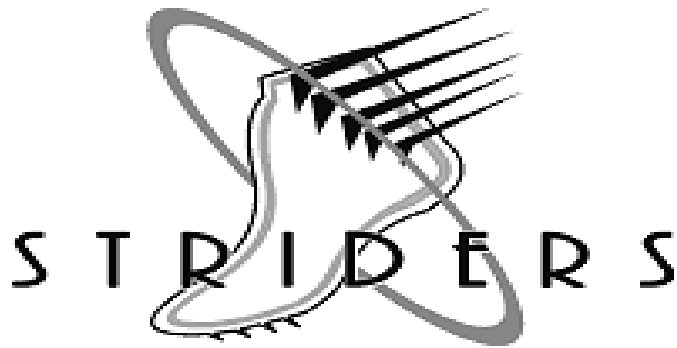




**G. P. STRIDERS**



**HANDBOOK**



Welcome to the G. P. Striders Youth Track Club. We are excited to have you as a part of our winning team. If you are returning to us, welcome back. G. P. Striders pride themselves with athletes, coaches, and parents who work equally hard on and off the track to help make our team so successful. Without your help as a parent, this could not happen. We welcome any input that will contribute to the success of the Striders. We will make every effort to work with you and your child on the track to help improve his/her athletic abilities.

### **G. P. Striders Mission Statement**

Striders track team was formed as a foundation of hope for our youth. We use athletics as a forum to assist in character building, self-esteem, discipline, and a healthy work ethic in our youth. Our children need us now more than ever, so we have made ourselves more available to them.

Striders' purpose is to build meaningful relationships with our youth and to follow their progress before, during, and after their impressionable years. Why be a passing acquaintance when you can be a life long friend? We stress spirituality, education, realistic goal setting, and achievement.

Striders are committed to making a difference in the development of youth. It is through our time and effort that we are able to give back to our community what our community has given to us. We have been blessed and we will pass those blessings on to the next generation of youth. Our faith in God and our youth are the K.E.Y.S. to our future.

**Motto: K.E.Y.S. (Keep Encouraging Youth Success)**



## DUTIES AND RESPONSIBILITIES OF COACHES

Coaches have the responsibility to:

- ❖ Coaches must be aware that as public figures, they must maintain and set ethical and professional (including behavior) standards for the athletes to emulate.
- ❖ The coaching staff, collectively, will decide the appropriate reprimand for the athletes who violate team rules set by the head coach.
- ❖ The head coach is responsible for administering all aspects of the program, including coaching, recruiting, scheduling practices, requisitioning equipment and supervising assistants.
- ❖ Coaches must give each athlete the same amount of energy and attention.
- ❖ Remember that you are a youth coach, and meets are for kids.
- ❖ Do your coaching at practices, not at meets.
- ❖ Teach sportsmanship and fair play.
- ❖ Show respect and courtesy to all.
- ❖ Organize practices that are fun and challenging.
- ❖ Know the rules of your event, and teach them.
- ❖ Get the athletes in shape.
- ❖ Understand each athlete's potential.
- ❖ Work on individual skills for each event.
- ❖ Work on team strategy and goal setting.
- ❖ Motivate, Communicate and Teach.

Know how to talk to parents:

- Describe the situation in a non-judgmental term, voice, and attitude.
- Explain how it affects the team and the athlete.
- State a preference for how it should be resolved or worked out.
- Listen/hear the other person's point of view.



