

2017

**Fresno Flyers Track Club, Inc.**

INFORMATION BOOKLET



***ACCELERATION LEADS TO ELEVATION!***

## WELCOME

Fresno Flyers Parents and Supporters,

The Fresno Flyers Youth Track Club was started from a desire to give back to my community those attributes that I'm the beneficiary of to this day.

I believe that youth sports can be used as an opportunity to empower young athletes through demanding physical training and mental discipline.

The hard work, drive, and dedication required to achieve their goals are the seeds that foster a productive and successful lifestyle. Additionally, the character building aspect is central to the confidence one must have to pursue their dreams.

The goals that I have for this program are to encourage young athletes to; prepare rigorously for all challenges, consistently train for personal and team improvement, and help develop a trust and belief that they can accomplish anything with the correct mindset and effort.

The Central Valley has a great tradition of Track and Field/Cross Country. Fresno Flyers wants to continue and build on that tradition. Our children deserve to have a sense of community and the pride that comes with it. With the current support we have from members of our community we are off to a really good start. However, in order for us to rise to the next level we need your support as well.

Contained in this Fresno Flyers Track Club Information Booklet you will find forms and other information about our program. Please take time and read through it. Please be sure to read and return the forms requiring yours and/or your athletes' signature. These forms are to be completed and returned before your athlete can start practice.

I thank you for your interest in our program and we look forward to meeting and working with all of you.

If you have any questions, please feel free to contact me.

Sincerely,

Lynell Glover  
Fresno Flyers Track Club, Inc. - President  
fresnoflyers@gmail.com  
559-691-0377

# Fresno Flyers Track Club 2017 Registration Form

<b>For Club Use Only</b>	
NEW	RENEWAL
DOB Verified?	Yes    No
Date	___/___/___
USATF#	_____
Check#	_____
Amount \$	_____

Athlete's Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

School \_\_\_\_\_ Grade (2016-17) \_\_\_\_\_ T-shirt size \_\_\_\_\_

Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_    Boy [ ] Girl [ ]

Parent/Guardian #1's Name \_\_\_\_\_

Work/Cell Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Parent/Guardian #2's Name \_\_\_\_\_

Work/Cell Phone \_\_\_\_\_ E-mail \_\_\_\_\_

### WAIVER, RELEASE, AND STATEMENT OF PHYSICAL CONDITION

In consideration of the participation of my child, \_\_\_\_\_, in the Fresno Flyers Track Club (Fresno Flyers) Program, I, in my own right and as next of kin to such minor child, for myself and for such minor child, our heirs, successors, administrators and assigns, hereby contractually waive, relinquish and release any and all rights, claims, actions and/or causes of action we may have against the Fresno Flyers, President Lynell Glover, and/or any volunteer assistant coach or other club personnel for personal injury or property damage arising from, or in any way connected with, the Fresno Flyers Program during the 2017 calendar year.

I further certify that the minor child named above is granted my permission to participate in the Fresno Flyers Program. I am aware of the intensity of the training and competition involved and the associated risks, and I certify that such child is physically fit to participate in such program. I further certify that I know of no physical condition or impairment that would in any way prevent such child from participating in the program. I further understand that, with my child's membership, I assume the responsibility of helping with the competitions that the club shall put on in whatever capacity that I am qualified for.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_

\_\_\_\_\_  
Athlete's signature

\_\_\_\_\_  
Parent's/Guardian's signature

## **PRACTICE INFORMATION**

Team practices will be held at: Bullard High School, 5445 N. Palm Ave., Fresno CA 93704  
Practice begins: @ 5:45pm. Practice start times vary between Fall and Spring. Also, this location may change due to facility improvements, etc. If so, you will be notified in advance of practice.

## **FEES**

Fees allow us to provide athletes uniforms and Jogging suits, maintain our operation, as well as provide opportunities that otherwise wouldn't exist. In order for us to continue to meet our basic obligations, everyone must contribute. Our fees scale will be presented at the parent meeting. We realize that the ability to pay fees in full may be difficult. Should you require a payment plan, please contact club management immediately. Otherwise our fee deadline is: TBA

## **REPORT CARDS**

Academic success is a vital and celebrated part of our competitive program. No child will be denied access to our program, but we will enforce a grade point minimum GPA of 2.87. Our goal is to see our entire team meet their fullest potentials. Each athlete should submit their grade report upon registration or by their 3<sup>rd</sup> practice.

