



## Track Express Track Club Policy & Procedures



### **Involvement**

All parents are expected to be active members of the Track club, participating as an officer, or as a committee member. Parents are also expected to volunteer their time during competitions.

### **Development**

Unless requested by a coach, parents shall not interfere with the development of their child during practice or competition. The coaches suggest that all questions about your child's development be addressed to the coaching staff after practice.

### **Supervision**

Athletes and children must be supervised at all times. If a parent has to leave or can't attend the competition, they must ensure that their child has proper supervision before an athlete can compete. **It is important for parents to network.** An athlete may be left with an older sibling greater than 16 years of age.

NOTE: Athlete's 8 & under may not be left without adult supervision.

### **Discipline**

Any behavior detrimental to another athlete while representing Track Express Track Club that is deemed Unacceptable by the Executive Officers is grounds for dismissal from future practice and competition.

NOTE: A refund of registration fee will not be given upon dismissal

### **Attire**

During practice and competition, athletes are required to wear sweat pants when they are not competing. It is recommended that during inclement weather, (rain, windy, or colder than expected temperatures) athletes wear proper clothing.

### **Vacation**

If you have vacation plans that conflict with local and national meets, please inform the coaches as soon as possible.

### **Swimming**

Athletes should not be involved in excessive swimming within 48 hours prior to local competition, and 72 hours prior to qualifying meets.

### **Registration**

All Club fees must be paid in full prior to first meet. Uniforms will not be issued until registration fee is paid. Meet registration fee varies with each meet and relay team fee's are normally separate.

### **Uniforms**

Track Express approved uniform must be worn when representing the team competition.

### **Declaration**

During the week of competition, parents will be asked to declare whether their child will participate in the upcoming meet. If the child does not show up, the parent will reimburse the Club for the cost of registering their child. In addition, if your child is a member of a relay team and the race is forfeited, the parent must also reimburse the relay fee. All fees must be paid prior to the next competition.

[www.trackexpresstrackclub.com](http://www.trackexpresstrackclub.com)



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### **Designated Areas**

During competition, athletes are expected to gather in the designated area arranged by the Coordination Committee. We will provide shade for all track club athletes and family members. In the event the tent area becomes overcrowded, athlete's will be given priority. Family and friends should give up their space to athletes to preserve their energy for competition.

### **Sanitation**

All parents and athlete's must keep the areas Occupied by Track Express Track Club for practice and competition clean and sanitary at all times.

### **Refreshments**

Parents should make sure their child has water or Gatorade during practice and meets. **Nutrition**

The coaches strongly encourage that athletes adhere to the following "Healthy hints" that will improve your child's performance during practice and competition.

- Do not consume any dairy products 24 hours prior to competition.
- The day before competition eat foods high in carbohydrates; such as pasta, vegetables, grains, bread beans, etc.
  - The day of competition NO McDonalds, Burger King, etc.
  - Always drink plenty of water and Gatorade, not sugary drinks.
- During competition, eat apples, oranges, grapes, watermelon, cantaloupe, raisins, etc.
- Take single multivitamin supplements for mineral. Eat a healthy dinner the night before and a nutritious breakfast the day of competition.

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**Athlete's Name** \_\_\_\_\_

I have read, understood, and agreed to the policies and procedures of the Track Express Track Club, Inc.

**Parent/Guardian Signature** \_\_\_\_\_

Executive Committee  
Track Express Track Club, Inc.

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