

***Cougar Track Club***  
***Clayton County***  
***Hampton, Georgia***



***Members' Handbook***

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## **Cougar Track Club Spring/Summer Track Season**

**“Gold medals don’t make champions, hard work does”**

**We are excited that you are a part of our Cougar family, and we’re looking forward to an explosive track season.**

**The purpose of this handbook is to provide our parents and athletes with an overview of our program and what to expect this upcoming track season. This handbook will provide you with an explanation of our registration process, fundraisers, practice schedule, track meet schedule, and frequently asked questions and answers.**

**We will try our best to answer all of your questions in this handbook, but we also understand that every concern may not be covered. Please do not hesitate to bring those questions to the coaches or officers for an immediate response before or after practice.**

**In 2009, Nolan Wallace at the urging of other parents in the community, founded the Cougar Track Club; a non-profit youth organization which focuses on four major themes: 1)promoting health and fitness 2)providing a positive outlet for youth 3)building self-esteem and 4)serving as an educational component through athletic performance. It was his vision along with community partners to create a program that would provide children with the opportunity to have fun, be fit, travel, and build lasting relationships. He attributed the success of the organization to the time and energy put in by the other dedicated Cougar Track Club coaches, and a host of supportive parents.**

## **2011 Season Highlights**

**In 2011, Cougar Track Club tested the waters with the Clayton Spring Track Series by combining our spring track season with the Clayton Parks and Recreation track and field program. This collaboration allowed the Cougars to prepare for the summer season while participating in a full spring track season with Georgia Recreation and Parks. As a result, we have decided to continue this collaboration for the foreseeable future. This league, which offers fully automatic timing and efficient meet management, allows track and field teams to participate in a safe, competitive environment. The spring season concluded with the GRPA State Track Meet in Augusta, GA. The Cougar Track Club was well represented at this competition and helped Clayton County have a strong showing at this state competition. Competition didn't stop with the state meet, the Cougars continue to excel and qualified to participate in both the USATF and AAU Junior Olympics.**

### **Cougar Thoughts**



**Set your goal, envision your goal, and accomplish your goal.**

## **CTC Organizational Chart**

### **FOUNDING BOARD**

**Nolan and Kendra Wallace**

### **BOARD OF DIRECTORS**

**Coach Nolan Wallace and one member from each committee will make up the Board of Directors**

**Sonya Wash**

**Rodney Tookes**

**Tyesha Johnson**

**Annette Ogletree**

**Iyana Williams**

### **CTC COMMITTEES**

**Banquet/Awards Committee - 2 Parent volunteers**

**Hotel Committee - 2 Parent volunteers**

**Fundraising Committee - 2 Parent volunteers**

**Meet Results Committee - 2 Parent volunteers**

**Meet Refreshments Committee – 2 Parent volunteers**

### **DISCIPLINARY BOARD**

**Coach Nolan Wallace**

**3 Parent Representatives from CTC Committees (not Board members)**

**Athlete Representative**

## **Coaching Staff**

**Nolan Wallace, Head Coach, Long Sprint Coach, Horizontal Jumps**

**William Jones- Assistant Coach, Short Sprints and Relays**

**Anthony McKissic-Assistant Coach, Distance Coach**

**Maurice Williams- Assistant Coach, Vertical Jumps and Multi-Events**

## **Contact Information**

**Website: [www.cougartrackclub.org](http://www.cougartrackclub.org)**

**E-mail: [thecougartrackclub@gmail.com](mailto:thecougartrackclub@gmail.com)**

**Contact:**

**Cougar Track Club**

**185 Rolling Meadows Trail**

**ayetteville Georgia 30215**

**Phone: 678 516-7264**

## **Training Philosophy and Practice Expectations**

The Cougar Track Club coaching staff consists of USATF Level I and Level II coaches. These credentials require an extensive investment of time and money to ensure our coaches employ the most effective training methodologies. Developing athletes in track and field is both an art and science. Success requires a very specific balance between, training stress, rest and recovery, competition, diet, and a true commitment by athletes, coaches, and parents. In order for athletes to improve, we must all operate in harmony. By design some practices are extremely intense, while others are intentionally light. Training must allow the body to adapt, that's how performance improves. Adaptation requires a balance of the success factors listed above. Our training is designed to train to the 5 bio-motor abilities: flexibility, endurance, speed, strength, and coordination. Depending on where we are in the season, there will be different percentages of each area trained.