## **BIRTH CERTIFICATES**

As a Club Member of USATF, it is required that we collect, file, and submit a copy of each athletes Birth Certificate (BC) for age verification purposes. Please submit a copy of your athletes BC before our submission deadline of: by 3<sup>rd</sup> practice.

## **MEDICAL WAIVERS**

It is mandatory that parents and athletes complete and sign all sections of the medical waiver prior to your athletes participation in our program.

## **ATHLETIC PHYSICALS**

It is mandatory that parents provide sports physical or medical clearance for their athletes by the athletes third practice.

## **TEAM COLORS**

The primary Fresno Flyers Youth Track Club team colors for this year are; Green, Orange and White.

## **UNIFORMS**

Uniforms and Jogging suits are provided for all new athletes with paid fees will be distributed in February or early March 2017.

## **TRACK SHOES**

The team track shoe for 2017 will be the green and white Nike Zoom Rival Sprint or MD. It is understandable if you are not able to find this model of shoe. Feel free to purchase a shoe that best meets your needs. A good source for all running shoes is Fleet Feet in North Fresno.

## **TRANSPORTATION**

Transportation to and from track practices and track meets are the responsibility of the parent/guardian or other approved support. Please insure that your child(ren) arrives to practice and track meets on time.

## **BEHAVIOR GUIDELINES**

Behavior guidelines for Fresno Flyers Youth Track Club parents and athletes are attached. Please review! All rules will be enforced.

# Program Policy

## The following policies were adopted & implemented in 2013:

1. All revenue collected under the club's name and federal identification number, will go directly to the team account and used solely for the good of the entire program.
2. Parents will reimburse the program when their athlete misses a track meet where fees are paid in advance by club management. To avoid this matter, notifications to Lynell Glover must be made (3) weeks prior to the missed event date.
- 3 There will be no refunds of fees. This includes self-removal or management dismissal.
4. In an effort to prevent future mental anguish and possibly permanent physical damage, preauthorization for external training is required. Our athletes, any parent or potential member that engages in assistance from PERSONAL TRAINERS or from COACHES of other programs/schools may be dismissed from the *Fresno Flyers* program.
5. All athletes returning to the *Fresno Flyers* program that refuse to train exclusively with the *Fresno Flyers* coaching staff will not be allowed to compete as a *Fresno Flyers* athlete.

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

\_\_\_\_\_  
**Date**

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

\_\_\_\_\_  
**Date**

## STANDARDS OF CONDUCT & REGULATIONS

- ALL ATHLETES WILL COME TO PRACTICE PREPARED AND OUTFITTED TO PRACTICE. (SPIKES, RUNNING SHOES, WORKOUT ATTIRE AND ALL ATHLETES SHOULD EAT A LIGHT MEAL BEFORE COMING TO PRACTICE AND HAVE WATER TO DRINK.)
- TO BE A MEMBER OF THIS TEAM, YOU MUST COMPETE IN TRACK MEETS AND FOLLOW ALL RULES AND REGULATIONS HEREIN.
- CURSING, AND/OR OTHER FORMS OF ABUSIVE LANGUAGE INCLUDING REFERENCES TO COLOR ETHNICITY, RELIGION OR GENDER WILL NOT BE TOLERATED.
- PARENTS WHO WANT TO WORK OUT DURING TRACK PRACTICE ARE ASKED TO STAY AWAY FROM THE WORK OUT AREAS OF THE ATHLETES.
- FIGHTING, ARGUING WITH STAFF, TEAM MATES, OPPOSING COACHES OR ATHLETES WILL NOT BE PERMITTED.
- IF YOU ARE PLANNING ON LEAVING EARLY FROM PRACTICE OR A TRACK MEET, PLEASE LET ONE OF THE COACHES KNOW IN ADVANCE.
- WE, AS A TEAM, ARE RESPONSIBLE FOR CLEANING UP OUR PRACTICE FACILITY AND SEATING AREA AT TRACK MEETS.
- ARRIVING LATE FOR PRACTICES AND TRACK MEETS IS NOT ACCEPTABLE AND NOT FAIR TO YOUR CHILD.
- PARENTS, WE ASK THAT YOU WEAR APPROPRIATE CLOTHING TO TRACK MEETS. EACH OF US REPRESENTS THE FRESNO FLYERS.
- DEVISIVE AND ABUSIVE LANGUAGE IN THE STANDS WILL NOT BE TOLERATED. IF THERE IS SOMETHING THAT YOU FEEL NEEDS TO BE ADDRESSED, BRING IT TO ONE OF THE COACHES ATTENTION RIGHT AWAY, DO NOT SIT IN THE STANDS COMPLAINING OR TALKING NEGATIVELY ABOUT COACHING STAFF, TEAM MEMBERS, ATHLETES OR OPPONENTS.

