

Champion Athletes on the Track and Champion Citizens off the Track



Member & Parent Handbook

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WELCOME TO THE NEW WORLD TRACK CLUB

To families new to New World Track Club, welcome to the New World family. Welcome back to returning members. We look forward to the participation of our 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 several 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 sense of work ethic and 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 apply themselves to always be 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 (November 1 through April 30): First child \$75.00 – each additional child living in same household \$40.00 – Outdoor Season (May 1 through August 15): First child \$200.00 each additional child living in same household \$40.00. 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. Each membership fee includes:

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 (Indoor and Outdoor)
5. College Recruiting Assistance
6. Use of club athletic equipment and supplies
7. Eligibility for travel assistance to nationals*
8. Annual Awards & Recognition
9. Member ad in New World Souvenir Program
10. Administrative Support (support letters, etc.)

* = Subject to national and club qualifying standards, practice requirements, performance requirements and parent 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 year 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. Indoor practice is held 6:00 to 7:00 p.m. Outdoor practice days are Mondays, Tuesdays and Thursdays 6:00 to 7:30 p.m. **Members under the age of eight may be limited to practice only on Tuesdays at the coaches' discretion.** Members are expected to arrive no later

than 6:00 p.m. and immediately begin their warm-ups. Warm-ups should be completed by 6:15 p.m. Workouts will begin promptly at 6:15.

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. We'd like the athlete to attend practice as often as possible, but realize that they 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.

New World practices are very demanding, so if an athlete is not coming to practice to work hard, then 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 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. 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.

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.

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 meet transportation and travel expenses. Travel expenses to national meets can be offset with a New World travel stipend if a member meets all of the club's requirements for national funding.

Entry forms for members qualifying for meets in the Jr. Olympics series (other than the District Jr. Olympics meet – the first in the series) must be completed and given to the coaching staff along with the entry fee before leaving each successive qualifying meet. Ohio Jr. Olympics qualifiers must complete the Ohio Jr. Olympics entry form before leaving the District Jr. Olympics meet; Regional Jr.

Olympics qualifiers must complete the Regional entry form before leaving the Ohio Jr. Olympics meet; and National Jr. Olympics qualifiers must complete the National entry form before leaving the Regional Jr. Olympics meet.

Competition Age Divisions

USA Track & Field youth meet competition is contested in age group. 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: **Bantam** – 10 or younger on Dec. 31; **Midget** – 11 or 12 on Dec. 31; **Youth** – 14 or 15 on Dec. 31; **Intermediate** – 15-16 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. Some meets offer Sub-bantam (8 or younger on Dec. 31) or other age divisions.

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

Youth National Championship Meet

Like the senior (open) 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 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. Athletes competing at a District Jr. Olympics meet qualify to advance to the Ohio Association Jr. Olympics. The top six finishers in each age division in each event at the Ohio Jr. Olympics qualify to advance to the Region 5 Junior Olympics. Finally, the top three in each age division in each event at Region 5 qualify for the National Jr. Olympics. High school athletes also qualify to the Ohio Association meet in the same event(s) they competed in at the high school regional - individual events only, not relays.

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 early 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 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.

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.

Other meets are hosted by New World from year to year.

Uniforms

Uniforms are available for purchase from the club for \$25 to \$35 depending on size and style. 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 purchased. Contact the NWTC uniform coordinator for information about warm-ups, polo shirts and caps, and other items with the New World logo.

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 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 very 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.

Each member should have a **Track Bag** for meets and practice containing the following: track shoes (spikes), towel, rain gear, water bottle with water or sports drink. 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 Thursday in August. Athlete's recognition and awards will be given at this event, and 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 pays tuition for coaches attending USA Track and field certification schools. Several New World coaches are USA Track & Field Certified. All coaches and volunteers are subject to mandatory annual 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 shirt, available for purchase 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.

TRAIN HARD OR GO HOME