



# **NX LEVEL XC 2019**

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

## Management:

**Jim Rafferty** - XC Head Coach

[jcrafferty@gmail.com](mailto:jcrafferty@gmail.com) 623-670-7953 (cell)

Contact Coach Rafferty for cross country specific questions regarding: coaching philosophy, training, competition, and athlete development.

**Michelle Rafferty** - XC Team Manager

[nxleveltrackaz@gmail.com](mailto:nxleveltrackaz@gmail.com) 330-283-0399 (cell)

Contact Michelle for questions regarding: XC registration with the Club and/or USATF, fees, payment arrangements, volunteer positions, meet & practice schedules, and all business matters.

**Send a text to the number 81010 and put @nxlevelxc in the subject line to join team notifications via the Remind App. We also have a Facebook page and website.**

## XC Coaching Staff:

- **Jim Rafferty**, XC Head Coach
- **Rich LeBlond**, XC Asst. Head Coach
- **Angie Janssen**, XC Asst. Coach
- **Andy Rangel**, XC Athlete / Intern Coach

### About Coach Rafferty:

Coach Rafferty ran Track & Cross Country in High School, and eventually walked on The University of Akron track team as a junior in college. He started coaching High School Track in 1991 and has continued coaching multiple sports programs with consistent success at every level. Coach Rafferty began coaching USATF XC & Track in AZ in 2015, and has had 122 National Qualifiers and 29 All American honors earned by athletes under his training.

### Our Mission and Values:

NX Level was founded on three core principles **Attitude**, **Effort** and **Focus**. These principles are used to teach our athletes:

- Belief in themselves and their ability to turn their dreams into attainable goals;
- Perseverance in the face of extreme obstacles and day-to-day challenges;
- Responsibility for themselves, their mental, and their physical health;
- Commitment to their team, their family, and their community;
- The rewards that come from hard work and pursuit of goals.

We believe the combination of these lessons, as well as the professional training our athletes receive from our coaches, are invaluable to children of all ages.

## Competition Schedule:

### Regular Season:

There are typically 3-4 regulation meets during the season, usually on Saturday mornings. The kids compete by age group. 8 & Under race 2000 meters (1.25 miles), 9-10 & 11-12 race 3000 meters (1.86 miles), 13-14 race 4000 meters (2.5 miles), and 15-18 race 5000 meters (3.1 miles). Athletes can compete for their elementary school team and the club team at the same time. High school athletes can practice with the club and compete in the tournament after HS season is over.

### Tournament (Junior Olympics) Season:

NX Level Cross Country is a competitive program. Our training is designed to develop the athletes to compete at their peak during the post season (Junior Olympics). The Junior Olympics consist of a State meet, Regional Meet (AZ, NM, CO, West TX), and National Championship Meet. In 2019 those meets will be held Nov 9<sup>th</sup> in AZ, Nov 16<sup>th</sup> in NM, and Dec 14<sup>th</sup> in Madison, WI. NX Level athletes who qualify for Regional and National competition are expected to compete in those meets unless previously disclosed to Coach Rafferty and staff. (See signature pages for declaration)

If we have 5 athletes or more of the same age and gender, they will be able to compete in the Junior Olympics as a team. Each athlete scores points equal to their place in the meet. The first five finishers from each team have their points combined for a team score. The lowest team score wins, next lowest is second, etc. Without 5 athletes completing a race, no team score will be given. Likewise, teams must have at least 5 athletes check-in for a race to compete as a team. Athletes that qualify for Nationals as part of team may only compete with their team unless they also qualified individually.

## Practice Information:

SAMPLE practice Schedule. Practice locations will vary throughout the season.

Mondays - OFF	Rest Day
<b>Tuesdays 6 p.m. – 8 p.m.</b>	<b>Asante Park, Surprise</b>
Wednesdays (On Your Own)	Tempo Run (Required)
<b>Thursdays 6 p.m. – 8 p.m.</b>	<b>Various West Valley Parks</b>
Fridays - OFF	Rest Day
<b>Saturdays 8 a.m. – 10:00 a.m.</b>	<b>Verrado Area, Buckeye</b>
Sundays (On Your Own)	Long Aerobic Run (Required)

## Team Requirements:

### Dress Code:

All athletes must wear their club issued uniform to meets. Athletes are not permitted to substitute alternate clothing for any part of their uniform. Athletes' running shoes and spikes may be any brand and color of their choosing. Headbands, bows and other accessories should be provided by the NX Level Team Store, or match the team colors. Appropriate workout attire should be worn to all practices.

