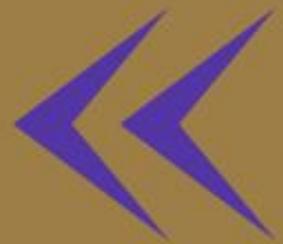




# New Orleans Metro Stars Track Club



# 2019



# INFO MANUAL



# FINISH EVERYTHING

[WWW.NOMETROSTARS.ORG](http://WWW.NOMETROSTARS.ORG) | (504) 915-4524 | (504) 250-5204

**About Us:**

The New Orleans Metro Stars Track Club is an Amateur Athletic Union (AAU) track and field program open to all athletes ages 6-18. We compete during the summer season from May until August. Whether you want to introduce your pee wee to his/her first sport or help your established athlete get a college scholarship, we are here to help you succeed.

The Metro Stars has been a staple in track and field community in the city of New Orleans since the 1970's, making us the oldest existing team in the city. We have made it this far because we have a dynamic and family oriented program that trains athletes to be the best they can be in not only athletics but also in every other aspect of their lives. Over 85% of the athletes who graduate from our program go on to attend a four-year university, with a majority having academic pursuits.

Our goal is always improvement. We take time to ensure that all of our athletes are growing in our program. At the end of the season we like to see how much faster the athlete ran, how much higher they jumped, or how much further they threw than at the beginning of the season. If the growth is exponential, we have definitely done our jobs.

**Signing Up:**

Please register your athlete for the team using the online application found at [www.nometrostars.org/sign-up.html](http://www.nometrostars.org/sign-up.html).

**Practice:**

Regular season practices are held on Weekdays at the City Park Practice Track, next to Tad Gormley Stadium unless otherwise specified. Off season practices are a bit more sporadic, but parents will be notified of the dates, times, and locations.

**Equipment:**

Track spikes are not required but it is highly encouraged that you purchase a pair for your athlete(s). However, all athletes MUST have a pair of running shoes. We provide throwing implements, but you are welcome to purchase your own.

**Travel:**

Parents are required to transport their athlete(s) to and from practices and meets. If a ride to practice or a meet is required, a parent may contact one of the parents who live near them.

### **Practice groups:**

Athletes are placed in practice groups based on a combination of age, the events they compete in, and skill level. Some athletes will have what seems to be harder or more rigorous workouts. Some athletes will spend more time building skill and improving form. Every athlete will the same amount of coaching.

### **Age Groups:**

At meets athletes will be placed in age groups based on their year of birth. Parents, please supply a copy of your athlete(s) Birth Certificate.

<b>Age Division</b>	<b>Year of Birth</b>
8-Under	2011-After
9	2010
10	2009
11	2008
12	2007
13	2006
14	2005
15-16	2003-2004
17-18	2001-2002

For relays ONLY, 9 year-olds may compete with 10-year olds, 11 year-olds may compete with 12 year-olds, and 13 year-olds may compete with 14 year-olds.

### **Team Rules:**

1. No bullying or negativity.
2. No fighting.
3. No jeans or school uniform attire at practice.
4. Follow directions the 1<sup>st</sup> time given.
5. Club colors are purple, white, and gold.
6. Athletes must be clothed at all times.
7. Athletes under the age of 13 are required to wear the youth uniforms.
8. If athlete(s) is on medication, it must be brought to every meet, practice, trip, and club event.
9. Parents are not allowed to interrupt practices.
10. Athletes under 12 must be accompanied by a parent/guardian at all Metro Stars events.

# Club Dues

The New Orleans Metro Stars Track Club is a non-profit, membership-based organization. Being that, all of our operation costs are paid for by membership dues. All members of the club must pay club dues by **May 13, 2019** in order to participate in any track meets with the team. Club dues will be \$320. You can find a breakdown the club dues below.

<u>Item</u>	<u>Cost</u>
AAU Club Membership Fee	\$15
USATF Cub Membership Fee	\$15
AAU Athlete Membership Fee	\$16
USATF Athlete Membership Fee	\$20
Meet Entry Fees*	\$130
Team T-shirt	\$10
Miscellaneous Team Purchases	\$114
<b>Total</b>	<b>\$320</b>

\*Dues do not cover travel or lodging, neither does it cover entry fees to tentative events such as AAU National Team Championships and Junior Olympic Games

# Uniform Fee

The club uniform fee is not included in the club dues simply because athletes may choose to wear their uniform from a previous season (if it matches) instead of purchasing a new one every year. The cost of a new uniform will be \$65 for a youth size or \$75 for older athletes. If your athlete does not have on the proper uniform, they will not be allowed to participate in meets until they do.

Athletes ages 12 and under are required to wear shorts. Only athletes over the age of 12 will be allowed to wear the compression bottoms.

Our colors are purple, white, and gold. Athletes are to wear solid purple, white, or black compression gear under their uniforms. Athletes are allowed to wear any warm up they choose.