### **Pre-Season Practices**

Our spring track season runs in conjunction with the Clayton Parks and Recreation track program. Registration for the Clayton Parks and Recreation program is in January and practice begins in February. Practice dates and times are set by Clayton County. Athletes who register to run with Clayton Parks and Recreation have the benefit of a full spring, competitive season with two days of practice per week. For those who do not participate with the Clayton Parks and Recreation program, pre-season practice begins on Sunday, mid-February from 2-4pm at Lovejoy HS with spring conditioning. These practices will be held every Sunday, during our spring season, and will then transition into our regular season practices in May. Parents will be notified by way of website, text, or calling post of any changes.

### **Regular Season Practices**

Our summer program, which begins the first part of May, will focus on USATF and AAU competitions, invitational track meets, and some all-comer track meets. Summer Track Meet schedules will be posted during the spring season at [www.cougartrackclub.org](http://www.cougartrackclub.org).

Practices will begin on May and continue until the end of the season in late July/early August. Practice is held every Monday, Tuesday, and Thursday from 6:00-8:00pm at Twelve Oaks Stadium (Lovejoy High School). Parents will be notified by way website, text, or calling post of any changes.

### Practice Structure and Expectations

Athletes will be split into training groups according to their running events and not by age. This allows athletes to receive proper, event specific training. Our practices consist of five core components.

1. Warm ups
2. 10-15 minute Stretch
3. Drills
4. Split into event groups for Workout
5. Cool Down

Practices are very important! We want the kids to experience all parts of practice, so it is important that they arrive “on time” and are prepared to work! Your child needs to be properly nourished to maximize their effort during practice. Generally speaking, athletes should eat 3 balanced meals per day with several healthy snacks intertwined. Your child should not eat within the hour before the start of practice. This will allow for proper digestion and will prevent cramping.

We understand that work schedules, sibling activities, and other responsibilities have to be managed in addition to track and field. We ask that you attempt to prioritize your child’s track and field experience. As coaches, we will put our all in your children. When possible, please coordinate with other parents when conflicting interests arise.

We prefer that parents are present during practice; however, we understand there are circumstances that may limit your presence. In those cases, we are urging you to pick up your athlete(s) promptly after practice! Please make sure your kids are dressed appropriately for the weather conditions and have plenty of water to drink.



Athletes need to bring their spikes with them to every practice. However, they need to wear their trainers (running/tennis shoes) to practice. Trainers are the primary practice shoe, not waffles or spikes. For certain workouts, athletes will change into their spikes.

## Athlete Eligibility

The athletes will be participating in both the USATF and AAU meets this season. The athlete's age group is determined by the athlete's age as of December 31. Spring League follows the same rules.

### USATF Age Groups/Divisions

Sub-Bantam (8 & under):	Born in 2007 + *
Bantam (9-10 year old):	Born in 2006 or 2005
Midget (11-12 year old):	Born in 2004 or 2003
Youth (13-14 year old):	Born in 2002 or 2001
Intermediate (15-16 yr old):	Born in 1999 or 2000
Young Men/Women (17-18 yr old):	Born in 1998-1997**

\*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 Young Men's and Young Women's divisions through that meet. This extended eligibility does not apply to cross country events.

### AAU Age Groups/Divisions

Primary (8 & under):	Born in 2007 or after
Sub Bantam	Born in 2006
Bantam	Born in 2005
Sub Midget	Born in 2004
Midget	Born in 2003
Sub Youth	Born in 2002
Youth	Born in 2001
Intermediate	Born in 1999-2000
Young Men/Women	Born in 1997-1998

## **Track & Field Events and Relays**

Track events consist of the following: sprints, middle distance, distance, hurdles, and relays. Field events consist of the long jump, triple jump, high jump, discus, shot put, and the javelin.

