



**LIGHTNING SPIKES
TRACK CLUB**

**OFFICIAL
HANDBOOK**

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MISSION

To be a leading track and field club, providing an environment to develop young athletes into elite performers while teaching them the importance of education, character, hard work, commitment and integrity as they mature into life.

VISION

To use track and field as a forum to develop our athletes through Discipline, Dedication, Determination and Drive. Through these development objectives, our athletes will be equipped with the tools that are essential to building character, instilling a commitment of excellence and becoming outstanding citizens now and in the future.

GOALS

LSTC's goals are to encourage and help young people to develop physically, emotionally and socially through their involvement in track and field. They will improve their physical conditioning as they learn the fundamentals of track and field. They will build a positive self-image as they recognize their individual achievements. They will be part of a team that encourages and promotes the development of friendships, support and encouragement of fellow athletes, good sportsmanship and a good time. The coaches and administrators of LSTC will work to instill the Club's core values in each of our athletes which are:

- We believe that hard work can be fun
 - We believe in the building of character
 - We believe in the spirit of healthy competition
 - We believe in the positive influence of athletics
 - We believe that teamwork helps individuals grow
 - We believe in developing the leaders of tomorrow
 - We believe that sportsmanship is a winning attribute
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MEMBERSHIP

To become a member of the Lightning Spikes Track Club, registration fees must be paid in full in accordance with prescribed payment schedules and all required forms must be completed and submitted within prescribed timeframes. **Membership fees are non-refundable and non-transferable.** Athletes will not be allowed to participate in any practices or team activities until registration fees are paid and required documents are completed.

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EQUIPMENT

Club Uniforms

An authorized Lightning Spikes Track Club uniform must be worn at all meets.

Training Shoes

The most important piece of equipment needed is a good pair of training shoes. Running shoes (not basketball, court or cross-training shoes) are required for all athletes for practice sessions. These shoes should have good support, be relatively lightweight and be comfortable. Waffles and other shoes providing inadequate cushion or support are not allowed.

Shoes for Competitive Events

Spikes are required for Spring and Summer season competitions, unless noted otherwise. It is advisable to begin shopping for spikes in mid-late January. **Track spikes vary depending on events; therefore, please consult with the coaching staff on the appropriate track spikes to purchase.**

Sweats and other athletic wear

Sweats for warming up are recommended for all practices and the designated LSTC uniform is required for all meets. Other athletic wear, such as cold weather compressors, sport bra, athletic supports, etc. may be recommended by the coaching staff.

Track Bag

Each athlete should have a track bag at each meet containing the following: track shoes, towel, water, and /or sports drink.

CODE OF CONDUCT

Parents, Athletes, and Coaches must adhere to the Code of Conduct at all LSTC functions and activities (both local and out-of-town). Conduct which is not in compliance with the Code of Conduct and/or which is detrimental to the Club may result in an athlete's dismissal from the club. Fees will not be refunded in the event of dismissal.

Parents

- Demonstrate, and encourage good sportsmanship toward athletes, coaches, officers, and officials at every practice and meet.
- Parents must conduct themselves in a manner that promotes harmony among each others. This includes **refraining from using profanity or other disruptive/disrespectful behavior.**
- **Fighting and other abusive behavior will not be tolerated and will result in immediate dismissal from the Club.**
- **Support the Club by volunteering to assist with scheduled meets and fundraising events.**
- Support the coaches and officials. Coaches and officials are volunteers giving their personal time and money. **Parental interference with coaching will not be tolerated.** Parents may discuss the training/coaching program with the Head Coach following practice, time permitting, but not immediately

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preceding.

- Athletes are required to participate in or be available for all scheduled meet events. This includes alternates on relays.
- Arrive at all meets at the designated time determined by the coaching staff check-in with the designated parent or coach. Typically, this will be 2 hours prior to your athlete's first scheduled event.
- Place the physical and emotional well being of your child above any personal desire that he/she wins. Remember that children need role models, not criticism.

Athletes

- Do your best to be at every scheduled practice on time and prepared.
- Arrive at practice ready to listen, work hard and learn.
- The following is not allowed: profanity, horseplay, abusive language, or fighting.
- Be respectful to coaches, officials, teammates and competitors on other teams. Use only appropriate language. **Fighting, profanity, and abusive language will not be tolerated and will result in immediate dismissal from the Club.**
- Older athletes should be mindful of the example they are setting for younger athletes.
- Must adhere to Club uniform requirements to include appropriate covering over speed suits and any other requirements imposed by the coaching staff.