### Fundraising Requirements:

Fundraising is **necessary for all athletes and parents**. We recognize that fundraising can be challenging & not everyone's favorite thing to do, but it is an absolute necessity in order to keep our costs within reason for the majority of our athletes. NX Level is a Non-Profit organization. All of the coaches donate their time. As such, we still have to pay considerable fees for facilities, insurance, entry fees, supplies, equipment, awards, etc. This season NX Level Track & XC Club has begun participating in corporate sponsorship programs and is prepared to educate parents on how to present the opportunity to potential sponsors.

### Parent Involvement Requirements:

Parents are required to help as needed. We may ask parents to assist with walking some of our younger age group kids to the "check-in," or to make sure the area we utilize for practice and meets is kept clean. We may also be assigned a "team job" for meets by USATF AZ. This will require parent participation. Team job can include things like course monitoring, awards, finish line duty, etc.

## Rules & Guidelines:

### Attendance:

If your athlete will be late or need to leave early, **LET COACH RAFFERTY KNOW AS SOON AS POSSIBLE**. The same applies to absences when at all possible, please alert the coaches or staff in advance. This goes double for competition where an athlete's absence could impact the remaining team's eligibility.

Club Camp:

At every meet our Club has one area where the whole team sets up together to make a large “Club Camp”. **ALL families should be set up at the Club Camp.** It is important for the athletes to be together as a team. Parents are expected to make all reasonable effort to have their athlete at competition facilities for the duration of competition, regardless of their individual athlete’s race time. We want to maintain a “team” culture in which the athletes of all ages and genders recognize as a team and support each other as the different age groups compete.

Additionally, Club Camp helps to:

- Decrease wandering;
- Create an atmosphere with athletes FOCUSED on their ATTITUDE & their EFFORT;
- Ensure athletes are accounted for and easily located for check in and other needs.

“Dial-A-Ride”:

Inevitably, there is always a time when families are up against a wall and cannot, on their own, get their athlete to a practice or meet. “It takes a village,” and our Club is the village that makes sure each of our athletes is taken care of. Parents are encouraged to socialize, exchange numbers, and create systems for backing each other up when one faces such an issue. A couple of things to remember when having someone else care for your athlete:

- It is the *parent’s* responsibility to make arrangements for their athlete, not the athlete.
- Do not assume someone else can take your athlete!
- Do not wait until the last minute to ask another parent to care for your athlete.

## Registration:

The following pages must be filled out completely, signed, and submitted with payment. Where applicable, athletes must also review and sign registration documents.

### Club Fees:

Club fees are carefully considered every season. 2019 Cross Country fee will be \$140 per athlete (\$95 for HS Athletes who are only competing in the post season events). The team registration fee DOES include a team t-shirt, all practice related expenses, all meet entry fees, and end of season award/trophy. The fee DOES NOT include required uniform (\$75) if the athlete doesn't have one already. It also doesn't include a USATF membership (\$20/yr paid online to USATF). We do our best to determine the expected costs to operate the club and attempt to structure the fees to cover the basic operating costs in order to keep the fees low for families. It's a big part of the reason that we rely so much on fundraising and sponsorships to cover the shortfall. We're often asked if the staff is compensated. It is important to note, we are a non-profit organization and **none** of our staff members are paid. Every staff member from Head Coach to Team Mom is a volunteer.

**USATF Membership:** Parents may pay for their athlete's USATF Membership (\$20/yr) at <https://www.usatf.org/membership/application/index.asp>. When the application asks for the club your athlete is registering for, please enter club # 488 NX Level Track Club. Due to insurance regulations provided through USA Track & Field, athletes without proof of membership must unfortunately be excluded from all Club activities until proof is rendered.