Both Club dues and uniform fees can be paid online at [www.nometrostars.org/club-store.html](http://www.nometrostars.org/club-store.html). **Uniforms must be paid for before March 31, 2019**

## PRACTICE SCHEDULE

Practices will generally go by the following schedule:

Time	
6:00	Arrival
6:05	Warm-up Laps
6:10	Stretching & Drills
6:30	Workout
7:00	Strength & Abs
7:30	Cool Down

While school is still in session, we will try to keep practices under 1 ½ hours. Once school lets out and we get into the season, expect workouts to go between 2 and 2 ½ hours. It is imperative that everyone arrives on time, so no one is interrupting practice. Also, we pair our runners with athletes of like speed or skill; so they have partners to push them. When athletes arrive late, it throws off not only their progress but the progress of other athletes.

### Daily Schedule

Time	Monday (Runs)	Tuesday (Throws & Jumps)	Wednesday (Runs)	Thursday (Throws & Jumps)
6:00	Arrival	Arrival	Arrival	Arrival
6:05	Warmup Laps	Warmup Laps	Warmup Laps	Warmup Laps
6:10	Stretching & Drills	Stretching & Drills	Stretching & Drills	Stretching & Drills
6:30	Workout	Runners: Coach Derek Throwers: Coach J Jumpers: Coach Mel	Workout	Runners: Coach Derek Throwers: Coach J Jumpers: Coach Mel
7:00				
7:30	Strength & Abs	Strength & Abs	Strength & Abs	Strength & Abs
7:45	Cool Down	Cool Down	Cool Down	Cool Down

# Frequently Asked Questions

## **Does my child have to try out for the team?**

The New Orleans Metro Stars is a membership based organization. Anyone may join as long as they pay membership dues and are serious about wanting to learn to be a track and field athlete.

## **How long is the season?**

Typically, practice for the regular season will begin in March. The meet schedule runs from the end of May to the end of July. However, we hold off-season conditioning practice beginning in November.

## **How important is practice attendance? Is it mandatory to attend each practice?**

A variety of fundamental concepts need to be covered in Track & Field for all events. The coaches spend quality time and commitment into each workout to reassure the athletes progress at the proper rate and refrain from injuries. Therefore, we highly recommend attendance to all practice sessions, especially if your child's priority sport during the summer is going to be track. Practice attendance is also a determining factor on if your athlete will be placed on the A Squad.

## **Is it an issue if my child is involved with other sports during track season?**

It's not an issue at all. Schedule conflicts should be discussed with the coaches. However, the summer practices are 4 days a week; attending 3 out of the 4 days of practice is highly recommended in preparation for Saturday meets.

## **Is participation in all track meets mandatory?**

Full participation is encouraged for everyone, including practices and meets, particularly for those who are totally committed to the program and have placed track as a #1 priority for their summer sport. The meet schedule will be released early enough to plan family vacations, or to check for any possible schedule conflicts.

## **My son/daughter has never run track before, so I am not sure what events will be best for them.**

The coaches will use their best judgement to determine your child's strengths from the workouts and place them in the event(s) they feel your child will have the best potential in. It is likely some will shift various events throughout the season. Please trust the coaches to "Coach" your child.

## **When my son/daughter has run track before and they ran a certain event; why are they not competing in that event this summer?**

Please trust the coaches to "Coach" your child.

**What should my child bring to practice?**

Water/low sugar sport drinks. Wear comfortable workout attire (weather appropriate) and running shoes. Spikes will only be needed when the season begins. During the summer months we recommend a cooler with ice, water, a wet towel to keep cool, and sunblock. Please be sure NOT to send your child to practice with basketball shoes, school shoes, or dance shoes. A comfortable running shoe with arch and heel support is needed. Wearing the appropriate shoe will prevent shin splints, inflammation of heel and damage to the Achilles tendons. These injuries are very common in young athletes wearing the wrong shoes to practice or from improper running technique during practice.

**How long are the track meets and when are they scheduled?**

Almost all meets take place on Saturdays. Be prepared to plan your day from 7AM-5PM.

**Is it okay for my child to just practice with the team but not participate in the meets?**

Again, the Metro Stars is a Track and Field Club, not a fat camp nor a fitness class, so we ask for your commitment and dedication to the track club with the interest of your child being a Track & Field Athlete. The workouts will benefit any athlete in various sports, so if you decide on track to assist your child in an alternate sport, that is totally fine, but respect the coaches and your teammates by communicating and attending practice and track meets regularly. Also, by paying the membership fee, you have already paid for your athlete(s)'s entry into the meets.

**How much will it cost for my child to run?**

There is one Membership fee *everyone* pays to become a Metro Star. The Uniform Fee is a separate fee because athletes can re-use the uniform from a previous season. There are also separate fees for out of town meets such as the AAU National Club Championships and the AAU Jr Olympic Games should your athlete qualify to compete.

