

# WHAT DOES IT MEAN TO BE A TEXAS THUNDER TRACK CLUB ATHLETE

Policies, procedures, rules, and guidelines

\*THIS IS NOT A RECREATIONAL PROGRAM

# WORKING WITH A TRAINER OUTSIDE OF TTTC

- If you are working with an established facility that will help your athlete with weights or resistance training that is fine and Coach Roddy does not have a problem with this. Coach Roddy will not be sending work outs for anyone that needs to miss practice. If you are wanting to work with a one on one trainer or trainer from another club you will not be allowed to run with Texas Thunder and will be asked to leave. There will be no refund and you will be required to finish out any payment plan you are working on.
- Please understand that Coach Roddy gives his all to his athletes and cares deeply about each and everyone's progress. He will not have his work outs butchered by another trainer.

# BECOME AN ELITE DISTANCE RUNNER



# TO BE ACCEPTED IN THE TTTC SUMMER DISTANCE PROGRAM

- 1) Must go through the TTTC cross country program
- 2) If you did not participate in the TTTC cross country program then you will be required to pass an assessment. Your assessment will consist of running a mile. Your VO<sub>2</sub> max must be 30 or better.
- 3) Distance runners will have mandatory practices.
- Note: VO<sub>2</sub> max: maximal oxygen uptake and refers to the amount of oxygen your body is capable of utilizing in one minute. It is a measure of your capacity of aerobic work and can be a predictor of your potential as an endurance runner.

# UNABLE TO PASS THE ASSESSMENT?

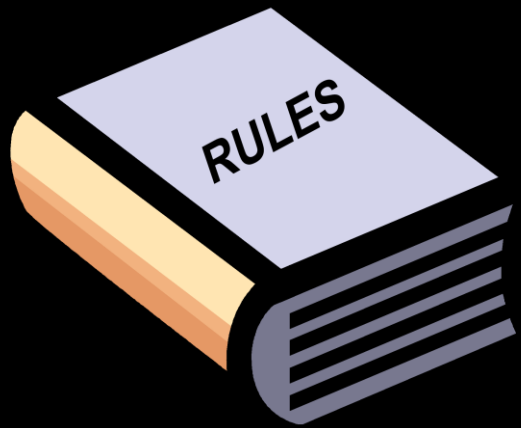
- If you are unable to pass the assessment then you will train with our sprinting program until you are able to pass the assessment.
- Our sprinting program is designed to help sprinters excel, help athletes in other sports, and develop speed, agility, and strength.
- You will have an opportunity to try the assessment again after 1 month of training.

# SPRINTER CATEGORIES

- Elite Sprinters: will have required practices, will aim for the national level, will be a leader at practice
- All other Sprinters: You will get out of the program what you put into it. If you come to all practices and give 100% then you will reach your goals.
- Aspiring to be elite distance: distance runners have to have speed to be an elite distance runner. Give 100% and you will be able to pass your assessment.



# Code of Conduct Coaches Athletes And Parents



# CODE OF CONDUCT-COACHES

- Respect our athletes
- Demonstrate positive open communication between coaches, athletes, parents & officials
- Reprimand or confrontation with an athlete will be restricted to the athletic domain and administered tactfully without insulting or using a derogatory tone
- The TTTC will follow all AAU rules
- Acknowledge and demonstrate good safety in practices and events
- Demonstrate respect and ethical conduct in interactions with officials, other coaches, opponents and all others in the athletic setting



# CODE OF CONDUCT-COACHES

## PART 2

- Exhibit self-control in disagreements and emotional situations
- Criticism of other coaches, officials or athletes is inappropriate (you may be asked to step down as a coach or asked to leave the club.)
- Ensure that when you leave an area (practice or meet) you leave it cleaner than when you arrived
- Continually seek opportunities to improve skills as a T&F coach
- Do not smoke at practices or meets nor bring alcoholic beverages to any TTTC sponsored events
- Foul language will not be tolerated
- Be honest • Have fun!

# CODE OF CONDUCT-ATHLETES

- Arrive on time to practice and competitions
- Come prepared to practice by wearing proper shoes and attire; bring sweats in case the weather gets chilly; bring a towel or blanket to lay on during warm ups / cool down / ab workout if it's wet outside
- Do not wear shirts/uniforms of any other team or high school
- Ensure that you are mentally ready to train
- Hydrate, eat nutritionally and get plenty of sleep prior to practice and competitions
- The TTTC will follow all AAU rules
- Acknowledge and demonstrate good safety in practices and events

# CODE OF CONDUCT-ATHLETES

## PART 2

- Demonstrate positive open communication between coaches, athletes, parents & officials
- Positively support fellow TTTC team members at practice and in competition
- No gossiping or slandering others on the team
- Respect the TTTC coaching staff, TTTC team members, officials, other coaches and opponents
- Ensure that when you leave an area (practice or meet) you leave it cleaner than when you arrived
- Strive not only to be the best athlete but also the best student; keep your grades up

# CODE OF CONDUCT-ATHLETES

## PART 3

- Do not smoke, drink alcoholic beverages, use illegal drugs, and take AAU/USATF banned substances
- Wear the team uniform neatly and properly at all competitions, wear proper attire when not in uniform during practice and competitions as determined by the host school facility dress code. Male and female athletes must keep shirts on at all times. Female athletes should wear shorts that do not show their buttocks.
- Foul language will not be tolerated
- Be honest
- Have fun!

