

Arizona
SPEEDSTARS
Track Club



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Arizona
SPEEDST☆RS
Track Club
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“Our goals are achieved through: Desire, Determination and Discipline...”



Mission Statement

To instill within every athlete the long term benefits of proper nutrition and daily physical fitness. Also, understanding the importance of being productive citizens of their communities and the belief that all goals can be achieved through Desire, Determination and Discipline...

Goal:

To insure that every athlete affiliated with Arizona Speedstars Track Club carries themselves with the utmost integrity, confidence and professionalism. Also, to believe that they can make a difference, not only in their personal lives but in their communities and when their time with Arizona Speedstars has ended, carry with them a lifetime of memories.

Desire:

The desire to be the best you can be regardless of your culture, financial status or upbringing.
All goals are achievable if you believe in yourself.

Determination:

The determination to achieve all goals regardless of the obstacles.

Do not allow anyone to convince you that you cannot be what you want to be or do what you want to do in life.

Discipline:

The discipline to dedicate your efforts to hard work, mental focus, respect and professionalism.

You have to respect your family, home, coaches and teammates if you want to be successful in track and field.

You also have to understand how important your education will be in your future. Make your school grades and respect for your teachers, schoolmates, coaches and teammates a priority.

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General Information

Registration Fees: Individual registration fee is \$210. The registration fee cover your child's Annual Membership to USA Track and Field Association (USATFA), Uniform, Team Sweats, T-shirt and Meet Fees minus Regionals & Nationals. Registration fees are reduced to \$165.00 plus applicable meet fees for high school athletes that are competing for their schools. If they are not competing for their school will also have an individual registration fee of \$210.

Monthly Fee: Each family (up to 4 athletes) will have a monthly fee of \$20. These fees will be used to purchase drinks, snacks, sunblock, awards and to offset cost of our end of season banquet.

Meet Participation Fees: All athletes are responsible for their meet participation fees. The fees for regulation meets will be \$5.00 per entrant. The fee for invitationals and state championships will be \$4.00 per event in which the athlete is registered.

Uniforms: All athletes will be issued a uniform with paid registration. Uniforms will consist of (1 top/1 bottom), Sweats (1 top/1 bottom) and 1 t-shirt. Athletes will be responsible for maintaining uniforms in a serviceable condition throughout the season and will be financially responsible for replacing any lost items. Athletes will be allowed to keep uniforms at the end of the season. (Travel Sweats additional cost)

Shoes: We recommend that all athletes have a comfortable pair of running shoes for practices and a pair of track spikes for practices/meets. Athletes can also participate in our shoe recycling program in which an athlete that outgrows a pair of serviceable shoes can donate or exchange them with the club if we have a pair of their size.

Practices: Days & times will be Mon through Thursday from 5:30-7pm, locations TBA. We may schedule an occasional Sat morn practice to work on special events, times TBA.

Track Meets: All 2018 USATF Regulation, State Championship and Junior Olympic meets will be held throughout the state of Arizona. USATFA 2019 Junior Olympic Region 10 Championships will be held in Mesa AZ and 2019 Junior Olympic National Championships TBA. Assistance with travel expenses may be available through club fund raising.

Fundraising: All members of Arizona Speedstars are responsible for participating in club fund raising events. The purpose of our fundraising is to attempt to offset the cost to parents for out-of-state travel and needed equipment. Parents may make a donation to the Club of \$100.00 in lieu of participating in fundraisers.

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Participation Waiver

I, _____, am requesting that my child be allowed to participate as a member/non-member, in Track and Field or Cross Country practice sessions with Arizona Speedstars Track Club for limited practice sessions.

I fully understand that Arizona Speedstars and its coaching staff, USA Track and Field Association (USATFA), S.W. Community Network and the Organization/Owner of the property where practice is held, will NOT BE LIABLE for any injuries to my child during these sessions. Nor will I make any attempt to file claims of liability against said organizations or individuals in the event of an injury.

Arizona Speedstars requires that at least one parent/guardian remain on the premises for the duration of the practice session attended by your child/children.

Athlete Name: _____

Male Female

Date of Birth _____ Age: _____

Home Address: _____

City: _____ State _____

Years of Competitive Running Experience: _____

Parent/Guardian

____/____/____

Date

I agree to uphold all rules of the club and to follow the instruction of the coaches/volunteers at all times.

