



# **Averill Park Road Runners**

## **Track & Field Handbook**

(Revised Spring 2010)

[www.aproadrunners.com](http://www.aproadrunners.com)

PO Box 774  
Averill Park, NY 12018

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## **Mission Statement**

The Averill Park Road Runners exists for the purpose of providing a developmental, competitive, and enjoyable atmosphere in which young athletes can learn the skills necessary to participate in all aspects of Track and Field.

## **Averill Park Road Runners Code of Conduct**

### **For Athletes, Parents, Coaches and Volunteers (abbreviated)**

In order to ensure that this club remains faithful to its mission, a Code of Conduct was developed and approved by the Averill Park Road Runners Board of Directors in March 2002. This highlights that Code of Conduct in language understandable to most team members. A copy of the full Code of Conduct is available from the Board of Directors. A list of the members and officers of the Board of Directors appears as an Exhibit in this Handbook.

### **All Participants**

1. All participants shall treat each other with respect and dignity. Any conduct that demeans or harasses any person is prohibited.
2. All participants are prohibited from swearing or using vulgar gestures, including making insulting comments to other participants based upon race, religion, gender, national origin, disability or sexual orientation.
3. Reckless conduct that might injure others is prohibited. Conduct that disrupts practices or meets is also prohibited.
4. All participants shall be honest in their statements and actions.
5. Parents and coaches are to recognize that this organization focuses on developmental skills and will concentrate on developing athletic skills, character and experience.
6. All participants will treat the facilities of Averill Park High School, and any other facility at which they compete, with respect.

### **Coaches**

1. Coaches will treat all athletes with respect and dignity; they will refrain from the use of demeaning or derogatory language.

2. Coaches will actively promote the good health and well-being of all athletes and will defer to judgment of trainers or other medical advisors.
3. No coach shall demonstrate favoritism toward any athlete and will strive to afford every athlete the same opportunities for instruction and participation.
4. Coaches shall conduct themselves as role models at all times.

### **Procedures for Settling Violations of Code of Conduct**

Specific procedures for dealing with Code of Conduct violations are outlined in detail in the Master Code of Conduct. In short, procedures include:

1. Enforcement must be swift, fair, consistent, appropriate and as confidential as possible.
2. A parent must always be informed and, if possible, involved in the enforcement process.
3. Athletes will be disciplined by parents and coaches; coaches will be disciplined by the Head Coach and Board of Directors; and Head Coach will be disciplined by the Board of Directors.
4. Minor violations of the Code could result in one or more of the following sanctions: Warning; increased monitoring; probation.
5. Repeated or deliberate violations could result in one or more of the following sanctions: suspension from the team or meets; expulsion from the team; or referral for criminal prosecution.

### **Practice Information**

Practices run from 6:00 until 7:30 pm at the Averill Park High School track, located at the back of the school. Athletes will be expected to run a warm up lap prior to meeting in the infield of the track for organized stretching. Group stretches will end with the team being dismissed into age groups for the remainder of practice. Once the athletes are separated into age groups, they will follow a simple rotation during each practice. For example, Youth and Midgets will be asked to do “track events” while Bantams and Sub-bantams will be asked to attend “field events”. Half way through the practice, the two age groups will switch so that every athlete will be able to practice both track and field events. “Track events” include all running events (sprints, distance, hurdles and relays). “Field events” include all throwing and jumping events (discus, javelin\*, shot put, long jump and high jump). Athletes will have time to practice one event during each rotation (if time allows, additional events may be added at the head coach’s discretion).

\*Note: The javelin used is the turbo-javelin – a soft rubber-tipped plastic and foam javelin.

**No athlete is allowed to leave the practice area at any time during the practice unless approved by a coach and/or accompanied by a parent.**

All athletes, and especially new athletes, are encouraged to try **all** the events for at least two to three weeks before limiting themselves to a few events. Athletes should compete in varied events during the early season meets as well. As older athletes become more comfortable and/or proficient with certain areas, they may want to become more focused, concentrating on a few events during their practice.

If parents have questions during the practice, we ask that you find a Board Member to address them. The coaches have a limited time to focus on the athletes before the next rotation occurs. Coaches will be happy to answer specific questions after practice. Basic first-aid will be available at most of our practices should anyone need medical attention. At all practices and meets, the On-Call town medical services will be used for primary medical assistance if needed.

In addition, as needed to relay information, toward the end of practice (approximately 7:25 pm), parents and athletes will be expected to join us in the bleachers or infield for closing information, upcoming events, and a chance to address questions to the coaches.