# CODE OF CONDUCT – PARENTS

- Ensure your athletes arrive on time to practice and competitions
- Allow enough time to stay and support all TTC team members at competitions
- Provide water, nutritional food and a quiet place to rest for your athlete
- Demonstrate positive open communication between coaches, athletes, parents & officials
- Ensure that when you leave an area (practice or meet) you leave it cleaner than when you arrived
- Do not smoke at practices or meets nor bring alcoholic beverages to any TTC sponsored events
- Foul language will not be tolerated
- Be honest • Have fun!

# CODE OF CONDUCT- EVERYONE

- No gossiping or slandering others on the team • TTTC coaching staff, TTTC team members, officials, other coaches and opponents. You may be asked to leave the club.
- If a parent has an issue or concern, they should schedule an appointment to discuss with the coach and / or director – parents should not demand an immediate hearing at practice or a competition as this approach is generally confrontational and non-productive
- No recording, sharing, posting TTTC workouts. Anything shared on social media other than that done by TTTC is subject to be asked to be removed.

# ADDITIONAL RULES AND REGULATIONS



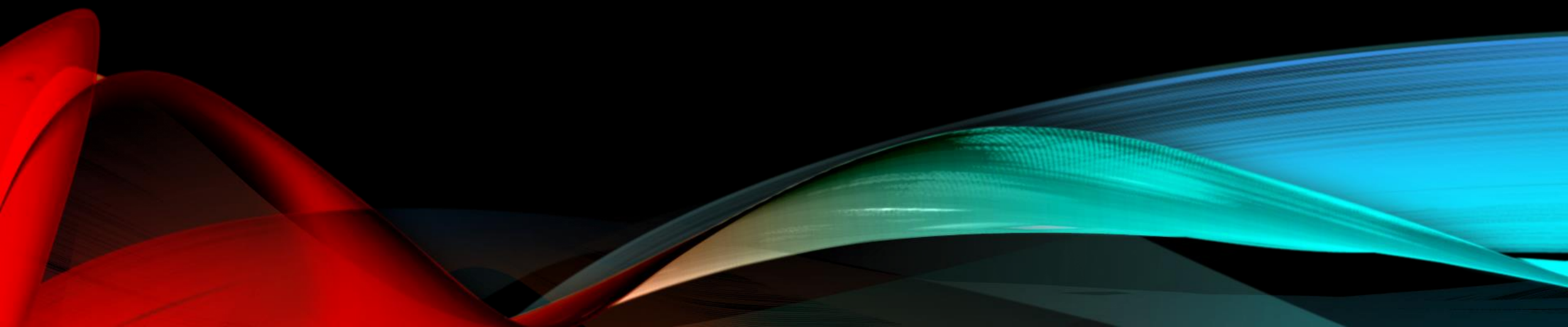
# SWITCHING TEAMS

- If you are coming to TTTC from another youth club, you must wait 90 days from the expiration of your AAU card before becoming a member of TTTC.
- If you are going to a team after being apart of TTTC, you must wait 90 days after you AAU membership with TTTC expires.





# THE NUTS AND BOLTS OF TTTC



# WHAT IS TTTC

- The TTTC is a youth “track team”, affiliated with AAU&USATF, a competitive development system for youth track & field\*\* The team has a regular schedule of practices, competitions, and championships each season. (Indoor, Summer, and Cross Country). The training sessions and competitions are age appropriate but physically challenging. An excellent program for those who strive to compete on their varsity middle school or high school track and cross country teams, as well as at the collegiate level. All volunteer program – no conflict of interests to meet salary, facility, & operating costs. A life long sport – introduce kids to a healthy positive approach to running and fitness \*\* Note: this is not a recreational program

# BEING COMMITTED

- Competing at a national level requires a lot of resources and the commitment of all participants. As an all-volunteer program our most precious resource is the time of our coaches, staff, and parent volunteers. To use our resources effectively and fairly for the benefit of all that join the TTTC, athletes are expected to make the reasonable commitment of: – practicing regularly (75%) – competing regularly (75%) – supporting our home track meet (100%) – and participating in the championships (100%) Membership under any other basis requires a written request for exception by the parents and the approval of the Coach Roddy. (This does not pertain to training only athletes).

# REGISTRATION

- You can register online or in person.
- There will be no refunds or prorated rates offered.
- You must turn in a physical health statement before participating.
- The training only will be offered as follows:
  - If you sign up on the 1st, you will be able to start on the first even if you agree to pay the fee on the 15th, and finish at the end of the month. If you sign up on the 15th, your month will be from the 15th to the 15th of the next month.