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

\_\_\_\_\_  
**Date**

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

\_\_\_\_\_  
**Date**

## Fresno Flyers Track Club, Inc's.

### Athlete Nutrition Advice

#### **Hydration:**

Athletes must drink plenty of water throughout the day for hydration; tapering off at least 30 minutes prior to training or competition (the body absorbs water in approx. 30 - 45 minutes). During physical activities, continue consumption in amounts to avoid stomach cramps. Athletes should be drinking enough water to have clear or near clear urine at all times.

#### **Sports Drinks**

Sports drinks such as, Gatorade, PowerAde, etc., should only be consumed at the end of physical activity as they are high in sugar and are mainly designed to replace electrolytes and carbohydrates depleted during physical exertion.

#### **No Soda**

Most are also very high in sugar content. If you noticed, I mentioned sugar twice in the "Hydration" section, WHY? Sugar enhances the metabolism, thus burning your water at a faster rate. In simple terms, athletes will become dehydrated if they aren't careful with their sugar intake during physical activity, especially in high temperature environments.

#### **Food:**

Replace processed wheat's for Whole Grains and replace chips candy for fruits, vegetables and nuts (e.g., Oatmeal, Whole Wheat Breads, Wild Rice, Almonds, Pecans, Cashews, strawberry, grapes, etc.).

#### **Red Meats and Pork:**

Reduce or substitute red meats and pork (the body has a hard time processing these and it makes athletes sluggish). A few options for substitution are turkey, chicken, or fish.

#### **Junk Food:**

Eliminate junk food (e.g., candy, cake, donuts, high sugar drinks, etc.), except for special occasions (Birthday Parties, Holidays/Celebrations, Banquets. etc.)

#### **Food Prior to competition:**

Athletes should be focusing on Carbohydrate (Carb) Loading. This is when the athlete focuses on storing the body with the energy needed to perform at its peak. This is started 48 to 72 hours prior to the first day of competition. Remove all meats and dairy products form diet. Then, maintain the diet in the areas of fruits, vegetables, grains and nuts, while boosting breads, pastas, pancakes and biscuits (syrup and jelly are OK in moderation).

#### **On the day of competition:**

Athletes should eat healthy servings no less than 2.5 hrs. prior to competition. Meals higher in grain, nuts, and fruit will be more sustaining and prevent the hunger sensation. Pay attention to the schedule of events to accommodate the athlete's food needs throughout the day. Snacks like crackers, trail mix and/or nuts, dried fruit are encouraged, in moderation.

#### **Rest:**

**Get plenty of rest every evening. Your body and mind need time to recover and repair.**

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

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

## How much does it cost to join the Flyers?

**NOTICE: OUR FEE STRUCTURE FOR THE 2017 SEASON IS BEING DETERMINED. OUR TYPICAL FEES ARE BELOW AND ARE SUBJECT TO CHANGE TO MEET OPERATIONAL NEEDS – WITH NOTICE**

For athletes wanting to join the Flyers for the 2017 track & field season:

Athlete club membership fee(s) - **\$250 (the break out is highlighted below)**

This amount includes:

**\$20** - USATF membership card

**\$16** - AAU membership card

**\$159** – Warm-up, uniform, sling bag or backpack and team t-shirt.

(NOTE: for those interested, we will offer a uniform buyback at seasons end. Prices will be negotiated at that time and will be based on the uniforms condition.)

**\$55** - club operating expenses (club insurance/equipment/etc.)

(discounts for multiple athletes are available to siblings)

**TALK TO CLUB LEADERSHIP**

Additionally, you are responsible for your event fees and travel expenses. Taking part in our fundraising is highly encouraged to reduce cost in these areas.



# Fresno Flyers Track Club, Inc.

## Fundraiser Participation Agreement

I, \_\_\_\_\_, understand and acknowledge that fundraising is a very important part of our team funding efforts.

Money that is raised ensures that we can provide a safe practice facility, equipment/equipment replacement costs and funds for our annual end of season sports banquet. Our fundraising effort's qualifies under a federal 501(c) 3 non-profit organization.

I further understand that failure to participate may result in my being charged an additional \$150.00.

Parent Name (Print): \_\_\_\_\_ Athlete Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Date: \_\_\_\_\_