Participant Signature

____/____/____

Date

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Athlete Registration Form

Name: _____

Birth Date: _____ Age: _____

(Please include copy of birth certificate)

Address: _____

School Name: _____ Grade: _____

Home Phone: _____

Email: _____

Registration Date: _____

- Sub-Bantam 2008 8yrs & under Bantam (2005-2006) 9-10yrs Midget (2003-2004) 11-12yrs
- Youth (2001-2002) 13-14yrs Intermediate (1999-2000) 15-16yrs
- Young Women & Men (1997-1998) 17-18yrs Masters (40 +)

Youth Athletes only

Father's Name: _____

Mother's Name: _____

Alternate Phone: _____

Alternate Phone: _____

Email: _____

Email: _____

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MEDICAL HISTORY: (If you answer yes to any of the items below, please provide explanation along with dates and treatment on a separate sheet of paper)

Asthme	Y <input type="checkbox"/> N <input type="checkbox"/>	Tetanus (date of last shot): _____
Allergies	Y <input type="checkbox"/> N <input type="checkbox"/>	Current Medication: _____
Glasses/Contacts	Y <input type="checkbox"/> N <input type="checkbox"/>	Name of Family Physician: _____
Fractures within Past Year	Y <input type="checkbox"/> N <input type="checkbox"/>	Phone #: _____
Dental Braces	Y <input type="checkbox"/> N <input type="checkbox"/>	
Head Injuries	Y <input type="checkbox"/> N <input type="checkbox"/>	
Serious Illness	Y <input type="checkbox"/> N <input type="checkbox"/>	
Repeated Bone/Joint Injury	Y <input type="checkbox"/> N <input type="checkbox"/>	
Bleeding Tendencies	Y <input type="checkbox"/> N <input type="checkbox"/>	
Sickle Cell Tendency	Y <input type="checkbox"/> N <input type="checkbox"/>	
Surgery in Past Year	Y <input type="checkbox"/> N <input type="checkbox"/>	
History of Heart Murmur	Y <input type="checkbox"/> N <input type="checkbox"/>	
Kidney Disease	Y <input type="checkbox"/> N <input type="checkbox"/>	
Seizures (fits)	Y <input type="checkbox"/> N <input type="checkbox"/>	
Diabetes	Y <input type="checkbox"/> N <input type="checkbox"/>	

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USATF Membership Application

New Member Renewal (from previous year – USATF Number _____)

Please print or type information

Last Name _____ First Name _____ Initial _____

Address _____

City _____ State _____ Zip Code _____

Sex M/F Age Today Date of Birth -- (MM-DD-YYYY – i.e.: 02-19-1958)

USA Citizen Yes No If no, country of Citizenship _____

Phone Number --

Club No. Club Name _____

Email _____

(Your membership # will be emailed to you. Your email address will not be shared with anyone.)

Please check all appropriate sports codes here:

Track Field Road Running/LDR Cross Country Ultra-Marathon Mountain/Trail Race Walking

Membership Category Codes

Please use the codes below – you may indicate one or more categories.

- | | |
|-------------------------------|----------------------------|
| AT: Athlete | PA: Parent |
| DA: Disabled Athlete | OF: Official -uncertified |
| CH: Coach-uncertified | OA: Official – Association |
| CD: Developmental certified | ON: Official - National |
| C1: Coach - Level 1 certified | OM: Official - Master |
| C2: Coach - Level 2 certified | AD: Administrator |
| C3: Coach - Level 3 certified | |

By signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations, and Competition Rules for my level(s) and category(ies) of membership.

Signature (If an athlete is under age 18, parent or guardian must sign)


Date of Application

-- (MM-DD-YYYY)

Important information: Memberships are on a calendar year basis, and expire on December 31. However, if you join between November 1 and December 31 of the current year, the membership will be valid for the following year as well. Youth members: New or lapsed memberships must submit a copy of birth certificate or other ID.

Check here if you do not wish your address used as part of a direct mail list.

OPTION 1



JOIN ONLINE AT
www.usatf.org/membership


You will receive your new Membership # – Instantly!!

Have your previous membership # and password ready as they will be needed for the renewal process

OPTION 2

MAIL TO YOUR LOCAL ASSOCIATION

Mail the completed application and appropriate membership fees to your local Association. Mailing addresses can be found at www.usatf.org/associations



Adult Membership (19 yrs & over)	\$ _____
\$ 30.00 (1-year)	\$ 80.00 (3-years)
\$ 55.00 (2-years)	\$ 100.00 (4-years)

Youth Membership (18 yrs & under)

\$ 20.00 x _____ = \$ _____

of membership years

CONTRIBUTIONS (TAX DEDUCTIBLE) \$ _____

Please direct my contribution to LDR Youth

Masters T & F RW Association Programs

Unrestricted

TOTAL \$ _____

Please make checks payable to USATF.

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Athlete - Rules and Responsibilities

Memberships:

All athletes are required to become members of USATF (USA Track & Field) prior to participating in a USATF sanctioned event. Once a member, an athlete will be assigned to a division based on their birth date, where they must compete, unless authorized by the Coaching Staff and USATF, to move up to an older division. Once an athlete has been moved to an older division, he/she must compete in that division for the entire meet. At no time will an athlete be allowed to move down to a younger division during competition.

Personal Hygiene:

All athletes shall make a conscious effort to maintain good personal hygiene. It is very important that young men and women involved in extracurricular activities such as track & field, understand the importance of bathing daily and using some type of body anti-perspirant or deodorant. Any athletes not maintaining a clean body may be exposing themselves and teammates to possible health risk, such as a cold, flu, etc.

Uniforms:

Every athlete will be responsible for maintaining their uniform in a clean and serviceable condition (washed after each use and no holes or tears). Only the issued team uniforms or garments approved by the coaches will be worn during track meets.

