



**NX LEVEL TRACK**  
**CLUB**  
**2019**

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

## Management:

**‘Coach MO’ - Muhammad Oliver**  
**USATF Level I Certified Coach**  
Head Coach and Founder  
[Coachmo26@gmail.com](mailto:Coachmo26@gmail.com)  
602-418-4488

Contact Coach MO for questions regarding: the NX Level coaching philosophy, training and workouts, athlete event assignments, and/or athlete development.

**Jim Rafferty**  
**USATF Level I Certified Coach**  
TRACK - Asst. Head Coach / Distance  
XC - Head Cross Country Coach  
[jcrafferty@gmail.com](mailto:jcrafferty@gmail.com)  
623-670-7593

Contact Coach Rafferty for XC & Distance specific questions regarding: coaching philosophy, training and workouts, and athlete development.

**Michelle Rafferty**  
Business/Team Manager  
[nxleveltrackaz@gmail.com](mailto:nxleveltrackaz@gmail.com)

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

## Staff:

- **Rich LeBlond – USATF Level I**  
Asst. Coach - Distance
- **Walter Cuff**  
Asst. Coach – Long Jump
- **Angie Janssen**  
Asst. Coach – High Jump
- **Jamie ‘Vett’ Young**  
Asst. Coach - Sprints
- **Kyli Alvarez**  
Intern Coach - Sprints
- **Andy Rangel**  
Asst. Coach – 8 & Under

- Long Jump Staff Director
- Fundraising Coordinator

## Club Foundation:

### About Coach MO:

The NX Level Track Club was founded by Head Coach, Muhammad "MO" Oliver. Coach MO is a former Pro Football Player (9 years). He competed in track and field at the University of Oregon and professionally. As a decathlete, he was ranked #6 in the USA and #21 in the World.

Coach Mo has coached youth football and youth track for many years. His athletes have won multiple State, Regional and National titles. All the track and field athletes that train with Coach Mo and his staff consistently set personal records during the season and from season to season.

### Our Mission and Values:

NX Level was founded on three principles that are so successful they have been adopted by other athletic organizations in the valley, including Millennium High School: **Attitude, Effort** and **Focus (AEF)**. These principles are used to teach our athletes:

- Belief in themselves and their ability to dream big, and then to turn their dreams into attainable goals.
- Perseverance in the face of extreme obstacles as well as day-to-day challenges.
- Responsibility to themselves, their loved-ones, their community, and to their mental and physical health.
- Commitment to their team, their families, and their role as a member of society.
- The rewards that come from hard work.

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.

## Club Information:

**Send a text to the number 81010 and put @NXLTC in the subject line to join team notifications via the Remind App.**

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

[NXLevelTrackAZ@gmail.com](mailto:NXLevelTrackAZ@gmail.com)

[www.facebook.com/NXLevelTrack](http://www.facebook.com/NXLevelTrack)

## ABOUT USATF CLUB TRACK:

### Membership:

All athletes, coaches, and clubs must be current members of USA Track & Field and must be in good standing with the AZ Association. Athletes must be D.O.B. verified prior to competing.

### USATF Membership:

**ALL Athletes must have an active USATF Membership for 2019** in order to participate with NX Level Track Club. Youth memberships are \$20 per year. Parents may register or renew their athlete's USATF Membership at <https://www.usatf.org/membership/application>.

On the right-hand column of the initial registration page, you will be asked for USATF-Registered Club Number. ***It is imperative that you enter 488 as the club number*** for your athlete to be attached to NX Level Track Club. Proof of membership must be given to NX Level Track Club administrative staff no later than January 15, 2019. Athletes without proof of membership will be excused from all Club activities until a current membership is established.

### Club Track Program:

USATF Club program for youth athletes is a competitive introduction to Track & Field. Athletes compete in two-year age divisions starting with 8 and Under, 9-10, 11-12, 13-14, 15-16, 17-18. The meets consist of all 21 events in track and field and last nearly all day (some bigger meets are 2 days). Competition age is determined by birth YEAR not birth date. An athlete that turns 13 on Dec 31<sup>st</sup>, 2019 will compete all of 2019 as a 13 year old.

