

Front Runners Track Club

Welcome to Front Runners Track Club!!

Front Runners Youth Track & Field Club is a nonprofit community-based all-volunteer organization established to serve Nashville, TN and surrounding areas. Our goal is the development of the student/athlete to achieve success on and off the track. We will nurture and cultivate mental and physical discipline with a spirit of competitiveness that breeds maximum effort while embodying good sportsmanship.

We will build self-esteem, teamwork and motivation by promoting youth running and physical fitness through the sport of track and field.

WE COACH HARD, BUT WE CARE HARDER!

Registration

Summer Registration period: Early bird registration is between now and April 21.

Registration now through April 21 will be \$195 per child (\$175 each additional child).

Registration cost after April 21 will be \$235 per child. All registrants will receive a club T-shirt. ****** All Payments are due no later than the first day of practice.**

Register directly by clicking on the this link <http://www.fronrunnerstrackclub.com/getreg.html>

If paying by check or money order, please make all checks and money orders payable to Front Runners Track Club. **Even if you pay by money order or check you still must register your child online through our website.**

***All children must be registered with AAU when they sign up with the club for summer track.** Please provide a copy of your child's AAU registration card, and birth certificate to me or one of the coaches no later than May 14th

AAU registration (<http://www.aauathletics.org/>)

****Click on Join AAU. Under Athlete, select Register Now. Then select New Membership, then Youth Athlete Membership.**

Please use the birth name that appears on your child's birth certificate when registering your children for AAU (you can email a copy of your card to Coach Frank at Fronrunnerstrackclub@gmail.com. Email a copy of the entire card, not just the number once registered)

Use **Club Code: WWFD34**. This needs to be put in when you register so you will be attached to our club.

Team Uniforms:

All athletes will need a Front Runners Track Club uniform. Uniforms must be purchased separately. A link will be sent after registration for purchasing. If your child has a uniform from

last year and you are confident that they'll be able to fit it again this year, you do not have to purchase a new uniform. However, please consider purchasing some of the cool spirit wear that will be available (Backpacks, Warm-ups, T-shirts for parents, etc.)

Practice

Practice starts Monday April 30 and will be from 6:00pm to 8:00 PM at Nolensville High School on Mondays, Wednesdays and Thursdays. **High School athletes participating in track for their school can come out and practice after their High School season ends. No refunds will be given after May 8. Any refund that is given will also have a \$10 refund processing fee charged by the club.**

2018 Meet Schedule

Here's the meet schedule at this point:

- May 26 -Middle TN Invitational -Nolensville High School- co-hosted by our club and Rutherford County Track Club
- June 2 - Sam Smith Track and Field Invitational - Whites Creek High School
- June 9 -AAU District meet -Nolensville High School (top 16 qualify for Regional meet)- co-hosted by our club and Rutherford County Track Club
- June 23 - Track and Field Invitational -Stratford High School
- *******June 29-June30 (multi events start June 27)- AAU Regional meet to qualify for Junior Olympics -University of Tennessee Knoxville, TN (Must qualify at District meet to participate)
- *******July 27-August 3 -AAU Junior Olympics -Drake University. Drake Stadium. Des Moines, IA (must qualify at regional meet to participate)

*******Denotes that athlete must qualify for this meet

***Requirement:** All children must show proof of a current physical.

These forms must be completed by a physician and must be presented to a coach no later than May 14th, 2018. **No child will be allowed to work out after May 14th, 2018 until a copy of the signed physical form is on file with the club.**

It is up to you to decide whether or not your child should register for competitive track and field. Here are the things that you should think about:

1. Has your child been an AAU or USATF national qualifier?
2. Does my child want to become more competitive in track and field
3. Has your child been physically active in any sport within the last 3 to 6 months?
4. Can your child endure a more strenuous workout?
5. Will you and your child be committed to attending track meets and required workout sessions?