## DUTIES AND RESPONSIBILITIES OF ATHLETES

Athletes have the responsibility to:

- ❑ Exhibit good conduct at all practices and meets. Athletes should conduct themselves in a responsible manner, showing respect for all coaches, team parents, and track officials at all times. Any acts of severe misconduct will be addressed by the head coach; which could lead to dismissal or non-participation of activities.
- ❑ Wear proper attire to practices and meets. Sweats and warm-ups for practices, and uniforms for meets. Be sure to label all garments, shoes, etc. Lost items are the responsibility of the athlete.
- ❑ Remain in a designated area during track meets as determined by coaches.
- ❑ Profanity and vandalism (destruction of personal or private property) will not be tolerated by this organization. Any athlete found guilty will be disciplined by the head coach.
- ❑ Athletes must be willing to attend practice and follow instructional procedures (NO Horseplay)
- ❑ Athletes must compete in an official G.P. Striders uniform. No individual uniforms will be allowed. Males will not be allowed to wear earrings during competition.
- ❑ Athletes will win and lose with grace and dignity. Taunting and/or showboating will not be tolerated.
- ❑ Athletes will arrive at practice on time, ready to listen, learn, and work.
- ❑ Be supportive of all athletes on your team.
- ❑ Always put forth an honest effort.
- ❑ Follow the instructions of coaches and club officials.
- ❑ Get approval/permission from the Head Coach or other staff before leaving a practice site, track meet, hotel, or restaurant.
- ❑ Athletes will train and compete hard and have fun. Give 100% (NEVER SAY CAN'T)
- ❑ G. P. Striders shall foster a climate of mutual respect for the rights of others. Do unto others as you would have them do unto you.



## DUTIES AND RESPONSIBILITIES OF PARENTS

Parents have the responsibility to:

- Lead by example.
- Commit yourself to bringing your child to practices and meets.
- Any complaints or disagreements with the coaches or the team shall be communicated through the head coach. Speaking ill of the club and/or creating dissension among club members will not be tolerated.
- Do not coach your child from the stands.
- Do not gossip.
- Do not use abusive or derogatory language.
- Remember, children are involved in organized sports for their enjoyment, not ours. Children need role models, not criticism.
- Parents will encourage good sportsmanship by demonstrating positive support for all athletes, coaches, and officials at every meet, practice or youth sports event.
- Parents will place the emotional and physical well being of their child ahead of any personal desire to win.
- Parents will ask his/her child to treat other athletes, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- Parents will not interfere with the coaches at practice and track meets regarding the events that the coach selects for the athlete.
- Parents will be responsible for getting his/her athlete to and from the scheduled practices as set by the coaching staff.
- Parents will be responsible for getting his/her athlete to the track meets 1 hour before scheduled meet, and all entry fees are paid.
- Parents will assure that his/her athlete is supervised while not participating in a track or field event.
- Parents ask your athlete if he/she improved or had a good time, instead of did you win or lose.

I hereby pledge to provide positive support, care and encouragement for my athlete(s) participating in youth sports by following the above rules and responsibilities.



# ***Fundraising Participation***



Fundraising is an essential part of our program. The money raised defrays the cost of the athletes travel, meet registration, and help keep the team registration fee low. It is crucial that each and every coach, athlete and parent/ guardian fully supports and actively participates in these activities. All parents have the option to buyout (pay) instead of participating in the fundraisers. There will be a buyout fee for each fundraiser. **If you do not fundraise and your child qualifies to travel (regional, state, nationals) then you will be responsible for the full cost of all fees and travel for those meets.**



# ***Relay Selection***



Relay selections will be based on times ran and consistency. The four fastest athletes will be on the relay. The coach of each division and the head coach will decide the positions first leg anchor leg etc. The time trials will come races at meets and practices. Once the relay has been formed for an athlete to move on a relay he/she will have to run faster times in two consecutive time trials. The head coach will have the final decision on who will run on the relay at all meets. **\* If a parent does not want their child to run on relays please inform your division coach and head coach at the beginning of the year.**



## MEET RESPONSIBILITIES AND RULES

To ensure a Striders optimum performance at meets, the G. P. Striders Track Club athletes and parents have certain responsibilities and rules to follow.