The Season in AZ starts with a meet in late January or early February that will be running events only. We typically have meets every 2-3 weeks through mid-June. In mid-February, we have one 'Indoor Classic' typically held in the Walkup Skydome facility at NAU in Flagstaff. In mid-April we have the 2-Day Phoenix Invitational with teams from surrounding states attending. We try to have one meet in Tucson each year. In early June we will have the final meet for all athletes, the Junior Olympic State Championships. Athletes who finish in the top 4 in their event/relay will qualify to compete in the next round, JO Regional 10 Championships (AZ, NM, CO, and West TX Border). The meet rotates hosting each year. In 2019 it will be either NM or TX. The top 5 athletes in each event/relay will qualify for the JO National Championships in late July. In 2019 this event will be in Sacramento, CA. The top 8 athletes/relays at nationals earn All-American honors in each division/gender.

Relays consist of 4 athletes and are often a path for teams to qualify athletes to Nationals. It's very important that parents communicate long in advance with coaches if they are

# NX LEVEL TRACK CLUB

2019  
Registration  
Packet

unwilling/unable to advance to Regionals and Nationals so that the coaches can choose the best fit of athletes to fill out the relay events.

## USATF ARIZONA PROPOSED 2019 YOUTH TRACK & FIELD SCHEDULE

January	May
5 S	4 S AIA HS State Championship
6 S USATF-AZ Scheduling Meeting	5 S
12 S	11 S
13 S	12 S Mothers Day
19 S	18 S
20 S	19 S
26 S Level 1 Coaching Clinic – Alhambra HS	25 S AZ State Championships Mesa CC
27 S	26 S AZ State Championships
	27 M Memorial Day
February	June
2 S Development - Running Events Only	1 S JO State Combined Events (Decathlon, Heptathlon, Etc)
3 S	2 S JO State Combined Events
9 S Regulation Indoor Events Only	8 S
10 S	9 S
16 S	15 S Junior Olympic AZ State Championships
17 S INDOOR CLASSIC - Flagstaff	16 S Junior Olympic AZ State Championships
18M Presidents Day	
23 S	22 S U20 Outdoor Championship (6/21-6/23)
24 S	23 S U20 Outdoor Championship, Indianapolis, IN
	29 S Youth Open National Championship (6/25-6/30)
	30 S Youth Open National Championship - Durham, NC
March	July
2 S Regulation Meet TBD	6 S Region 10 Championship – TBD (NM or TX)
3 S	7 S Region 10 Championship
9 S	
10 S	13 S Masters National Championship (7/11-7/14)
16 S Regulation Meet TBD	14 S Masters National Championship –Ames, IA
17 S	
23 S	20 S
24 S	21 S
30 S Regulation Meet TBD	27 S JO National Championship (7/22-7/28)
31 S	28 S JO National Championship - Sacramento, CA
April	August
6 S HS Sun Angel Classic	3 S
7 S	4 S
13 S Phoenix Invitational	10 S NX LEVEL AWARDS BANQUET (Tentative)
14 S Phoenix Invitational	11 S

20 S		17 S
21 S	Easter	18 S
27 S	<b>Regulation Meet TBD</b>	24 S
28 S		25 S

## Practice Information:

We typically practice 3 days per week. Most practices will last around 2 hours, although we do finish early upon occasion. Please do not abandon your children at practice. Injuries and illness can occur, the coaching staff needs access to parents for feedback.

### Pre-season Conditioning (lasts to Mid-February):

Day & Time: Tuesdays & Thursdays 6 p.m.

Location: **Pioneer Park** in Peoria (Enter off of Olive Ave, just east of 83<sup>rd</sup> Ave)  
We meet in the pavilions to the East of the Lake and just South of the Dog Park.

Day & Time: Saturdays 9 a.m.

Location: **Thunderbird Conservation Park** (59<sup>th</sup> Ave, 1.5 miles North of Loop 101)  
Enter to the West of 59<sup>th</sup> Ave, meet at the amphitheater area.  
Maps of Practice Locations will be posted on the website.  
(alt) **Verrado Hill**, Just West of 21220 W Mountain Cove Pl, Buckeye, AZ 85396

*We may utilize other parks from time to time. Notifications of practice changes will be made via the Remind App, so make sure you're signed up.*

### Regular Practice (Regular Season Starting Early-Mid February):

Location: **Millennium High School Track** (Location Subject to Change)

Day & Time: Mondays, Tuesdays & Thursdays 6 p.m. ~ 8 p.m.

## Team Information:

### Club Colors & Mascot:

Purple, Black and White: We are the "NX Level Tigers."

