

Champion Athletes on the Track and Champion Citizens off the Track



Member & Parent Handbook

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WELCOME TO NEW WORLD TRACK CLUB

Welcome to New World Track Club. We look forward to the involvement of new and returning member families. We anticipate that your experience will be positive, enriching and fun.

Since its formation in 1987, New World Track Club has served thousands of youngsters as members and through the meets it hosts each year. New World offers opportunities for girls and boys of all ages and talent levels. Our club has fielded many national champions and dozens of other New World members have been among the top finishers at national championship meets. New World's aim, however, is to develop in each of its members a work ethic and sense of pride in their accomplishments. Setting attainable goals and working to achieve those goals is the foundation of our organization.

Our expectation for every member of New World Track Club is that they commit themselves to always being the best that they can be. We hope to instill and develop a work ethic and other positive qualities that will be applied equally on and off the track.

This handbook provides information about our program. Please take a moment to read the handbook closely, complete the membership application, and return the application with the membership fee.

Membership Fee

Family Membership – Indoor Season, First Child \$75.00 (\$200 if this child did not participate in the previous outdoor season) – each additional child living in same household \$45.00. Outdoor Season: First Child \$200.00 (\$75.00 if this Member paid a \$200 Indoor Season Membership fee) – each additional child living in same household \$45.00. At least \$25.00 of each child's membership fee must be paid when the member begins practice. The balance of the family membership must be paid within two weeks of beginning practice for the season. No member benefits, including practice privileges, will be granted if the family membership fee is not paid in full within two weeks of beginning practice for each season. Before competing in a meet as a member of New World, the athlete must first pay the full membership fee. No athlete will be denied membership for financial reasons. Please contact the head coach regarding payment options. **Membership fees can be reduced by selling ads in one of New World's three souvenir programs. See coaches for details.** Membership benefits include:

1. Individualized Coaching (USA Track & Field Certified)
2. USA Track & Field Athlete National Membership
3. Entry fees to select non-championship meets
4. New World Track Club T-shirt
5. College Recruiting Assistance
6. Use of club athletic equipment and supplies
7. Eligibility for travel assistance to nationals*
8. Annual Awards & Recognition Dinner
9. Administrative Support (support letters, etc.)

* = Subject to funds availability, national and club qualifying standards, practice and performance requirements and parent meet work requirements.

MEMBERSHIP FEES ARE NOT REFUNDABLE OR TRANSFERABLE FOR ANY REASON

Birth Certificates

Each athlete member must provide **three** copies of their birth certificate (no originals) or other proof of age (passport, driver's license, etc.). Proof of age is required for Jr. Olympics meets and may be requested at any youth meet. Members returning from last outdoor season need not provide birth certificates as the club maintains copies on file.

Report Cards

All club members must provide a copy of their final report card by June 15. The report cards will be used as part of the selection process for the annual New World Scholar Award. The award is presented at the club Awards Dinner in August.

Practice Sessions

Indoor practice days are Tuesdays in November and December and Tuesdays and Thursdays January through April. Outdoor practice days are Mondays, Tuesdays and Thursdays. Practice times may vary from year to year due to facility availability. **The coaching staff reserves the right to limit practice to Tuesdays only for members under the age of eight and those not able to complete workouts without an inordinate amount of coaches' attention (babysitting).** Members are expected to arrive at practice no later than the announced starting time and immediately begin their warm-ups. Warm-ups should be completed within 15 minutes.

Workouts are customized based on the number of coaches, number of athletes, ages, skill and conditioning levels of athletes, weather conditions and the time available for practice. Members should workout on their own on off days. Coaches will provide off-day workouts.

Immediately inform coaches of injuries or physical discomfort during practice or meets.

Practice Expectations

Practice with the club is a required part of the New World program. Athletes should attend practice as often as possible, but we realize that members participate in other sports and that families have other commitments. If the athlete needs to miss a practice for any reason, the coaches can give them a workout to do on their own. **Special practice opportunities will be announced throughout the season.**

New World practices are very demanding, so if an athlete is not coming to practice to work hard, New World may not be for them. Ultimately, the harder the athlete works in practice, and on their own outside of practice, the better they will perform in meets.