Coaches

Coaches are responsible for providing instruction and guidance that assists LSTC athletes in developing physically, emotionally, and socially through their involvement in track and field. To achieve the Club's goal of building a competitive and cohesive team, Coaches must:

- Balance the desire to win with the goal of ensuring all athletes have the opportunity to compete and contribute.
- Plan and supervise practice sessions which are instructive and fun.
- Motivate and teach through positive reinforcement.
- Treat athletes and parents with respect.
- Conduct themselves in a manner that promotes harmony among Coaches, parents, and athletes. This includes **refraining from using profanity or other disruptive/disrespectful behavior. Fighting and other abusive behavior will not be tolerated and will result in immediate dismissal from the Coaching staff.**
- Communicate to parents and athletes the LSTC expectations at practices and meets to include appropriate behavior toward meet officials, other team coaches, parents, and athletes.
- Observe and apply the rules and code of conduct of USATF, AAU, and other LSTC affiliates.

General

Any complaint or disagreements with the coaches or the Club shall be communicated through a designated officer(s) of the Club. Speaking ill of the Club and/or creating dissension among Club members will not be tolerated. Violation of this rule will result in immediate dismissal from the Club.

No athlete may enter into an unsanctioned meet or road race during the season unless the Head Coach has given prior consent. Violation of this rule will result in immediate dismissal from the Club.

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PRACTICE RULES AND RESPONSIBILITIES

The Club schedules regular practice sessions each athlete must attend. The practice schedule will be provided by the coaches. **Supplemental, unauthorized workouts outside the LSTC workout structure is prohibited, unless authorized by a Lightning Spikes coach.** Violation of this rule will result in immediate dismissal from the Club.

Practice Regulations for Athletes

- Athletes should be at all practices, arrive on time, and ready to workout.
- Athletes should have the following at each practice:
 - Water bottle
 - Appropriate training clothing and shoes
- Athletes must follow the directions of the coaching staff during practices. This includes doing the exercises, participating in all drills and completing the training program.
- No distractions will be tolerated.
- **The following is not allowed: profanity, horseplay, abusive language, or fighting.**
- Athletes unwilling to participate in workouts will be dismissed from the track or practice area and will not be allowed to return until there is a Coach/Parent conference.
- Repeated misconduct, distractions and/or refusals to do workouts will be ground for termination from the program. No membership fees will be refunded if an athlete is terminated.

Practice Regulations for Parents

- **Parents are not permitted in practice areas during practices.**
- Parents shall refrain from coaching or instructing athletes during practices sessions. Coaching is the exclusive responsibility of the LSTC Coaching staff.
- Parents should not engage the coaching staff in conversation during practices sessions. Coaches will be available to answer questions after practice or during scheduled appointments.
- Please notify a LSTC official if your athlete will not be able to participate in a scheduled practice or meet. This notification should be given as early as possible, and preferably prior to scheduled practices.
- Ensure area around you is clean prior to departure.

Practice and Bad Weather

- The Coaching Staff will not cancel practice because of rainy weather, in general. Practice will be held as scheduled except in the event of dangerous weather, such as extreme cold, heavy rain, or lightning. In the event that a scheduled practice is cancelled ahead of time due to the weather, the club will inform members via email, LSTC website or calling post, if applicable.

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MEET RULES and RESPONSIBILITIES

To ensure a Lightning Spikes athlete's optimum performance at meets, the LSTC athletes and parents have certain responsibilities and rules to follow. **The LSTC Code of Conduct must be adhered to at all times.**

General Information

Meet information will be provided prior to each meet via email and/or on the website (www.lightningspikes.com). The Lightning Spikes parents and athletes are responsible for knowing the athlete's meet event and times.

LSTC Coaching Staff determines what event(s) athletes will participate in for each meet. The parent may discuss this with the coaches prior to entry, but the coaches have the final decision.

The Club's primary mode of communication will be email and the website. Calling post will be use for urgent purposes **ONLY**. Please make sure that the Club has current email and contact information for you. If you do not have web or email access, please make that known as soon as possible.