**Practices may be cancelled for rainy weather. Thunder and lightning will be a cause to cancel practice. Stormy weather is a good reason to CHECK THE WEBSITE FOR CANCELLATIONS OR POSTPONEMENTS! Storms arise quickly, and we will NOT be able to call all participants. Please note that, as guests of the high school, we will default to the High School's use of the track. If a meet is in progress on an APRR scheduled practice night, we will wait for the meet to finish before entering the track. We will change practice to accommodate the High School's schedule as well. It is a good idea to make a habit of checking the website ([www.aproadrunners.com](http://www.aproadrunners.com)) before each practice!**

Please ensure that your children come prepared for practice with appropriate clothing and water and/or other fluids to drink. **Layers** are best for early spring as it can be cold and windy one moment and much warmer the next. **Drinks** are a necessity, especially as the season becomes progressively warmer. We strongly DISCOURAGE sharing of drinks due to health reasons, but normally sharing is the first thing that is offered when someone's friend forgets his/her drink!

## Age Divisions

Age groups are set up by calendar year, *not* school grade. In past years, children (and parents) are disappointed to find themselves competing in a different age group than their usual school peers. Children adapt well once they realize how the age groups are set up. These age groups are set up nationally through USATF and are not something that our club has control over.

The divisions are as follows:

<u>Division</u>	<u>Age on Birthday This Year</u>
Sub-Bantam	8
Bantam	9 and 10
Midget	11 and 12
Youth	13 and 14
Intermediate	15 and 16
Young	17 and 18

See Exhibit A for “Year of Birth” dates specific to this season. Meets and practices will run much more smoothly if your child memorizes which age group they fall into.

Please visit [www.usatf.org](http://www.usatf.org) for additional information on age groups or [www.usatfadir.org](http://www.usatfadir.org) for local USATF information.

## Parent Drop-Off & Pick-up Policy

The members of the Board felt it necessary to have a written statement in regard to our policy of picking up and dropping off children from practice. We understand that many parents drop their children off at practice and return later to pick them up. **It is the parent’s responsibility to walk your child(ren) into the fenced practice area and stay with them until the coach arrives and brings all the athletes together for supervised practice in the center of the field. It is also the parent’s responsibility to ensure that the head coach or his/her designee has updated emergency contact information and is aware of any special medical needs that your child(ren) may have. In addition, if the weather looks uncertain, please do not drop your children and leave. If we even hear thunder, we must call practice off.** It is our responsibility to ensure the safety of all participants. Therefore, at the end of each practice, a responsible adult will be posted at the fence near the parking lot, ensuring that every child is picked up safely. **This policy requires that NO child will be allowed to leave the fenced in area at the track unless a parent is visible to the person in charge.** Parents are expected to join their children at the end of each practice (approximately 7:25 pm) on the bleachers for closing information, updates, or questions. Please pick your children up promptly at 7:30. Please understand that we must all follow this policy to ensure the safety of each child prior to, during, and at the close of each practice. Thank you for your cooperation.

## Coaching Staff

Please refer to Exhibit B for a list of this year's coaching staff.

## USATF Membership

Your child's USATF membership provides the insurance required for us to be able to practice at the High School. Please complete the USATF application online at:

[www.usatfadir.org/membership.asp](http://www.usatfadir.org/membership.asp). An application can also be printed off the website. **Our club # is 0234. Due to insurance reasons, no child will be able to enroll or practice if he/she does not have a current USATF membership.** For this same reason, athletes will not be allowed to have friends or other family members participate in any practices or meets. If you need your member number for any reason before your card arrives, please call or email USATF Adirondack Association, 273-5552, [info@usatfadir.org](mailto:info@usatfadir.org). They can provide it to you.

## General Meet Procedures

(We have created our very own "Top Ten list!")

1. **Parental Involvement:** We need parents to help throughout the season. The type of help we need ranges from assistant coaching, helping the younger athletes move between events during practice and meets, timing at meets, handing out stickers before a meet, helping set up our tent, and even cleaning up after meets and practices. NO experience is needed!! Please see the Volunteer Coordinators in order to volunteer to help. Parents will also need to take a very active role in helping their children during meets. Away meets may be run differently than our home meets. At home meets, nametags will be used to speed up the finish line recording. Parents will need to help their children get to their next event on time.

2. **Flow of a Meet:** Meets seem chaotic, but they are really more like organized chaos. Meets flow according to a schedule of events, which should be posted at the meet and should be announced as the meet is going on (also see below). **Running events take precedence over field events.** Runs go off according to the schedule, and athletes who are running must leave their field events when they hear their race announced. You and/or your child should listen for: *first call*— (approximately 10 minutes to race) finish up field events (**be sure you let the field official know before leaving your event**) and start over to running event, *second call*-- check in with clerk/starter---minutes to race, and *third call or final call*—be ready at the starting line of the race to be run. Field events usually continue throughout the meet, and traditionally start with the youngest age groups. Exception to this pattern will be made for those athletes who were running a track event. Please try to return to the field event as soon as possible so that the jumps/throws are with other athletes of the same age group. This courtesy is especially important in the high jump. Moving the bar up and down to accommodate different age groups is very time consuming. Some track meets do not allow the bar to be lowered for those who miss their time slot, simply announcing each new height as the meet progresses. **Check in with the field event coaches at the beginning of each meet to verify their policies.** Freedom abounds during track meets, which means that athletes and parents are

responsible to getting to events on time. If your child misses a running event, he/she will not be able to redo that event. Coaches are certainly available to help, but cannot keep track of all of the events that the athletes have chosen to participate in for each meet.