Club members are expected to follow directions of the coaching staff during practices. No distractions will be tolerated. Members unwilling to participate in workouts will be dismissed from the practice area and will not be allowed to return until coaches have spoken with parents and have resolved issues to coaches' satisfaction. Repeated misconduct, distractions or refusal to workout will be grounds for termination from the program. No membership fees will be refunded if a membership is terminated.

Failure to participate in an average of two practice sessions per week may result in loss of opportunity for funding to national meets and/or certain recognition and awards at the Awards Dinner. Give the coaching staff advance notice in writing or by phone if your child will miss practice.

Practice and Rain

Practice will not be canceled for rainy weather unless the rain is extremely heavy or there is lightning. Plan to attend practice even under those conditions. There might be a thunderstorm in your area and no rain whatsoever at the track. We have a limited number of practice sessions, so we will try to wait out the rain and practice on every scheduled practice day.

Practice and Hot Weather

Practice will not be canceled for hot weather. Workouts will be modified as dictated by the weather. Appropriate precautions will be taken to insure the safety and health of our club members. The body acclimates, to an extent, to the heat. Training in the heat will assist in that acclimation. As summer temperatures rise, the coaches will decide how much to decrease the volume and/or intensity of the workouts.

Athletes should bring their own cold water and/or sports drink to each practice and meet. (No glass containers.) Every day, drink plenty of water and other liquids throughout the day. Drinking frequent small amounts of water during practice is recommended. Wear lighter clothing to practice on hot days. (Always bring your warm-up gear/sweats.) Wear light colored clothing that will reflect rather than absorb heat. Drills and stretching will be conducted in shady areas whenever possible on hot days.

If an athlete feels any physical discomfort during practice or meets, please tell one of the coaches immediately.

Practice and Winter Weather

Throughout the winter, Indoor Practice is canceled on any day that Columbus City Schools are closed due to inclement weather. This includes full-day closures and partial-day closures, but does not include late start times. If the city of Columbus recognizes a Monday holiday, there will be no Tuesday practice at Blackburn Recreation Center as Columbus recreation centers are closed on Mondays and recreation center employees recognize the Monday holidays on Tuesdays.

Mandatory Post-practice Meetings

A team meeting will follow every practice session. Information about upcoming meets and practices and other matters will be provided at these meetings. Athletes' accomplishments will also be recognized at these meetings. This is the time for parents to ask questions of coaches – not during practice. Failure to attend these meetings will be considered failure to attend practice and may result in loss of opportunity for travel expense funding or team recognition and awards.

Competition Age Divisions

USA Track & Field youth meet competition is contested in age groups. An athlete's age division is determined on December 31 of the competition year. Athletes compete in one of five standard age divisions designed to provide equitable competition for all athletes:

Sub-bantam – 8 or younger on December 31; **Bantam** – 9 or 10 on Dec. 31; **Midget** – 11 or 12 on Dec. 31; **Youth** – 13 or 14 on Dec. 31; **Intermediate** – 15 or 16 on Dec. 31; and **Young Men and Women** – 17 or 18 on Dec. 31 and those turning 19 after the last day of the USA Track & Field National Jr. Olympics.

Sub-bantams, Bantams and Midgets are limited to three events per meet while Youth, Intermediate and Young Men and Women have a four-event per meet limit including relays but not including combined events (Triathlon, Pentathlon, Heptathlon and Decathlon).

Meet Entries

The club will provide an entry form to be completed by each club member prior to most meets. These entry forms will indicate the date by which it must be returned to the club. Completed forms (and entry fees for the meets the club does not pay) must be returned by the deadline and will be submitted to the meet by the coaching staff. Those not returning the entry form to the club by the deadline will not be entered in the meet. Where necessary, coaches will recommend meet events.