If an athlete will not be competing at a meet, this must be communicated to the coaches at least 2 weeks in advance of the meet.

The Club will have a designated area for the Lightning Spikes athletes to stay during the meet. All athletes must sit together in this area.

Athlete Responsibilities

Check your event time prior to the Meet: Arrive at the meet at least two (2) hours prior to your scheduled event times. For Spring Season meets with rolling start time coaches will announce the times for athletes to arrive at the track.

Check-in with the Club: Upon arrival at the meet, check in with the Club at designated area to receive your number and instructions.

Sit with the Club during the meet: Athletes must stay in the Club area during the meet.

Come prepared: Wear Lightning Spikes uniform. **Athletes must wear appropriate covering for speed suits at all times, no exceptions.** Have your shoe bag containing shoes and water bottle. Bring warm-up clothes to every meet, weather is unpredictable.

Warm-up: Warm-up with your teammates. Arrive in time to get prepared physically and mentally for your events.

Bring water and food: Bring plenty of water, and healthy foods. See the **Nutrition** section of this handbook for ideas.

Concession Stands: 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 the Head 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.

Check-in: When you check in, you should be ready to compete (competition uniform, event number, shoes). Take your water bottle with you to check-in. Once you check-in at your running event, you should not leave the check-in area.

Parent Responsibilities

- Make sure that your athlete arrives at the requested time and come prepared for his/her event(s).
- All athletes should receive 8 to 10 hours of sleep the night before a meet.
- Athletes should eat a nutritious breakfast. This includes fruit, bread, cereal, water and juice. Little or no meat is best. More information is provided in the **Nutrition** section of this handbook.
- Overnight meets entail additional Parental responsibilities, see the **Travel** Section.
- Parents and athletes are responsible for listening for the call of their events and for being prepared and warmed-up.
- **Assist with the set-up and breakdown of team equipment.**
- **Ensure area around you is clean prior to departure.**

RELAY RULES AND RESPONSIBILITIES

Being a member of a LSTC Relay Teams is a honor and a privilege. All member of the team are expected to be ready upon request to run any leg of the relay as determined by the coaching staff. Teams are selected based on the following criteria:

Commitment Attendance Attitude Work Ethic Knowledge Skill level

Coaches will also take an athlete's performance in their individual events associated with the respective relays into consideration when selecting relay team members but this only one of several factors being considered. **Final teams will be decided by mid-May.** Relay Teams will be comprise of at least 5 members with a maximum of 6. The four members selected to compete in respective meets will be determined on the final practice before the meet. All members of the relays teams are expected to report and remain at all meets whether they have been identified to compete or not. No exceptions.

If a relay team member arrives late without notification, the athlete will be pulled from the relay for the meet and replaced with an alternate. If a relay team member fails to report to a meet without an excused absence or leaves the meet before their assigned relay begins, the athlete will be pulled from the relay for the next meet and replaced with an alternate. Repeated violations will result in athletes being pulled as a member of the relay team.

If any athlete who is not on a relay team wants to compete for a spot, they can request to challenge any member on a relay team (in their respective age division) for their spot. However, this is only permissible if the athlete meets the criteria noted above. The request must be made through a Coach and must be at least 1 week prior to the meet. If the challenger is successful, the outgoing team member will have a chance to regain their spot but, must wait at least 2 weeks before they are allowed to make a challenge. The challenges are as follows:

4 x 100 Relay is a 200m
4 x 400 Relay is a 400m
4 x 800 Relay is a 800m
Medley Relay is a 400m

The Coaching staff has the right to remove any member from a relay team due to excessive tardiness, behavioral concerns, and/or non-compliance with the relay criteria or the LSTC Code of Conduct.

HEALTH AND NUTRITION

Pre-Competition Sleep

- Athletes should receive 8 to 10 hours of sleep the night before a meet.

Pre-Competition Meals:

(To be eaten 3 - 4 hours before the event)

- High in complex carbohydrates, such as bread, fruit, and vegetables
- Moderate in protein
- Low in Fat
- Plenty of Fluids
- * Athletes should eat a light nutritious breakfast before a meet, including fruit, bread, cereal, water and juice

Snack Hints - For All Day Meets

- WATER
- Fresh Fruit - bananas, raisins, grapes, oranges, peaches, watermelon
- Bread, bagels, muffins.
- Crackers and pretzels
- Fig Newton's, oatmeal raisin cookies
- Fruit and Vegetable Juice (orange or tomato)
- Healthy Cereal
- Fruit yogurt

Post - Competition

- Athletes should do their cool-down runs after race events
- Sports drink, energy bars, fruit

CLUB TRAVEL

All athletes are expected to attend all meets for which they qualify (relay 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 fee.

