

COBRA TRACK CLUB



MEMBER HAND BOOK

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MEMBERSHIP

Membership fees include:

- Entry fees to club-scheduled meets. There may be optional meets that will require additional entry fees by the athlete.
- USATF cards
- Track Club Uniform
- Replacements for Spikes (Pins)

Membership fees are not refundable after one (1) week from registration date. Athletes will not be allowed to run in any meet until all membership fees are paid in full and paperwork is submitted.

MEET/PRACTICE ATTIRE

- **Club Uniforms**
An authorized CTC uniform **must be** worn during each meet.
- **Training Shoes**
The most important piece of equipment needed is a good pair of training shoes. Running shoes (Not basketball shoes or cross-training shoes) are required for all athletes during practice sessions.
- **Shoes for Competitive Events**
Spikes may be allowed and are encouraged for competitions (unless otherwise noted).
- **Sweats/Athletic Wear**
Sweats are recommended for all practices and meets. Other athletic wear must be approved by the coaching staff.

CLUB MANDATORY REQUIREMENTS

- It is mandatory for parents to attend scheduled club meetings.
- The club may engage in fundraising events throughout the year. Parents may opt to pay a **\$75.00** fundraising fee in lieu of participation.
- Coaches must be given at least 72 hours notice if an athlete is unable to participate in a meet. If prior notice is not given, the meet fee **must be** reimbursed to the club.

CODE OF CONDUCT

Conduct which is detrimental to the club may result in an athlete's dismissal. Fees will not be refunded.

Parents

- Support the club by volunteering to help with meets and fundraising events.
- Support coaches and officials. **Parental interference with coaching will not be tolerated.** Parents may discuss their athletes training/coaching program with coaches following practice. Appointments with the athlete's coach are highly recommended.
- Any complaints or disagreements regarding coaches or the club shall be communicated to Deborah Smith-Shaw (smithshawdj@cox.net). 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. **Fees will not be refunded.**
- Athletes, including alternates on relays, are required to participate in all scheduled meets.
- Athletes are required to arrive one (1) hour prior to the start of the a meet event and check in with a CTC coach.
- No athlete may enter into an unsanctioned meet or road race during the season unless the coaching staff has given prior consent. Violation of this rule will result in immediate dismissal from the club. **Fees will not be refunded.**
- **Parents are not permitted on the track or in practice areas during practice or meets.**
- Parents shall refrain from coaching or instructing athletes during practice sessions. **Coaching is the exclusive responsibility of the CTC coaching staff.**
- Notify the coach through the CTC hotline (703-971-2621) if your child will not be able to participate in a scheduled practice. Notification should be given as early as possible.

Athletes

- Every athlete is required to arrive to practice on time. Participation is mandatory. Coaches will not delay scheduled activities or extend practice to accommodate late arrivals.
- No athlete will be allowed to participate in training activities without completing the CTC warm-up routines.
- Be respectful to coaches, officials, teammates and competitors on other teams.
- Inappropriate language will not be tolerated.

PRACTICES

Practice Regulations for Athletes

- We recommend athletes not eat after 4:00 on practice day.
- Athletes should have the following at each practice:
 - Water Bottle
 - T-Shirt
 - Warm-ups
 - Training Shoes
- Athletes must follow directions of the coaching staff during practices and meets. Profanity, horseplay, abusive language, or fighting is not allowed.
- Members unwilling to participate in workouts will be dismissed from the track or practice area and will not be allowed to return until coaches have spoken with the parents. Repeated misconduct is grounds for dismissal from the program. **Fees will not be refunded.**

Inclement Weather

- Practice will be held as scheduled except in the event of extreme cold, heavy rain, or lightening. If practice is cancelled, a message will be posted on the club's website: www.cobratrackclub.org: and the hotline: (703) 971-2621.

MEET INFORMATION

- Meet information will be provided prior to each meet and can be accessed via the website at cobratrackclub.org.
- Athletes' events will be determined by coaches.
- The club will have a designated area for the athletes during meets. All athletes must sit together.

Athlete's Responsibilities

- Upon arrival at meets, check in with the coaches for your numbers and meet instructions.
- CTC uniforms must be worn during all meets. Athletic bags should contain shoes, water bottle, snacks and warm up clothes.
- Arrive on time to warm-up and prepare for your event(s).
- Concession stands are off limits during meets. Athletes may only approach the concession stand after the completion of their last event and/or with clearance from a coach.
- The meet announcer makes the calls for each event check-in. It is your responsibility to get to your event.
- Once arriving at the check in bull pen, do not leave the area.

POST COMPETITION

- Athletes should do their cool-down runs after race events.
- Athletes should drink fluids after competing.

CLUB TRAVEL

- Travel to out of town meets entails additional costs not included in the registration fee. The club arranges hotel accommodations for out of town meets. The club will make every effort to have all members stay at the same location. Payment for individual rooms is the responsibility of the parent. If the member chooses not to stay at the club's hotel, the member is responsible for making their own accommodations.
- If the parent or legal guardian cannot travel with the child, a coach must be notified. A chaperone will be appointed and a waiver must be signed.
- It is the parent's responsibility to provide for the athlete's needs for the trip. The chaperone is expected to fulfill the responsibilities of the parent.

EXECUTIVE BOARD

Chris Richardson
Founder

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COACHING STAFF

Chris Richardson

Head Coach

Shawn Fontenette

Assistant Head Coach

Brian Fussell

Assistant Coach - Middle/Long Distance

Andrew Decoster

Assistant Coach – Sprints

James Fussell

Assistant Coach – Throws

Sharon Fussell

Assistant Coach – Throws

Philip Sturgill

Assistant Coach – Throws

Teiko Terrell

Assistant Coach – Sprints

Kareem Terrell

Assistant Coach – Sprints

Ryan Drummond

Assistant Coach – Long Jump

Wendy Borja

Assistant Coach – Hurdles

ACKNOWLEDGEMENT

I have received and read the Cobra Track Club Member Handbook. I understand the rules and regulations contained therein and will comply with them. Non-compliance may subject the athlete to dismissal from the club, with refund.

I am also acknowledging the following:

- That if my child qualifies for a meet, I am obligated to ensure my child's participation.
- Out of town travel will entail additional costs.
- I understand that if my child does not participate in a meet, the club will be reimbursed for the meet fee.
- That if I do not participate in fundraisers I will be assessed a \$75.00 fee per fundraising event.

DATE: _____

ATHELETE SIGNATURE: _____

PARENT SIGNATURE: _____