The club will not process entries or pay entry fees for an athlete until the club membership fee is paid in full **or if parents do not work at New World hosted meets**. If the club paid the entry fee, the club will charge a member the amount of the entry fee if the member does not show for the meet or does not compete in all of the events he or she entered.

Parents are responsible for entry fees for meets not covered by the club. Parents are responsible for all meet transportation and travel expenses. Travel expenses to national meets can be subsidized with a New World travel stipend if a member meets all of the club's requirements for national funding.

Entries for most meets are made on line and meets have strict no-day-of-meet-entry restrictions. Consequently, it is imperative that families attend after practice meetings and closely follow instructions for entering each meet. New World coaches and administrators will complete on-line entries for New World members who timely submit the required paperwork to the club.

Youth National Championship Meet

Like the senior (open adult) and master athletes, youth athletes have their national championships - the Youth National Championships. The Jr. Olympics is a special program with its own national meet, but the Youth Athletics National is the true Youth National Championship. There are qualifying standards for the Youth National. Those athletes meeting the qualifying standards are eligible to compete at the Youth National meet. Youth Athletics National qualifying standards are available from club coaches or on the USA Track & Field web site.

Junior Olympics

Junior Olympics is a special program for youth athletes consisting of a series of meets leading to the National Junior Olympics meet. The top six finishers in each age division in each event at the Ohio Association Jr. Olympics qualify to advance to the Region 5 Junior Olympics and the top three in each age division in each event at Region 5 qualify for the National Jr. Olympics.

Entry fees for the Association, Regional and National Jr. Olympics meets must be paid by club members qualifying for those meets.

Funding to National Meets

Depending on available funds, New World may provide stipends to club members to assist with travel expenses to national meets - Youth National Championships and Jr. Olympics National. The amount of funding depends on the success of club fundraising efforts and will be announced by the New World Track Club Trustees in late June.

To be eligible for funding for national meets, a New World Track Club member must do the following:

- A. Meet the National Qualifying Standard, and
- B. Achieve one of the following:
 1. Win the Regional Jr. Olympics championship,
 2. Have won a medal in the same event (same age division) at the previous year's Jr. Olympics or Youth National, or
 3. Have a performance equal to or better than 12th place at the previous year's Jr. Olympics or Youth Athletics meet.

Relay teams may, at the discretion of the Board of Trustees and coaching staff, be funded to national meets only if:

- A. Each member of the relay team also qualifies to the national in an individual event, or
- B. The relay team members have competed together and posted a relay time equal to or faster than the 12th place performance in the same event at the previous year's national meet;

Members qualifying to the nationals must also:

- A. Participate in the required number of practice sessions (see the Practice Expectations section);
- B. Participate in club travel and lodging plans for the National Championship meet;
- C. Agree to participate in New World activities during the national meet trip including the New World College Tour, club dinner, etc.

Parents of members qualifying to national meets must have:

- A. Participated in club fundraising activities;
- B. Volunteered and worked at the New World hosted meets including, but not limited to the Columbus Track & Field Classic, Worthington Summer Classic and Wednesday Night Track @ OSU meets.

New World Meets

Each year, New World hosts several track and field meets called the Columbus Track & Field Series. These meets provide competition opportunities for New World members and some are fundraising opportunities for the club. All parents and club members are required to work this series of meets.

The **Columbus Track & Field Classic** is the centerpiece event in the series and is New World's annual fundraising meet. This meet is the premier youth track and field meet in the Midwest and is held at the finest track facilities in the country – The Ohio State University's Jesse Owens Memorial Stadium.

The **Worthington Summer Classic** is another leading all-comer's meet hosted by New World. This meet also serves as the Ohio Association Jr. Olympics Combined Events (multi-event) Championship meet.

Wednesday Night Track @ OSU is a series of meets hosted by the New World Track Club in partnership with the Ohio State University and Columbus Recreation & Parks during the months of June and July. These meets are a very important part of the New World program because, at these grass-roots meets, many of the young, less experienced club members receive their first (and sometimes only) meet awards for the year. All parents and club members are expected to work these meets.