### GENERAL INFORMATION

- Meet information will be provided prior to each meet. This will be in paper form, and/or on the website ([www.gpstriders.com](http://www.gpstriders.com)). The Striders parents and athletes are responsible for knowing the schedule meets.
- Strider coaches determine what events the athlete will participate in for each meet. The parents may discuss this with the coaches prior to entry, but the coaches have the final say.
- The Striders primary mode of communication will be phone (see contact list on website), e-mail ([gpstriders@swbell.net](mailto:gpstriders@swbell.net)), or the website. Please make sure that the team has current phone numbers and e-mail information for you.
- If an athlete will not be competing at a meet, this must be communicated to the coaches prior to the meet, and as early as possible.
- The team will have a designated area for the Striders athletes to stay during the meet. All athletes must sit together in this area.
- All athletes will remain at all track meets, until released by the Head Coach.
- Parents will be responsible for transporting his/her child, and getting them to the meets on time.
- Parents and athletes are responsible for listening for the call of their events and for being prepared and warmed up.
- Arrive at all meets 1 hour prior to scheduled meet, and check in with the designated or appropriate Striders coach.





## MEET RESPONSIBILITIES AND RULES

### ATHLETES INFORMATION

- Arrive at the meet at least 1 hour before the scheduled meet. Upon arrival check in with the coaches at the designated area and get your numbers and instructions.
- Sit with the team during meets.
- Come prepared; wear your Striders uniform. Have your shoe bag containing shoes and water bottle.
- Warm up with your teammates. Arrive in time to get prepared physically and mentally for your events.
- Bring plenty of water or sports drinks and healthy food. (See nutrition handout on website)
- Concession stands are off limits during the meet. Athletes may only approach the concession stand after the completion of the athlete's last event and/or with clearance from a Striders coach.
- Pay attention to the meet announcer. The meet announcer makes the calls for each event check in. It is your responsibility to get to your event.
- When you check in, you should be ready to compete (with uniform, number and shoes). Take your water or sports drink with you to check in. Once you check in at your running event, you should not leave the check in area. If you have a race and a field event at the same time, check in first at the field event and let the official know you have a running event. Get instructions from the field event official, **running events take precedence over field events.** Return immediately to your field event after your running event.
- Prepare spikes with proper pins, and laces the day before event(s).
- Running shoes should be worn at meet and when warming up. Spikes should only be worn for events.
- Warm up for event 1 hour prior to the event. (jog, stretch, drills, & strides). Immediately after event cool down. (light jog, stretch).
- Eat 2-3 hours prior to event. Drink plenty of fluids throughout the day. (No soda)  
\*see nutrition handout on website\*
- No playing or running around at meets.
- Remember doing the minimum at practice allows you to compete. Doing the maximum at practice make you competitive at the meets.



## STRIDERS TRAVEL

- All athletes are expected to attend all meets for which they qualify (relays included). This includes out-of-town meets. A list of all meets and their locations will be provided.
- Travel to out-of-town meets entails additional costs not included in the registration fee. Travel expenses may include: (hotel, meals, transportation, and meet registration fees). These expenses must be covered regardless if the parent accompanies his/her child.
- The team arranges hotel accommodations for out-of-town meets. Payment for individual rooms is the responsibility of the parent. The team will try to have all members stay at the same location, but this is not always possible. If the member does not desire to stay at the teams hotel, then the member is responsible for making his/her own accommodations. (Parents must still attend team meetings at the teams hotel)
- While out-of-town meets are often viewed as opportunities for family vacation time, these meets are first priority for the athletes.
- If the parent or legal guardian cannot travel with the child, a guardian can be appointed. The athlete's coach must be advised of this and a proper waiver must be signed. It is the parent's responsibility to provide for the athlete's needs for the trip. The guardian is expected to fulfill the responsibilities of the parent.
- Parents have the responsibility of transporting their children to all events in town and out-of-town.



Handbook acknowledgement and adherence sign sheet

My son/daughter and I have read the set of rules established by the G. P. Striders Track Team and we have a complete understanding of said rules and responsibilities and will abide by them.

\_\_\_\_\_  
Athlete Signature

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

**\*PLEASE SIGN AND RETURN TO COACH FRANKIE OR COACH TERRI**