The Club arranges hotel accommodations for out-of-town meets. Payment for individual room is the responsibility of the parent. The Club will try to have all members stay at the same location, but this may not always be possible. If the member does not desire to stay at the Club's hotel, then the member is responsible for making his/her own accommodations.

While out-of-town meets are often viewed as opportunities for family vacation time, these meets are "business trips" for the athletes.

Children are influenced by parental behavior. Parents should acknowledge this impact and refrain from adult activities (late nights, alcohol consumption, etc.) in the presence of the athlete(s).

If the parent or legal guardian cannot travel with the athlete, 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 need during the trip. The guardian is expected to fulfill the responsibilities of the parent.

GENERAL RULES and RESPONSIBILITIES

Club Meetings: Regular club meetings will be called as needed.

Fundraisers:

LSTC is a not-for-profit youth track and field program that depends primarily on donations, fundraising, and athlete fees to meet our team needs and operating expenses. The annual expenses required to maintain a track club and provide a safe environment for our athletes are much greater than one might expect. These costs include (but are not limited to) training aids and equipment, equipment transportation, equipment upkeep, storage costs, track facility rental fees, AAU/USATF association fees, coaching background and certification fees, and other miscellaneous expenses. These expenses in conjunction with uniform and meet fees exceed what we receive in registration fees. To minimize the costs the Club has to transfer to the parents of cover operating expenses; LSTC officials schedule fundraising events throughout the year. All families are highly encouraged to participate in funding efforts. While fundraising events benefit the Club, there are opportunities for families to earn credits towards the Club related fees to include registration. To be eligible to earn credits, parents must volunteer for designated Club fundraising events. **Please note that fundraising is first and foremost for the Club to offset overall annual costs. The parent credits are a secondary benefit.**

Lightning Spikes Website: Will be up-to-date with the latest club information at [//www.lightningspikes.com](http://www.lightningspikes.com).

Volunteer Commitment: **At least one adult representative for each athlete/family will be required to volunteer a minimum of two events during both the spring and summer track seasons.**

Lightning Spikes Logo: The Lightning Spikes Logo, mark and design are the exclusive property of the Lightning Spikes Track Club. Usage of the name, logo, marks or designs is prohibited in any form without the expressed written consent of the Board of Directors. Violation of this rule will result in immediate dismissal from the Club.

Media/Photo Release: Athletes are required to have a signed media/photo release form on file.

CLUB CONTACTS

President: Tony B. Williams

President@lightningspikes.com

Secretary: Quarma Cook

Secretary@lightningspikes.com

Registration/Uniform: Yolanda Williams

Registration@lightningspikes.com

Fundraising: Charlotte Hopkins & Lawrence Yamini

Questions@lightningspikes.com

Website: Thomas Taylor

Questions@lightningspikes.com

Head Coach: Trevor Browne

Questions@lightningspikes.com



HANDBOOK ACKNOWLEDGMENT

**IN ORDER TO COMPETE, THIS FORM MUST BE FILLED OUT COMPLETELY.
ALL MEDICAL AND EMERGENCY INFORMATION MUST BE COMPLETE.**



LIGHTNING SPIKES TRACK CLUB

HANDBOOK ACKNOWLEDGEMENT FORM

I have received and read the Lightning Spikes Club Member Handbook. I understand the rules and regulations contained therein will comply with them. Non-compliance may subject the athlete to dismissal from Club, without refund.

I am also acknowledging the following:

- If my athlete(s) qualifies for a meet, I am obligated to ensure my athlete(s) participation. Out-of-town travel will entail additional costs.
- My athlete has a Lightning Spikes Track Club authorized uniform in excellent condition; otherwise, I will have to purchase one at additional cost.
- That my athlete(s) has sufficient medical insurance coverage. I am providing the requested information below.

Insurance Company: _____

Doctor/Group Name: _____

Doctor's Phone: _____

Date: _____

Athlete Signature: _____

Parent Signature: _____