### Dress Code:

All athletes must wear club issued uniforms at 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. Please make sure your child(ren) has clothing suitable for the temperature and conditions, along with shoes designed for running.

### 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 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 Club has begun participating in corporate sponsorship programs and will 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 down to the "check-in," or to make sure the area we utilize in the stadium is kept clean. Additionally, parents will be expected by USATF to run certain field events at the meets. As they say, it takes a village. No parent is exempt from volunteering.

### Uniform:

Uniform fee is \$75 and includes a top and shorts. We cannot accept payment plans for the NX Level Uniform. The Uniform fee must be paid in full no later than February 14, 2019. Payment must be given to NX Level Track Club administrative staff. Uniforms will not be distributed until payment has been received in-full.

**Athletes will not be permitted to compete after Feb. 14<sup>th</sup> without a complete NX Level Track Club uniform.** Returning athletes may wear all or part of their uniform from a previous season as long as the uniform fits properly and is in good condition.

### Club Costs:

Club fees are carefully considered every year. It is important to note, we are a non-profit organization and **none** of our staff members are paid. Every staff member is a volunteer.

Each athlete has individual costs in track and field. This year, some of those costs will be paid upfront by the athlete's parent(s)/guardian (detailed below). The individual costs include:

- USATF Membership (required by USATF)
- Uniform
- Meet Registrations
- Trophy / Awards

In addition to the individual cost per athlete, the Club also incurs overhead expenses for operation. Examples of these expenses include, but are not limited to:

- Insurance
- Training equipment
- Facility rental (practice locations)
- Awards Banquet (August)

### Club Registration Fees:

To provide more options, we have separated our season into sessions with each having its own fee amount (High School athlete fees not included in this section, see HS Addendum). Please note that we are very sensitive to our families' needs and we understand everyone's situation is different (i.e. entering the season late, attending Regionals but not Nationals, etc.) so, though we've created these sessions, we can be flexible and make adjustments on a case by case basis.

### 2019 Payment Options (non-High School athletes):

#### **Package #1 \$325 – Full Season Through Junior Olympic Nationals**

Pay in full by January 30<sup>th</sup> for a total of \$325 OR

Pay in 4 monthly payments of \$90 (\$360 total).

Athlete will only receive the trophy for JO level they achieve: State, Regional, or National.

#### **Package #2 \$275 – Season Through Junior Olympic State Meet Only**

Pay in full by January 30<sup>th</sup> for a total of \$275 OR

Pay in 4 monthly payments of \$75 (\$300 total).

Athlete will only receive the trophy for JO State Only.

**JO Regionals \$50 – \*\*\*Athlete Must Qualify, Includes 24" Regional Trophy Upgrade\*\*\***

**JO Nationals \$75 – \*\*\*Athlete Must Qualify, Includes 36" National Trophy Upgrade \*\*\***

**Athlete in Need (AIN) Grants:** AIN grants may be allowed for athletes that can provide proof that they or their parents are on public assistance (TANF, SNAP, etc.). Grants are not promised. All athletes and their parents, awarded a grant are required to participate in all team fundraising and assist as needed during meets. This is absolutely necessary as we are a non-profit entity.



**IMPORTANT Payment Message:** No payments will be accepted by **any** coaching staff. This includes Coach MO. If you claim to have given a payment of any type to any coach and that coach does not remember, or does not report that payment, the payment will be considered **not made**. **ALL** payments **must** be made to the **administrative staff** identified at the parent meeting.

## High School Athletes:

### High School Athletes & Club Eligibility:

If your athlete does not also compete for a high school track team, please skip this section. If it does apply to you, it's important to understand the rules, because most high school coaches and athletic directors are unfamiliar with the rules as they apply to track athletes.

In a nutshell, it is **not** an AIA violation for HS athletes to compete with, or practice with, a club team as long as the athlete follows the AIA bylaws; They cannot compete as part of relay, they cannot compete attached to their school (they may be attached to the club), they cannot compete in their school uniform or use school equipment during the school season, they cannot miss school practice to attend club practice.

It is very common for high school coaches and staff to try to scare kids that they will lose their eligibility by competing with the club. If you run into one of these situations, you may refer the coach/AD to Coach MO or Coach Rafferty. You can also show them the following from the actual AIA bylaws.