**About the uniform, does my son/daughter have to wear the tights when they reach the older age groups?**

No, the compression uniform is definitely optional. However, all athletes under the age of 13 Must wear the shorts. Also, the Metro Stars will never wear speed suits.

**How important is nutrition and any tips on what my child should eat the day of a meet?**

Nutrition is just as important as the training for the young athletes throughout the season. It's also something often overlooked by parents. One of our jobs as coaches is to teach proper nutrition intake to the team (parents and athletes) in order to refrain from injuries, and to assist in effective performance during practice and of course the meets. The number one poison parents often allow their child to eat is sugar. That's snacks, candy, and cold drinks, y'all!! Your child will absolutely NOT

reap any benefits to their training and performance with over consumption of the following: Candy, hot chips, cookies, fried foods, and cokes. Yes, they are kids and those are the type of things they enjoy eating. However, over consumption of any of the above prior to workouts or on a day of track meet, is not acceptable.

***Here's what we do recommend at least a few hours prior to practice:*** Sandwich, salad, goldfish snacks, pretzels, crackers, trail mix, fruit, and WATER!!

***The day before a meet:*** We encourage consumption of 8 to 10 glasses of water, lean protein (chicken or seafood), and a pasta dinner.

***The day of the meet:*** Breakfast is important but keep the serving sizes in moderation, especially depending on what time of the day your child's events are scheduled.

- Pancakes or waffle (low sugar syrup)
- turkey bacon or sausage
- wheat toast
- hot/cold cereal or oatmeal
- fruit and yogurt
- cereal or nutrition bar

***Suggestions for your cooler for the track meets:*** It is important that the athlete stay hydrated and well-nourished during meet day

- Water and low sugar sport drinks
- Fruit and fruit snacks
- Yogurt
- Cheese n'crackers or Graham Crackers
- Nutragrain/cereal bar or trail mix
- Sandwiches (lean meat & cheese, tuna, chicken, or pb&j)

<h2>NOTES/QUESTIONS</h2> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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**We hope you find all of this information helpful in your decision to join the New Orleans Metro Stars Track Club.**

# The Well-Prepared Track and Field Family

No one wants to be a part of the family that is stuck out because they were not prepared for practices and meets. Listed here are a few items that you and your family may find necessary to survive the summer. Understand that track meets are ALL DAY events. On meet days prepare to be out of the house from 7am to 5pm.

Parent Equipment: Listed are items that parents may want to invest in for themselves.

- Golf size umbrella (for rain and sun)
- Rain ponchos
- Comfortable tennis shoes
- Bright colored clothing (reflects instead of absorbs sun rays)
- Stadium seats and folding chairs
- Medium sized towels
- Light blanket
- Sunscreen (NOT sun tan lotion)
- Bug Spray
- Small first-aid kit (also keep plenty of headache medicine handy)
- Small Portable Ice Chest

Meet Day Necessities: Listed are Items you may want to stock to bring in your portable ice chest to bring to track meets.

- Orange slices
- Grapes
- Bananas
- Thirst quenchers
- Frozen bottles of water
- Healthy Snacks
- Sandwiches (no mayo for athletes)
- Large and small plastic baggies
- Ice pack
- ICE

Athlete Booksack: Listed are items you want to make sure your athlete has with them when they come to meets or to practice.

- Spikes
- Towel
- Warm-up clothes
- Frozen bottle of water
- Rain Poncho
- Extra socks
- Extra underwear

# Acknowledgment and Receipt

**I have received my copy of the Metro Stars 2019 Information Manual.**

This manual describes important information about The New Orleans Metro Stars Track Club, and I understand that I should consult the Board President regarding any questions not answered in the handbook. I have entered into membership with the New Orleans Metro Stars Track Club voluntarily and acknowledge that the season ends after August 5<sup>th</sup>. **Accordingly, either I or the New Orleans Metro Stars can terminate the relationship at will, at any time during this period.**

This manual and the policies and procedures contained herein supersede any and all prior practices, oral or written representations, or statements regarding the terms and conditions of your participation with the Metro Stars. By distributing this handbook, the Metro Stars expressly revokes any and all previous policies and procedures which are inconsistent with those contained herein.

I understand that any and all policies and practices may be changed at any time by the New Orleans Metro Stars Track Club, and the Metro Stars reserves the right to change practice times, dates, and locations at any time. All such changes will be communicated through official notices, and I understand that revised information may supersede, modify, or eliminate existing policies. Only the Executive Director of the New Orleans Metro Stars has the ability to adopt any revisions to the policies in this handbook.

**I acknowledge that I have received the New Orleans Metro Stars Track Club 2019 Information Manual, and I understand that it is my responsibility to read and comply with the policies contained in this handbook and any revisions made to it.**

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

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

\_\_\_\_\_  
Parent/Guardian Name (Print)

\_\_\_\_\_  
Athlete Name (Print)

\_\_\_\_\_  
Date