Athletes in the primary-midget age groups are allowed to participate in a total of (3) events, this includes relays. Youth –Young Men and Women age groups can participate in total of (4) events, including relays.

Events are as follows:

**Sprints: 100m, 200m, 400m**

**Middle Distance: 800m, 1500m**

**Distance: 3000m (Available for midget-young men/women only)**

**Hurdles: 80mh, (midget age group only)**

**100mh: (Youth age group only)**

**100/110mh (Intermediate, young men/women)**

**Relays: 4x100m, 4x400m, sprint medley, distance medley**

**Field Events: long jump, high jump, shot put, discus (midget thru young men/women only), triple jump, javelin (youth thru young men/women only)**

**Note: 4x400 relay starts at the Bantam age group, ages 9-10, in AAU competition; however, it starts at the Sub-Bantam age group, ages 7-8, in USATF competition.**

## **Athletes Event Placement**

Athletes will have an opportunity to try out for different track and field events. Based on their level of readiness and competitiveness for that event, the coaches will help the athlete and parent determine which events are best suited for the athlete. We welcome parental involvement in the event selection process for your athlete. Be advised that the coaches want to ensure that all athletes have a fair opportunity to be competitive in their events, while ensuring their track and field experience is an enjoyable one.

## **Relay Teams**

Individual events are our number one priority, but we also would like to showcase our talent with the relays. The relays give us the opportunity to blend our talent just right in order to make something explosive! Athletes will be chosen based on not only on their times, but their level of commitment, dedication, and attendance. All members of the relay team must be present at the time of check-in. They must have on their bib numbers and uniforms, including extras such as socks and headbands. Be reminded that relays are a team event. If you are chosen to run on a relay team, understand that your team is depending on you. You need to not only be present, and on time, but to be mentally and physically ready to compete.

## **What to Expect at Spring Track Meets**

During the spring season, track meets are local, one day meets held on Saturday with a 9am start time. The first meet is in March and the season ends the second week in May. A spring track meet schedule will be posted on the website in December. The only 2 day meets will be the District qualifier and the GRPA State Championship held in Augusta, GA. The State Championship meet is always held on the first or second weekend (Friday and Saturday) in May in Augusta. **We normally stay at either the Days Inn or Jameson Inn near the Stadium, so book your room today!**

## What to Expect at Summer Track Meets

Summer track meets can range from one day to sometimes week long competitions. They usually last all day and occasionally require overnight, out-of-town stays. The week long meets (Thu-Sun) would be your State, Regional, and the Junior Olympic meets (Mon-Sun). The Junior Olympic meet is held the last week in July for USATF and the first week in August for AAU. Once the locations of these meets are announced, it is recommended that you start booking your rooms immediately. The Junior Olympics brings over 20,000+ athletes to these cities so quality hotel rooms with great rates will be hard to come by if the rooms aren't booked at least 6 months in advance.

Summer track meet schedules will be available on the website by mid January and will be updated until the meet entry calendar is completed. Cougar parents or guardians are required to attend all local and out-of-town track meets to supervise/monitor their athletes. The coaching staff will not serve as baby-sitters during the meet. Coaches are there to monitor performance, provide guidance during competition, and to enjoy the fruits of the work put in during practice. We are asking that parents request time off from work as soon as the schedule comes out, especially for our out-of-town meets.