**Uniform:** The Uniform fee must be paid in full prior to receiving a uniform. Again, payment must be given to NX Level Track Club **administrative staff, please do not give payments to coaches.** **\*\*Reminder:** Athlete's will not be permitted to compete without a complete NX Level Club uniform (or similar Millennium HS uniform). **\*\* Please keep in mind, it can take 4-8 weeks to receive ordered uniforms and arrange for payment accordingly.**

**Club Registration:** All Club registration fees must be paid **in full** no later than September 15, 2019. Parents in need of a payment plan, please contact Michelle or Coach Rafferty to make arrangements. Athletes not paid in full by September 15, 2019 will **not be eligible to participate in practice or meets** unless arrangements have been made.

**Family Discounts:** Cross Country fees have been kept to a bare minimum per athlete, so there will not be an opportunity for any discounts for the 2019 season. However, AIN (athlete in need) grants are available for those that qualify. Please discuss with Team Manager and/or Coach Rafferty to make those arrangement.

**\*\*\*The previous pages are for you to keep.\*\*\***

**\*\*\*The following pages must be completed, signed and ONLY THESE PAGES returned to NX Level Track Club.\*\*\***

**ATHLETE INFORMATION**

Name: \_\_\_\_\_ Registration Date: \_\_\_\_\_  
Street Address: \_\_\_\_\_ City, Zip Code: \_\_\_\_\_  
Name of School: \_\_\_\_\_ H.S. Competitor?  Y  N  
Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_ USATF #: \_\_\_\_\_

---

Parent/Guardian 1 Information:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_  
Address (if different): \_\_\_\_\_  
Phone: \_\_\_\_\_ E-mail Address: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Other E-mail Address: \_\_\_\_\_

Parent/Guardian 2 Information:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_  
Address (if different): \_\_\_\_\_  
Phone: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Additional Emergency Contact:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_  
Address (if different): \_\_\_\_\_  
Phone: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

---

**ATHLETE MEDICAL INFO AND RELEASE:**

Please list any conditions, injuries or special needs we should be aware of (i.e. asthma, recent broken bone, medications at practice etc.): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name of Primary Care Physician (optional): \_\_\_\_\_ Phone: \_\_\_\_\_

Preferred Hospital: \_\_\_\_\_

**EMERGENCY MEDICAL RELEASE:**

I give permission for any emergency treatment necessary either during practice or a meet. I authorize any hospital and/or physician to perform emergency treatments from any injuries resulting from any scheduled NX Level Track Club function including the supervised travel to and from said functions.

\_\_\_\_\_  
Parent/Guardian Name Printed

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

\_\_\_\_\_  
Date



## ATHLETE PROFILE (New Athletes Only)

Name: \_\_\_\_\_ Total XC & Track Seasons: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Grade: \_\_\_\_\_ USATF Member #: \_\_\_\_\_

School: \_\_\_\_\_

**(NEW ATHLETES TO NX LEVEL ONLY)** Performance History:

*(Please complete the following information OR attach a printout of your athlete's profile IF complete from athletic.net or another recognized source)*

Event:	Best Time/Distance:	Place/Meet:	Date:
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

To be filled out by NX Level Staff:										
Youth						Adult				
<b>U. Shorts</b>	X. Small	Small	Med.	Large	X. Large	X. Small	Small	Med.	Large	X. Large
<b>U. Shirt</b>	X. Small	Small	Med.	Large	X. Large	X. Small	Small	Med.	Large	X. Large
<b>W.U. Bottom</b>	X. Small	Small	Med.	Large	X. Large	X. Small	Small	Med.	Large	X. Large
<b>W.U. Top</b>	X. Small	Small	Med.	Large	X. Large	X. Small	Small	Med.	Large	X. Large
<b>Paid? Y/N</b>	<b>Check #</b>		<b>Name:</b>			<b>CC</b>	<b>Cash</b>	<b>Money Order</b>		

## PARENT CODE OF CONDUCT

- I will trust in my child’s ability to have fun as well as to perform and achieve excellence on his/her own.
- I will respect my child’s coaches and support his/her efforts and guidelines.
- I will not instruct nor distract my child at practices or meets unless requested by a coach.
- I will respect my child’s teammates and fellow parents as well as the athletes, parents and coaches from competing clubs, and USATF officials and representatives.
- I will respect all facilities made available to the club for practice and competition. This includes refraining from the use of narcotics, tobacco and alcohol at all facilities.
- I will never demonstrate threatening or abusive behavior, or use foul language.
- I acknowledge and agree to follow all policies and rules contained in the NX Level Track Club registration packet.