Uniforms

Uniforms are available for purchase from the club for \$35. Special uniforms (for example, one-piece or two-piece speed suits) are available on a limited-number-in-stock or special order basis at costs determined at the time of purchase. The cost of the uniform is in addition to the membership fee.

Purchased uniforms are the property and responsibility of each member. Warm-up suits, T-shirts, and other New World apparel may also be special ordered. Contact the NWTC uniform coordinator for information about warm-ups, polo shirts and caps, and other items with the New World logo. The club cannot guarantee timely delivery of special-ordered uniforms, warm-ups or other New World gear and will not guarantee their availability by the time of any given meet.

Equipment

Running Shoes are required for all club members. A running shoe will have a waffle-type tread sole with an elevated heel and upward rounded toe (as opposed to a flat sole of a basketball shoe, court shoe or cross-training shoe). Look for a shock-absorbing heel cushion (not too mushy) and a pronounced, firm arch support. No particular brand is recommended so long as the above characteristics are found in the shoe you choose.

Track Spikes are helpful but, for the youngest age groups (sub-bantams and bantams), are not mandatory. Spikes are relatively expensive and are usually outgrown by younger club members within a single-track season. Spikes (or appropriate throwing shoes) are recommended for the older age groups. New World has some spikes available through our Spike Exchange program. The club collects donated track spikes and makes them available to New World athletes. The used shoes are donated because they are outgrown rather than worn out and are usually in good condition.

Sweats for warming up are required for all practices and meets. Wearing sweats is essential to a good warm-up routine and a good warm-up is essential to a good performance on the track or in the field events. Even during May, June, and July, the temperatures at morning meets and evening practices could be cool and sweats are needed to keep the muscles warm while warming up and, sometimes, during workouts. This will also aid in the prevention of injuries.

Track Bag – Each member should have a Track Bag for meets and practice containing, at a minimum, the following: track shoes (spikes), towel, rain gear, water bottle with water or sports drink, a change of clothes and other personal gear.

The club provides **Throwing Implements** (shots, discus, and javelins) for New World member to use at practice and meets. The team can assist you in ordering implements if you desire your own throwing implements. Contact the throwing coaches for assistance in selecting the best implement for you.

Awards Dinner

The annual awards dinner is held on the first or second Thursday in August. Athlete recognition and awards will be given at this event, and those acknowledgements are based on their level of participation. Athletes participating in an average of two practice sessions per week during June and July and participating in at least four Wednesday Night Track, invitational, Jr. Olympics or championship meets will receive the annual club member award. Those not meeting these minimum participation requirements will receive a certificate of participation award and other recognition based upon their level of participation.

Coaching Staff

New World's coaching staff consists of several coaches with experience competing in and coaching sprints, throws, hurdles and horizontal jumps. All New World Track Club coaches are encouraged to seek coaching certification to ensure a level of proficiency and skills.

The New World Track Club reimburses tuition for coaches attending USA Track and field certification schools. Several New World coaches are USA Track & Field Certified. All coaches and volunteers undergo annual background checks by USA Track & Field and are subject to mandatory state background checks.

Parent's Roles

Parents are required to be involved in the support of New World Track Club. The club hosts several track meets each year and the parents' help at these meets is vital to our club running these meets successfully. All parents are required to work each New World sponsored meet. Meet revenue makes up a significant part of New World's annual fundraising revenue. The club also encourages parents to attend our practices. This gives you the opportunity to meet other parents and, by being at practice, you will get the same information we give the athletes during our after-practice team meetings. Parents are also encouraged to represent the club at meets by wearing a New World t-shirt or polo style shirt purchased from the Uniform Coordinator.

Parents may walk and jog in the *outside lane* of the track during outdoor practice sessions. Otherwise, parents are not permitted on the track or in practice areas. Parents shall refrain from walking or running with their children, coaching or instructing club members during practice sessions. Parents should not engage the coaching staff in conversation during practice sessions. Coaches are available to answer questions at the mandatory post-practice meetings.



NEW WORLD TRACK CLUB IS A MEMBER OF USA TRACK & FIELD

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