\*\*\*What happens before the track meet? **REGISTRATION.** Every meet we attend has an individual athlete entry fee associated with it. We assume you will attend all the meets on the schedule (not the Optional ones) unless you tell us otherwise. We are expecting athletes or parents to inform us of their absence from a meet by way of e-mail to [thecougartrackclub@gmail.com](mailto:thecougartrackclub@gmail.com) at least 2 weeks in advance of the track meet. **Important!** Your child WILL be registered for the meet if you miss this deadline which would accumulate an unnecessary fee. \*\*\*

Generally speaking, track meets start at 9:00am (some of the big qualifier meets start at 8am). We are asking that athletes plan to arrive by 8:00 am. Team warm-ups will be held on the track from 8:00 to 9:00am. Parents, please check in with us at this time to get bib numbers, order of events, and other information on any last minute changes. Expect to be out there all day so bring plenty of water and healthy foods/snacks for the day. Be prepared for the weather and dress

accordingly. Track meets are long so bring chairs, coolers for food, “pop-up” tents for shade, money for concessions stand, and games to play (Cards, PSP, Nintendo DS, etc), along with reading materials.

**Note:** parents please make sure your kids keep up with all items they bring to the meet. The Club will not be held responsible for lost or stolen items.

**What to expect from the Coaches during the track meet?** The coaches will post the order of events schedule (if available) at the beginning of each meet. They will follow the meet schedule and ensure athletes are preparing for their events before the event is called for check-in. When necessary/appropriate, coaches will provide pre-race guidance and instructions to athletes. This will vary event by event, and athlete by athlete. Track tenure and maturity has a significant impact on the amount of pre-race guidance a coach can offer. Coaches cannot always capture times/results for every athlete during the meet. However, the meet results are usually made available for everyone to review.

**What to expect from the parents and athletes at the meet?** First and foremost, we encourage parents to arrive to the meets on time. There are some cases, based on the meet schedule, where a later arrival time is okay. However, please check with the coaches on this from meet to meet. The event schedules at track meets are often unpredictable and can get ahead or behind schedule. Arriving on time ensures that all pre-meet administrative matters can be handled accordingly. The goal is to make sure the child is at the meet at least an hour before check in to ensure proper warm up before racing.

We are expecting for both the athletes and parents to listen for their events being called and make sure they are dressed and ready to go when it is time for check-in. We expect athletes to warm-up prior to check-in for each event.

**Field Events** - These events are secondary to running events. Athletes, parents, as well as coaches, are equally responsible for athletes being checked in on time. Check-in for field events are at the actual event. Coaches and parents are not allowed on the track during most meets, so it is an athlete’s responsibility to report to the field event at the specified time, get marks, and perform any warm-ups and

stretching that is required. After being taught in practice and the first 1-2 meets, athletes are expected to know their starting marks and how to prepare for the beginning of the event.

**Uniforms** - Uniforms are mandatory for all meets. Two-piece speed suits for the girls and a one-piece speed suit for the boys are issued. Replacement uniforms must be purchased at your own expense. There is also a 4-5 week turnaround time on replacement orders.

**Shoes for track meets** - Spring track season requires athletes to wear waffle racers **ONLY!** Summer track season requires athletes to wear track spikes. When shopping for spikes pay attention to the type of spike that is available. Spikes are designed according to the event your child participates in. There are spikes for sprints, middle distance, distance, as well as different field events such as the long jump and high jump. If you need assistance, please don't hesitate to ask a salesperson or coach for help.

## **Track Meet Behavior**

**We love Attitude!! That is, Positive attitude. We love energy that is positive energy! And we really, really love respect. Respect for ourselves, others and our surroundings. It's the Cougar way of life!**

**We must create an environment that is comfortable and conducive to help our athletes be as productive as possible. Track meets can last all day so we ask the parents to help us with their kids and their younger siblings. We sit together as a team so we can communicate and locate the kids quickly when needed. We also ask that all food and trash be place into the proper container provided. Trash and other items should not be left on the ground or in the stands.**

**As a Cougar Family we expect all adults to appropriately correct any misbehavior – village mentality! If you feel your voice is going unnoticed or you experience any defiant behavior from a Cougar athlete, please report that child to a coach or his/her parent immediately.**

Summer meets are a lot different from the spring meets. We are asking that parents and siblings remain in the stands and do not go on the field. When we go to Nationals, coaches will not be allowed to go on field. Athletes will have to be dressed and ready to perform at check in. Many times bags and even bottled water are not allowed beyond the checkpoint. Meets leading to the National meet will be the time to practice these rules, so parents please understand that the steps we are taking all have a purpose.