#### 14.4 NONSCHOOL PARTICIPATION

14.4.1 A student who is a member of a school team shall not practice or compete with any other group, club, organization, association, etc., in that sport during the interscholastic season of competition. This rule applies to the following team sports: football, baseball, basketball, volleyball, soccer, softball, **track relay** and **swimming relay** teams. For purposes of this rule, the interscholastic season of competition shall begin with the first regularly scheduled game and conclude with that particular team's final game. Any student violating the above rule shall forfeit his/her eligibility for a minimum of the balance of the season for that sport or up to a maximum of one calendar year.

**DETERMINATION:** **An individual student may take private lessons anytime except during the school day or during school practice sessions.** Schools shall not pay for, arrange or in any way provide these individual private lessons. Individual private lessons shall not be used to circumvent or evade the non-school participation rule and any such use of private lessons will be considered a violation of the non-school participation rule. (Ex. Bd. 2/18/03)

DETERMINATION:

\*\*\* HIGH SCHOOL ATHLETES ONLY \*\*\*

**Q: May an unattached swimmer or runner participate on a relay team during the school season of competition?**

**A:** No. The AIA Executive Board determined that participation on relay teams other than the high school relay team during the school season of sport would be in violation of Section 14.4 Nonschool Participation. Participants would be subject to forfeiture of their eligibility for the balance of the season. (Ex. Bd. 12/77)

**14.4.1.2 Any swimmer or runner, who competes outside of their school team during the season of sport, must compete UNATTACHED (from the school).**

14.4.2 Attendance at summer activities shall be voluntary and no student athlete shall be prohibited from participating on athletic teams for failing to attend the summer activities.

### 14.5 INDIVIDUAL COMPETITION

14.5.1 A student competing as an individual and in his/her name shall not be coached by, transported by, financed by, or chaperoned by the school or school personnel. **He/She shall not be identified as a representative of the school. He/She shall not use any school equipment when competing.**

### 2019 High School Athlete Payment Options:

**Pre-Season Only \$50** – \*\*\*Includes 3 Meets, No Awards\*\*\*

**Package #1 \$200** – Pre and Post High School Season Through Junior Olympic Nationals

Pay in full by January 30<sup>th</sup> for a total of \$200 OR

Pay in 4 monthly payments of \$55 (\$220 total).

Athlete will only receive the trophy for JO level they achieve: State, Regional, or National.

**Package #2 \$125** – Pre and Post High School Season Through Junior Olympic State Meet Only

Pay in full by January 30<sup>th</sup> for a total of \$125 OR

Pay in 4 monthly payments of \$35 (\$140 total).

Athlete will only receive the trophy for JO State Only.

**Post-Season Only \$75** – \*\*\*Includes JO State Trophy\*\*\*

**JO Regionals \$50** – \*\*\*Athlete Must Qualify, Includes 24” Regional Trophy Upgrade\*\*\*

**JO Nationals \$75** – \*\*\*Athlete Must Qualify, Includes 36” National Trophy Upgrade \*\*\*

**Athlete In Need (AIN) Grants:** AIN grants may be allowed for athletes that can provide proof that they or their parents are on public assistance (TANF, SNAP, etc.). Grants are not promised.

\*\*\* HIGH SCHOOL ATHLETES ONLY \*\*\*

All athletes and their parents, awarded a grant are required to participate in all team fundraising and assist as needed during meets. This is absolutely necessary as we are a non-profit entity.

**IMPORTANT Payment Message:** No payments will be accepted by **any** coaching staff. This includes Coach MO. If you claim to have given a payment of any type to any coach and that coach does not remember, or does not report that payment, the payment will be considered **not made**. **ALL** payments **must** be made to the **admin staff** identified at the parent meeting.

### Rules & Guidelines:

#### Behavior:

In addition to consistently showing a positive attitude, great effort, and great focus, we also expect our athletes and their families to follow USATF rules at all times. For parents, the USATF has reminded clubs that Pets, Smoking in any form, Alcohol, Medicinal Marijuana, Weapons, and Explicit Music are not permitted at practice or competition facility grounds.

#### Attendance:

**Absences to track meets must be reported at least 7 days prior to the event.**

If your athlete will be late or leave early, EMAIL STAFF AS SOON AS POSSIBLE prior to the event at [NXLEVELTRACKAZ@GMAIL.COM](mailto:NXLEVELTRACKAZ@GMAIL.COM). It takes 4 athletes to form a relay team and, when someone is missing, it affects several other runners.