Competing athletes: You will have to register for each season.

# PRACTICE TIMES AND LOCATIONS

- Location: Williamson County Regional Park, 3005 County Rd 175, Leander, TX
- Days: Monday, Tuesdays, and Thursdays.
- Times: 6 – 730 pm
  
- Note: additional locations, days, and times will be offered throughout the season. Time may change depending on the daylight savings time changes.

# PRACTICE ETIQUETTE

- Your athlete will do the workout given to them by the coach.
- No workouts will be given for those going on vacation.
- Practices will begin promptly at 6pm and may run long or short.
- Extra practices will be mandatory for elite athletes and are offered to our up and coming athletes as well.
- Workouts are not allowed to be shared verbally, written, or via social media.
- Extra workout locations are not allowed to be shared verbally, written, or via social media.
- Athletes are to be encouraging to all TTTC athletes

# STAY CONNECTED

- Texas Thunder Facebook page: <https://www.facebook.com/TexasThunderTrackClub/>
- Schedule: always check the season schedule as well as the Teamup Calendar. There are multiple links on the website that will lead you to the calendar.
- Group Me: This is a great way for the team to stay connected. You will have to get signed up and remember to reply when you are added. If you do not reply, you will not receive any announcements sent via groupme. You can either download the app or just receive the messages as a text.

# TEXAS THUNDER TRACK CLUB STATS

- 2008: 3 athletes competed in Michigan.
- 2009: 6 athletes competed in Iowa, 1 national medal achieved.
- 2010: 9 athletes competed in Virginia, 2 national medals achieved.
- 2011: 12 athletes competed in Louisiana, 2 national medals achieved.
- 2012: 14 athletes competed in Texas, 2 national medals achieved.



# TTTC-STATS CONTINUED

- **2013:** 19 athletes competed in Michigan, 3 national medals including 1 all-American gold medalist achieved. Texas Thunder Advanced 20 athletes on to AAU Junior Olympics while bringing home 20 medals: 11 gold, 5 silver, and 4 bronze achieved at the national qualifying meet.
- **2014:** Texas Thunder Advanced 18 athletes on the AAU Junior Olympics in Iowa. This year we brought home 11 medals from the JOs, including 1 all-American gold medalist.
- **2015:** 33 athletes competed in Virginia, 8 national medals achieved.
- 51 medals were achieved by our Texas Thunder athletes at the regional level, 21 gold, 19 silver and 11 bronze.
- **2016:** 35 athletes competed in Humble, Texas. We brought home 14 national medals. 63 Medals were earned at the regional level. Texas Thunder had 9 athletes in the top 10 **AAU 2016 Outdoor rankings.**

# TTTC STATS CONTINUED

- **2017:** This year's outdoor season has been our most successful outdoor season thus far. 37 of our athletes qualified for the National meet in Michigan and 33 competed. First, I would like to break down the qualifiers and medals from regionals by events. In the 400m we have 1 qualifier with 1 silver medal. In the 800 we advanced 7 athletes and brought home 6 medals, 2 gold, 1 silver, 2 bronze. In the 1500 we advanced 14 athletes and brought home 11 medals, 5 gold, 5 silver, and 1 bronze. In the triathlon, 2 athletes advanced while bringing home a gold and a silver. 3 pentathlon athletes advanced bringing 3 medals, 2 gold and 1 bronze. We had 6 steeplechase athletes compete, all advanced while bringing home 3 medals, 1 silver and 2 bronze. In the 3000, we advanced 10 athletes while bringing home 5 medals, 2 gold, and 3 silver. 2 hurdlers advance with 1 gold and 1 bronze. Both 4x800 relays advance and bring home 4 silver and 4 bronze medals. Our 4x100 relay advanced. In the shot put, 3 athletes advanced with 3 medals, 1 silver and 2 bronze. Javelin athletes, 3 advanced and came home with 1 silver medal. Silver for our triple jump athlete. We advanced 2 high jumpers with 1 gold medal. One discus athlete advanced to nationals. Our athletes brought home a total of 19 national medals, 1 all American, and 1 national record. Our race walker won All-American at the Club Championships in Florida. National Medal breakdown: 2nd place in the race walk, 5th place in the high jump, 7th place in the hurdles, 3rd, 5th, and 8th, in the 800m, 2nd, 3rd, 4th, 5th, and 2 6th place in the 1500, 4th and 6th place in the 2000m steeplechase, 1st-all American-national record, 2nd, 3rd, and 2 6th place in the 3000m. We were also named one of the top 25 youth clubs in the nation. ([read article here](#)) Our cross country season has been exciting. We had a Footlocker champion in the 10 and under. XC Nationals we took 7 athletes, came home with 5 medals, 2 all Americans, and 1 national champion.

# TTC SCHOLARSHIP

- The TTC scholarship is offered to exceptional Merritt students that have shown a long time commitment to TTC.
- Application deadline: May
- Scholarship amount: \$500
- Note: if our child is being considered, we (Coach Roddy and Jamie) will not be on the deciding committee)