## Registration

The fee for the Summer Track season will be posted on our website by mid-January.

This includes the following:

AAU & USATF Membership Cards

Entry fee for all mandatory track meets

Banquet Fee for Athlete

Team T-shirt

Speed Suit

**All Registration fees must be paid April 1.** We encourage payment before this deadline; registration opens at the first informational meeting.

**\$\$\$\$\$\$ Note: All Funds are non-refundable \$\$\$\$\$\$**

## **Mandatory Fundraiser**

**Cougar Track Club is a non-profit organization; therefore, the fundraisers cover many of the unexpected costs that arise during the season. Furthermore, we make every effort to do the little things that make the track experience more enjoyable. Additional financial resources are needed to do this. All athletes will be required to participate in the fundraiser. There will be an “opt-out” feature for those who would prefer to just pay a nominal fee rather than do the fundraiser.**

## **Out of Town Meets**

**Out of town meets can be stressful but our solution to that entails planning and blocking rooms in advance. Cougar Track Club participates in both the USATF and AAU meets and some of those meets will be out of town. We advise that once the schedule is posted that you start making preparations for the out of town meets. These are BIG track meets and hotels go quick, so book ASAP! The Club will always block a number of rooms, but if you have a preference, get a discount at certain hotels, or if you'll be staying with relatives, by all means take advantage of those accommodations, just make sure you book as soon as possible because rooms will sell out quickly.**

## **End of Season Banquet**

**End of Season Banquet provides an opportunity for our athletes, parents, and coaches to reflect on the experiences of the season. The registration fee only covers the banquet fee for the athlete. For our guests would like to attend, tickets can be purchased separately. The Banquet is normally held in September before football season begins. Information will be posted on our website on the location and time of the banquet.**



## **Frequently Asked Questions**

**Q: When does the track season begin for Cougar Track Club?**

**A: Pre-season practice begins on Sunday mid-February from 2:00-4:00pm at Twelve oak Stadium (Lovejoy High School). This allows our kids with Clayton County Park and Recreation to get an additional practice day and it also allows our middle and high school athletes to get some additional pre-season training, preparing them for a highly competitive season with their schools which in turn sets the foundation for a successful summer season.**

**Q: What are the dates and times of pre-season practice?**

**A: Our pre-season (the spring season) begins on Sunday mid-February from 2:00 – 4:00pm and will continue every Sunday until the end on April at Twelve Oak Stadium (Lovejoy HS). Parents will be notified by way of the website or text of any changes to practice location or time.**

**Q: When does the regular season practice begin?**

**A: Regular season practices will begin the first part of May – the end of July, on Monday, Tuesday, and Thursday from 6:00 – 8:00pm. Practices will be held at Twelve Oaks Stadium (Lovejoy HS). Parents will be notified by website, text, e-mail, or calling post of any changes.**

**Q: What does the summer registration fees include?**

**A: The Summer registration fees include an administrative fee/facility use and AAU/USATF membership cards (which are required for all qualifying meets). Note: the membership also includes insurance that covers the coaches and kids and protects them while practicing at the facility and at track meets. The registration fee also includes all mandatory track meets, speed suit, and athlete's banquet fee.**

**B: The summer registration fee does not include the national meets; cougar book bags, windbreakers, warm-ups, and team T-shirt (which is our new fundraiser) for an additional cost.**

**Q: When are the registration fees due?**

**A: All registration fees along with any accessories are due any time before April 1<sup>st</sup>. Orders must be placed by this date to ensure we receive all needed items before our first track meet.**

**Q: What running gear does your child need for this season?**

**A: Please dress for the weather. Practice attire should include a pair of good running shoes (trainers), spikes, warm-ups (if necessary), running shorts and comfortable fitting t-shirts (long or short sleeve).**

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**I have reviewed the information in this handbook and am aware of the responsibilities and expectations that are associated with being a Cougar Track parent.**

**Date:** \_\_\_\_\_

**Print Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_