Personal Conduct:

All athletes will be responsible for their conduct on/off the track, at practices and track meets.

- a. **Profanity** – Neither profanity nor offensive language will be allowed. Any athlete heard using profanity or offensive language, may be removed from the track for the remainder of that practice or meet at the Coach's discretion. Multiple counts of this act (meaning at least (2) times) by any athlete on the same day or multiple days, shall lead to a suspension of a minimum of one (1) week to include all practices, meets and team activities.
- b. **Conduct Detrimental** - Disrupting practices/meets with horseplay, name-calling, disrespecting teammates or coaches, or refusing to follow any reasonable instruction of a coach or authorized volunteer, are all acts deemed as detrimental. Athletes addressed for committing such acts may be removed from any practice or meet at Coach's discretion. Multiple counts of these acts (meaning at least (2) times) by any athlete, on the same day or multiple days, shall lead to a suspension of a minimum of one (1) week to include all practices, meets and team activities.
- c. **Bullying** – Bullying by any athlete of a teammate or competitor will not be tolerated and shall lead to a suspension for a minimum of one (1) practice day. Any athlete involved in multiple incidents of bullying during the track & field/cross-country season, will be suspended for a minimum of one (1) week to include all practices, meets and team activities.

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- d. **Fighting** – Fighting by any athlete with a teammate or competitor will not be tolerated and may lead to a suspension of all athletes involved, for a minimum of one (1) week to include all practices, meets and team activities. Any athlete involved in multiple fights during the track & field/cross-country season, will be terminated from the team for the remainder of the year.
- e. **Theft** – Any athlete thought to be guilty of taking an item belonging to another athlete, from our team or any team will be suspended for a minimum of one (1) week to include all practices, meets and team activities. Any athlete involved in multiple theft incidents during the track & field/cross-country season, will be terminated from the team for the remainder of the year. Athletes or parents of athletes that feel they have been treated unfairly by the coaching staff concerning personal conduct may request a conduct review by the current Officers of the Executive Board. The request must be made in writing and must detail the specifics of the individual case. Written requests must be presented to the Board within three (3) business days of the alleged incident. The Board may appoint a committee of three (3) parents not involved in the alleged incident to evaluate the case and will make their decision based on the recommendations of the committee.

Practices: All athletes are required to attend at least two (2) practices a week if they wish to compete in the upcoming meet. When possible, parents or athletes are asked to notify at least one coach of their need to miss practice. Only coaches may determine if the reason for a missed practice is excusable. Coaches will always take into consideration: Church, Family and School activities. **The purpose of this rule is to possibly avoid physical or mental injury to the athlete.**

Track Meets: Athletes shall make an effort to attend as many track meets as possible. Our Coaching Staff wants every athlete to understand the reasoning for hard work and dedication and also to afford every athlete the opportunity to reap the rewards of their efforts.

Transportation: Any athlete in need of assistance with transportation to/from meets or practices are responsible for notifying the Coaching Staff as soon as possible. The Coaching Staff will make every effort to assist the athlete with their situation.

Team Activities: Any athlete wishing to participate in team sponsored activities such as movies, meals, theme parks, etc., must return a signed permission slip from a parent/guardian, prior to the day of the activity.

Fundraising: Every member of Arizona Speedstars Track Club is responsible for participating in fund raising events. Athletes must understand that all monies earned through fund raising efforts will be used to support the purchase of items such as uniforms, equipment, team activities, travel, etc.

Safety: Safety is the responsibility of all members of Arizona Speedstars Track Club. Anytime a safety issue is observed by an athlete, he or she should make it known to a coach or authorized volunteer, as soon as possible.

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I _____, confirm that all team rules have been read and fully explained to me in a manner in which I could understand. Also, as an athlete, it is my responsibility to familiarize myself and abide by all rules of the team and any rule broken by me may result in disciplinary actions.

Signature of Athlete

Date

Signature of Parent/Guardian

Date

Activities Permission Form

I _____, give my child _____, permission to participate in the following activity: _____, with Arizona Speedstars Track

Club on _____, _____ / _____ / _____.
Day of week month day year

I understand that Arizona Speedstars will take all possible precautions to insure the safety of my child but will not be held liable for any injuries or incidents that may occur throughout the duration of this activity, to include traveling to and from said activity.

(Please check one)

I Will Will Not be able to accompany my child and Arizona Speedstars to this activity.

Signature of Parent/Guardian

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Official Websites

Arizona Speedstars Track Club
<http://www.arizonaspeedstars.com>
<http://www.azspeedstars.com>

USATF (USA Track and Field) Official Website
<http://www.usatf.org/>

USATF Arizona Association Official Website
<http://arizona.usatf.org/Home.aspx>

Southwest Community Network
<http://www.scnprograms.com>
<http://www.scnprograms.org/>

First to the Finish (Spikes, Running Shoes, etc.)
<http://www.firsttothefinish.com/index.asp>

Eastbay (Spikes, Running Shoes, etc...)
<http://www.eastbay.com/>

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