Attendance at all practices is expected and enforced. If your athlete will be absent, you must report their absence to the Team Manager or Head Coach as soon as possible.

#### 800m Graduation:

The 800m is the first test every Club athlete competing at 9-10 or older must pass to demonstrate Attitude, Effort and Focus. The 800m will be a required event at each meet until the athlete “graduates”. Graduation is determined by Coach MO and is not based on time, but Attitude, Effort, and Focus. Most athletes will require 2-3 attempts, or more, to graduate. However, once an athlete is able to run the 800m with the right Attitude, Effort and Focus, then they will have achieved a new level in their mental training and development. Therefore, only 8 and under athletes may be excused from this requirement unless otherwise approved by Coach MO.

#### Club Camp:

At every meet our Club has one area where the whole team sets up together to make a large “Club Camp”. Not always, but typically, our Business Manager arrives to meets first and reserves a location for the team. **ALL families should be set up at the Club Camp.** If there is a valid reason for a family to set up somewhere else, **the athlete of that family should be at the Club Camp with the team.** It is important for the athletes to be together as a team. Additionally, Club Camp helps to:

- Cheer for our members together as a team.
- Decrease wandering.
- Create an atmosphere that keeps athletes FOCUSED on their ATTITUDE and their EFFORT.
- Ensure athletes are accounted for and easily located for check in and other needs.
- Ensure parents are easily located for volunteer and team duties at meets.

In the event an athlete arrives before the Business Manager, thus Club Camp is not yet established, that athlete and family **will reserve a location big enough for the team** and text or call the Business Manager to advise her of the chosen location.

Club Camp is always set up in an area that is either (1) half bleachers and half ground area, or (2) all ground area. Additionally, it is always close to the short fence lining the track for placement of the team banner.

### Nutrition and Hydration at Meets:

Track and field athletes are naturally susceptible to dehydration, muscle cramping, headaches and fatigue due to their bursts of energy exertion in their events. Additionally, meets are generally all day, from 7 a.m. to 2 p.m., 5 p.m., etc. Add the Arizona heat to these factors and our athletes’ susceptibility increases substantially. We cannot change the length of meets, nor can we change the weather in Arizona. However, we can ensure our athletes are properly rested and properly fueled.

Though we are outlining proper nutrition and hydration for athletes at meets, please understand that **these habits must take place outside of meets as well** in order for an athlete’s body to be well prepared for the stress of competition.

Nutrition and hydration requirements for NX Level athletes at meets are as follows:

- No donuts, cookies, cake, pop tarts, sweet rolls, or similar snacks.
- No McDonalds or other unhealthy fast food.
- No burritos, nachos, or other foods that sedate the body and suffocate the muscles with excess fat, carbs, sugars and empty calories.
- Eat a healthy breakfast.
- Bring healthy lunch foods such as lean lunch meat, lettuce, tomato and wheat bread sandwiches; salads with meat; peanut butter and jelly sandwiches are also acceptable on wheat bread.

- Bring healthy snacks such as lean meat cut into cubes (chicken breast, turkey, etc.), nuts, dried fruits, fresh fruit, fresh vegetables, cheese sticks, trail mix, veggie chips, etc.
- Snacks such as gold fish, cheez-its, popcorn and candies such as dark chocolate and fruit snacks (for extra sugar and carb intake) are allowed in moderation. However, try to get your carb and calorie energy from whole grain snacks and all natural fruit juices.
- No soda, milk (it's gross when it comes up) or other drinks with high, unnatural sugars.
- Bring plenty of water, Gatorade, Powerade, Pedialyte or other drinks designed to replace electrolytes. Gatorade makes electrolyte chews that are great supplements to add to water intake.
- Athlete's must drink water constantly throughout track meets!

**Meet Hydration Explanation:** On average, a person just being in 100 degree heat will lose 1 ½ to 2 quarts of body liquid each hour. That means they would need to drink 1 ½ to 2 quarts of water each hour in order to prevent dehydration. 2 quarts of water is 64 ounces, or 8 (8) ounce bottles of water. That is a lot of water in one hour and most people don't maintain that intake, which is why people still experience the signs of dehydration (fatigue, dark urine, chapped lips, etc.) even though they drank 2 Gatorades and 4 bottles of water while they were at track – it simply isn't enough. It especially is not enough for an athlete competing in the heat if that athlete isn't regularly well hydrated. Athletes that are not properly hydrated can suffer from:

- Post-Extreme Endurance Syndrome (PEES) (nausea, vomiting, diarrhea, muscle cramps, dizziness, lowered body temperature)
- Reduction in blood volume
- Increase in core temperature
- Injury via the tearing of "brittle" muscles, tendons, ligaments, etc.