I understand NX Level Track Club’s ZERO TOLERANCE POLICY for violence, and agree to adhere to all guidelines listed above. I also understand the NX Level Track Club reserves the right to dismiss any member (coach, parent or participant), if they are determined by the Head Coach to be in violation of any of the above listed rules, or having committed any action that the club deems inappropriate. I also understand that I am responsible for the actions of any family member, friend, or guest that attends the practices and meets in support of my child.

Parent’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent’s Name Printed: \_\_\_\_\_

## COMPETITION SCHEDULE AKNOWLEDGEMENT

We understand that Cross Country is a team sport and that NX Level is a competitive club team. We recognize that failure to participate in the tournament phase of the season can potentially eliminate the remainder of the team from competition. We have reviewed the critical dates on the tournament schedule and will make every reasonable effort to plan around those dates and be available for competition, including the Regional and National Championships, if our team qualifies. If we are not able to compete in any of the scheduled competitions, we will notify Coach Rafferty as soon as we are aware of the conflict.

Current NX Level Race Schedule (You can monitor the schedule at [www.usatf.org/assoc/az](http://www.usatf.org/assoc/az) )

14-Sep	Regulation XC – Paseo Highland Park	Phoenix, AZ / 9am		
27-Sep	Desert Twilight Grand Sports Park (Not included with registration)	Casa Grande / 3pm		
28-Sep	Regulation XC – Heroes Park	Glendale / 9am		
12-Oct	Regulation XC – Mountain Vista Park	Phoenix / 9am		
26-Oct	Regulation XC – Paradise Valley Park	Phoenix / 9am		
2-Nov	AZ Middle School Championships (Not included with registration)	Asante / 10am	Will Compete	Will Not Compete
9-Nov	Arizona J.O. XC Championships	AZ TBD / 9am	<input type="checkbox"/>	<input type="checkbox"/>
16-Nov	Region 10 JO XC Championships	New Mexico	<input type="checkbox"/>	<input type="checkbox"/>
14-Dec	National JO XC Championships	Madison, Wisconsin	<input type="checkbox"/>	<input type="checkbox"/>

Athletes may also compete in the Middle School State Meet Nov 2<sup>nd</sup> @ Asante Park 4<sup>th</sup>-8<sup>th</sup> Grade Which is not included in the team registration fees. Details & Registration at <http://azmsxc.com/>

Please mark the appropriate box if you know right now that you can or cannot participate in each of the team competition Junior Olympic meets.

HS Athletes that compete for their school may have a conflict with the Regional Meet if the date doesn't change.

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete's Name Printed: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Name Printed: \_\_\_\_\_

PHOTO/IMAGE RELEASE

I, \_\_\_\_\_, Parent/Guardian of \_\_\_\_\_  
\_\_\_\_\_, hereby authorize and consent to the use of his/her visual image by NX Level  
Track Club and its affiliates for appropriate purposes, including, but not limited to: still  
photography, videotape, electronic and print publications, and websites. I give this consent with  
no claim for payment.

Parent’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent’s Name Printed: \_\_\_\_\_

REGISTRATION CHECK-LIST

\_\_\_\_\_ I have reviewed the entire registration packet with my athlete.

\_\_\_\_\_ My athlete and I have completely filled out all of the following forms:

- \_\_\_\_\_ Athlete Information
- \_\_\_\_\_ Athlete Profile
- \_\_\_\_\_ Parent Code of Conduct
- \_\_\_\_\_ Competition Schedule Acknowledgement
- \_\_\_\_\_ Photo/Image Release

\_\_\_\_\_ **If my child is new to USATF AZ track and field**, I will provide a legible copy of their  
birth certificate.

\_\_\_\_\_ I understand all of the NX Level Track Club fees and fee due dates.

Parent’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent’s Name Printed: \_\_\_\_\_