent participation in order to make the program a rewarding experience for everyone involved.
2. The six-week program starts in April, runs through mid-May, and shall consist of a weekly practice for six weeks and five Saturday track meets.
3. All practices and meets are held at the Central Middle School (CMS). Schedules and directions to the CMS track are available via the website.
4. Participants are grouped by their grade level in school.
5. The EPTFA program works closely with the Eden Prairie High School and Middle School coaches and programs. Without the cooperative use of facilities, coaching assistance and loan of equipment, this program would not be possible.
6. The EPTFA strives to make track and field instruction available for all 1st to 6th grade children of Eden Prairie and surrounding communities. It is recognized that there may be families who are unable to afford the registration fee. EPTFA will provide scholarships to cover the cost of the registration fee for any and all children that would qualify for the free lunch program through the Eden Prairie School District. The EPTFA has also established a cap or max registration fee per family for families that have multiple children participating.

C. Events

1. All events are age appropriate and are as follows (subject to change):
 - a. **First grade** – 100, 200 and 400 meter dashes, 4 x 100 meter relay, long jump and shot put.
 - b. **Second grade** – 100, 200 and 400 meter dashes, 4 x 100 meter relay, long jump and shot put.
 - c. **Third grade** – 100, 200 and 400 meter dashes, 800 meter run, 4 x 100 meter relay, long jump and shot put.
 - d. **Fourth grade** – 100, 200 and 400 meter dashes, 800 and 1600 meter run, 4 x 100 meter relay, long jump and shot put.
 - e. **Fifth and Sixth grade** – 100, 200 and 400 meter dashes, 800 and 1600 meter runs, 4 x 100 meter relay, 55 meter hurdles, long jump, shot put and high jump.
2. Throughout the program, each participant will be provided the opportunity to learn and compete in each event offered within their age group. The EPTFA Board of Directors may change the scheduled events during the program in order

to experiment with other races and/or field events. Information will be provided in advance of any planned event changes.

D. Participation

1. Each coach will attempt to provide equal opportunity for each athlete to participate in each event. An athlete's ability to excel is impacted by the amount of time an athlete is at practice and/or meets. It is the discretion of the Coach to establish teams and competitive event participation. An athlete's attendance may impact their participation in meets or competitive environments.
2. It is the intent of the program that all participants are given the opportunity to learn and compete in every event. With this in mind, no athlete will ever be forced to compete against their wishes. If an athlete chooses not to compete in an event, they will be allowed to sit out that event and rejoin the competition at the completion of the event.
3. When not competing in an event, it is an expectation that all participants cheer on their teammates. Parents can help by setting an example and fostering a positive environment for all athletes.
4. Parents are encouraged to be active in their athlete's team by volunteering to support coaches and to work at one of the five EPTFA meets.
5. ***As a purely volunteer organization and to run a successful meet, one parent from each family is expected to volunteer at one track meet during the season.***

E. Awards

Ribbons are awarded after each meet with blue for first place, red for second place, and white for third place. All other participants will be awarded a green or multicolored ribbon. Coaches may ask for a parent to volunteer as the Team Manager to assist coaches with entering the participant's running time or field event results on the backside of the ribbon. This information will allow parents and participants the opportunity to track their individual's performance from meet to meet.

F. General Rules

1. EPTFA's policy regarding harassment and/or discrimination is one of zero tolerance. The harassment and discrimination policy can be accessed at <http://www.eptfa.org/>. Any incident or suspicion of harassment or discrimination will be grounds for immediate action by EPTFA. These actions could be up to and including immediate expulsion from the EPTFA program. Anyone suspecting or witnessing actions that could be perceived as either harassment or discrimination is mandated as a participant in the program to report to the Track Director immediately.
2. EPTFA has a code of conduct for all participants, parents, volunteers, and spectators. This code of conduct covers all activities including but not limited to fighting, swearing, rude and or discourteous behavior. The Track Director will take action in any situation where inappropriate behavior is either suspected or witnessed. Actions may be up to and including expulsion from the EPTFA program.

3. All participants, parents, volunteers, and spectators have responsibility to assure that they do not interfere in any way with activities on the track or in areas surrounding the track. All equipment whether owned by EPTFA or CMS are for intended purposes only.
4. All rules and expectations of both CMS and Eden Prairie School District 272 apply to the CMS track and the areas surrounding it. EPTFA will enforce all rules and expectations. These rules and expectations include, but are not limited to, not allowing smoking, alcohol, firearms, or pets at any EPTFA event.
5. It is the responsibility of EPTFA to provide a safe facility and grounds area for all participants and spectators. During practices and meets, all spectators are restricted to watch and cheer on participants from the infield portion of the track or outside the fenced area around the track. When within the confines of the track, all spectators need to position themselves on the field within the white chalked-in sideline area so as not to encroach upon and impede participants as they are competing on the track. Spectators are not allowed around the long jump pit, high jump pits, and/or the shot put area. Spectators are reminded that all equipment including, but not limited to, high jump pits, long jump pits, and hand equipment such as rakes and brooms are hazards. Spectators must manage siblings and small children in a way to ensure they are kept clear of all hazards.
6. All weather-related decisions will be made by the Track Director. It is the policy of EPTFA to make decisions impacting both meets and practices at least one hour prior to the start of the event. In the case of weather-related cancellation notification will happen via the EPTFA website at <http://www.eptfa.org/>. In the circumstance that weather moves in with less than an hour's notice cancellation will happen at the track. The Track Director will be present at the track to communicate the cancellation and post to the website a notification as soon as possible. For further information please review the weather policy on the EPTFA website.
7. This is not a complete list of all rules that govern practices and meets. All circumstances that lie outside the rules mentioned above, or concerns with the rules above, are to be brought to the attention of and decided by a Track Director. All decisions of a Track Director are final.

G. Participant Information (please cover with your child)

1. Have fun and enjoy your time at the track.
2. Listen to your coach, they want you to do your best and will help you get there.
3. Cheer for your teammates, they want you to do your best.
4. Say thank you to your parents, they want what is best for you.

H. Parent Information

1. The spring track season can be a challenge. The weather runs the full spectrum from cold and rainy to warm and sunny. Parents need to be prepared for all weather types. No matter how warm it is at your house it is always colder and windier at the track. Please make sure your athlete comes to practice addressed appropriately, including wearing their EPTFA t-shirt, and brings a water bottle.

2. As a volunteer organization your help is imperative to the success of the program. Please volunteer to help your coach, work a meet, or act as team manager.
3. EPTFA is a snack free program. Parents and athletes are asked to not bring snacks to meets or practices. However, please make sure your athlete has a water bottle for all meets and practices.
4. EPTFA exists to teach the sport of track and field. If you have questions, don't understand why we do something, or just want to know more about the sport of track and field just ask and we'll be happy to answer any questions.
5. Have fun and enjoy the season.