Athletes Responsibilities:

Practices are designed to have all athletes participate at their top level. In order to accomplish that goal every athlete should strive to be at every practice. We do understand that there are athletes

who will have practices with their high school sport teams, are in multiple sports, are involved in camps during the summer, and that family vacations do come up, but we ask that if an athlete knows that he or she will miss a practice or more it is the athlete's responsibility to talk to a coach to get a workout plan (if needed), and workout on his or her own. If an athlete is missing practice because of practice that is required with their school team, please make the track coaches aware so that the coaches know and can monitor what is going on. Practices are designed to include a lot of interval training based on time requirements, so as the summer goes along the faster the times get, there is no slowing down. Practices can be strenuous and the heat of the summer adds to this. If the athlete has any medical conditions (asthma, allergies, etc.), please advise the coaches and be sure to bring any devices or medicines needed to all practices (inhaler, epi pen, etc.).

Athletes are required to complete all workouts. If an athlete feels that there is an injury or condition that will prevent them from completing a workout, that athlete should consult with a coach as soon as possible. If the injury persists, a coach may advise the athlete and/or parent to seek medical care before having the child continue any further workouts. It will be very hot during the summer so athletes should remain hydrated and bring plenty of fluids to practice (Water, Gatorade, etc.). Athletes should also have proper attire for practice and meets.

Bullying, foul language, violence and other acts that are detrimental and infringe on the safety of others will NOT be tolerated. A child may be dismissed from the team immediately in these situations. If we find that your child is horse playing or not participating in the practices as expected, your child will be warned and if continued, we will ask your child to sit in the bleachers until practice is over. We encourage all athletes to socialize and have fun, but first practice hard then play hard. Unsportsmanlike conduct by athletes is strictly prohibited and will not be tolerated. All athletes are expected to be supportive of their teammates and to show encouragement to all. Dismissal from the team is also possible. If your child is removed from the team as a disciplinary action, you will not receive a refund

Track meets:

Track meets can last all day over a weekend so athletes should stay hydrated and bring plenty of fluids to meets and practice. You will receive additional communication prior to each meet that will provide details. Competition at the national and regional level is intense, so staying in shape is a must.

Parent Involvement:

All athletes will be expected to **arrive on time** and complete all practices except in cases of injury and sickness. If your child is sick please do not allow your child to come to practice. It will be hot outside, so your child will be miserable and other children do not want to be sick.

A parent's job is to be supportive, dedicated, committed, and encouraging of their child athletes. We ask that you please stay off the track during practice and allow the coaches to do their jobs without interruption with the exception of exercising/walking. Parents are asked not to coach a child during any of the workout sessions or track and field meets. It is very confusing to an athlete to hear more than one voice at the same time. Track meets are where we need to have the athlete at their most optimal level. If any of the coaching staff find that there are parents coaching during the track meets or practice sessions, the results could range from a warning, to a suspension, to

you and/or your athlete being removed from the team. If your child is removed from the team as a disciplinary action, you will not receive a refund. A coach will stop coaching an athlete at a meet if it is determined that an athlete is being coached by a parent during competition. Competing is very stressful for an athlete and we will not add any additional pressure to an athlete by having to determine who to listen to.

Once the track season begins and your child is a member of the Front Runners Track club, we ask that training from any additional track club or track coaches must be postponed until after the season is complete. This does not include training facilities such as D1, Impact, etc. Track coaches may have different ways of teaching fundamentals to athletes and this will allow one message to be heard during summer training. Strict adherence to this rule is required and dismissal from the track team could be enforced.

For those of you who would like to be more involved, we will need support with fund raising activities, timing, setting up at meets, and supervision opportunities at local and out of town events.

When volunteer opportunities become available, a sign-up sheet will be provided.

AAU ATHLETICS AGE DIVISIONS



All age divisions are determined by Year of Birth

<u>DIVISION</u>	<u>2015</u>	<u>2016</u>	<u>2017</u>	<u>2018</u>
8 & Under	2007 & After	2007 & After	2009 & After	2010 & After
9 Year Old	2006	2007	2008	2009
10 Year Old	2005	2006	2007	2008
11 Year Old	2004	2005	2006	2007
12 Year Old	2003	2004	2005	2006
13 Year Old	2002	2003	2004	2005

14 Year Old	2001	2002	2003	2004
15-16 Year Olds	1999-2000	2000-2001	2001-2002	2002-2003
17-18 Year Olds	1997-1998	1998-1999	1999-2000	2000-2001

****Athletes MUST NOT turn 19 before the final day of the AAU Junior Olympic Games Nationals competition****