**3. Age Group Restrictions:** Not all age groups can do all events. Discus, triple jump, and hurdles are for midgets and youths only. In addition, the sub-bantams may not run the 3000m. If planning to purchase throwing equipment, please visit the USATF website, as different age group throw items of different weights. Below is a sampling of the USATF weight of implements broken down by age group:

<u>Age Group</u>	<u>Javelin</u>	<u>Shot Put</u>	<u>Discus</u>
Sub-Bantam	300 g (mini)	6 lb.	XXX
Bantam	300 g (mini)	6 lb.	XXX
Midget	300 g (mini)	6 lb.	1 kg.
Youth Boys	600 g	4 kg.	1 kg.
Youth Girls	600 g	6 lb.	1 kg.

**4. Number of Events per Age Group:** Sub-bantam, Bantam, and Midget athletes may participate in maximum of three events, including relays; Youth athletes may participate in a maximum of four events. At the Regional level, athletes may also participate in combined events. Combined events involve athletes competing in prescribed events against other athletes for points. Points are based on your performance in each event. The athlete with the greatest number of points after completing all the events is the winner. The Bantams may participate in the Triathlon which involves; shot put, HJ, LJ and 200m dash for Girls and 400m dash for boys. Midgets compete in a heptathlon, which includes; 80m hurdles, shot put, HJ, LJ, 800m run for girls, 1500m run for boys. Youth may also participate in the heptathlon which involves 100m hurdles, shot put, HJ, LJ, 800m Run for girls, 1500m run for boys.

**5. Relay Team Commitment:** If part of a relay team, please be aware of the commitment made to others on the relay team, and make certain to stay for the relay. We have experienced many disappointments when one athlete backs out of a relay, while three others have saved one of their events for that relay. We strongly recommend that athletes who participate in other spring sport (soccer, baseball, etc.) do not commit to a relay team!!

**6. Scoring** - Although individuals compete, our team also collects points, which determines how teams place in a meet. Events are scored as follows: 1st – 10 pts., 2nd – 8 pts., 3rd – 6 pts., 4th – 4 pts., 5th – 2 pts., and 6th – 1 point. The team with the most points wins the meet. Even a sixth place finish, therefore, contributes to our team! Also, athletes only compete within their own age group and gender, which makes for eight first place finishers for each event!!

**7. Where to Camp Out:** Spectators, parents, and athletes are to remain outside the fence unless competing. It is important, especially at our home meets, to keep the infield clear. At home meets, parents (unless volunteering- and we will need many!) are not allowed on the infield. This rule allows the timers to see the starter, helps keep the meet moving on schedule, and helps to decrease the chance of someone interfering with a runner.

**8. Need More Help?** Coaches and board members will be available for questions and assistance; they will be wearing bright yellow Road Runner's shirts to help identify them. Our veteran athletes are also quite helpful. So if you are a veteran, and someone looks lost, please point him or her in the right direction!!!

**9. What to Bring:** Please remember to bring plenty of water, food, and sunscreen! Most families pack a picnic and enjoy the social atmosphere! Sometimes food and drinks are available to purchase. Healthy snacks will help the athletes perform better.

**10. Length of a Typical Meet:** *Please be patient* and expect to be at the meet for at least 2-3 hours ( or longer if large meet). If you finish your events, and are not part of a relay, you may leave. However, if you have time, stay and cheer on some of your teammates. Meets should be a fun and supportive environment for athletes to try and do their own personal best. For many children, personal records (pr's) will be (re)established, and the times/distances/heights will give them numbers to compare at future meets. Children have this uncanny knack of getting faster and stronger each year, often surpassing what they could do the year before! (Remember those days??)

**Thank you for your help and understanding!**

### **Typical Order of Events (at home) Track Meet**

3,000 Meter Run: (8 laps) MB, MG, YB, YG

100 Meter Hurdles: YG, YB

80 Meter Hurdles: MG, MB

100 Meter Dash: (final on time) All age groups

1500 Meter Run: (4 laps) All age groups

400 Meter Dash: (1 lap) All Age Groups

200 Meter Hurdles: YG, YB

800 Meter Run (2 laps): All Age Groups

200 Meter Dash: (1/2 lap) (Final on Time): All

4 x 100 Meter Relay: All Age Groups

4x 400 Meter Relay: All Age Groups

4 x 800 Meter Relay: MG, MB, YG, YB

**Field Events occur concurrently with the running events. Check in with each field event official at the start of the meet.**

## **Members of the Board of Directors**

Please refer to Exhibit C for the current Board Officers and Members.

## **Important Dates**

A list of tentative meet dates will be provided at the first practice. However, **all dates are subject to change**. Please be sure to check the website regularly and listen to all announcements regarding upcoming events at practices.