For more information on dehydration in running athletes, go to this site:

<http://www.humankinetics.com/excerpts/excerpts/dehydration-and-its-effects-on-performance>  
and Google additional information on other medical and athletic sites.

Regular nutritional and hydration habits for a healthy athlete include:

- Do not skip meals.
- Eat four to six meals per day or three meals with healthy snacks in between.
- Eat a variety of foods: include various carbohydrates (oatmeal, whole grains, pasta, etc.), proteins (chicken, fish, lean beef), legumes, fruits, vegetables (broccoli, cauliflower, carrots, etc) in your diet.
- Eat lots of fruits and vegetables. The richer the color the better, as this is a sign that the food has a high content of vitamins.
- Avoid an excessive amount of highly processed foods (high in sugars, oils, fat and flour).
- Eat a sufficient amount of protein for your activity level and specific needs.
- Eat or drink something within 30 minutes after your workout. This will drastically reduce the time needed to recover.
- Every day, drink at least at least 1 ounce of water for every pound of your body weight.

**General Hydration Explanation:** In cooler climates and with moderate exercise (less than a track athlete) most people can maintain hydration on ½ an ounce of water for each pound of body weight. This would be 75 ounces of water (9 ¼ (8) oz glasses). A track athlete training and competing in the Arizona heat should have 1 ounce of water for each pound of their body weight. If your athlete weighs 100 pounds, they should be drinking 100 ounces of water every day. This sounds like a lot, especially if you're breaking those ounces into 8 oz glasses, which would be 12 ½ glasses. However, most disposable water bottles are 16 oz. So, if you're athlete weighs 100lbs, they can drink 6 ½ bottles of water each day, spread throughout the day to meet their basic hydration 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! They could already be giving others rides.
- Do not wait until the last minute to ask another parent to care for your athlete (except where unavoidable).

### Competition Schedule:

<http://arizona.usatf.org/> Under the Youth – Schedule tab.

<https://www.athletic.net/TrackAndField/School.aspx?SchoolID=51996> (NX Level Page)

## What to Bring:

### To Practice:

All athletes must bring the following to practice:

- Appropriate workout attire
- Running shoes
- Spikes
- Water, water, and water!

### To Meets:

It is imperative that athletes come to meets prepared to compete. We are fortunate to have staff and families that bring extra supplies to help out, but these extras cannot be taken for granted or assumed to be available at all times. At the bare minimum, all athletes and their families must plan to have the following at each meet:

- Spikes
- Running shoes
- Water
- Healthy food

In addition to those 4 items, we highly recommend athletes and their families have the following:

- Spare spikes
- Spare safety pins (we are not always given enough for the bibs)
- Muscle roller
- Sunscreen
- A source of shade
- Chairs
- Aleve or similar anti-inflammatory/pain reliever
- Ice pack

## Registration:

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

### Official Registration Meetings:

There will be two official registration meetings where parents can pick up packets, turn in packets, pay fees, size athletes for uniforms, and ask questions. The dates and locations of these meetings will be announced via E-mail. The first meeting will be Saturday, January 5<sup>th</sup>, 2pm @ Pioneer Park. The second meeting will be determined in February for late inquiries.

If you are not on the distribution list and would like to receive this information, please E-mail [nxleveltrackaz@gmail.com](mailto:nxleveltrackaz@gmail.com) to ensure you receive updates and information.

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

**\*\*\*The previous pages are yours to keep.\*\*\***  
**ATHLETE INFORMATION**

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

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**Parent/Guardian 1 Information:**

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

**Parent/Guardian 2 Information:**

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

**Additional Emergency Contact:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_



Address (if different from athlete): \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

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Athlete Medical Information:

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.

\_\_\_\_\_  
Athlete Name Printed

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

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

\_\_\_\_\_  
Date

## ATHLETE PROFILE

Name: \_\_\_\_\_ Years in Track: \_\_\_\_\_

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

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

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

What events are you most looking forward to participating in this season?

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What are your track goals for this season?

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To be filled out by NX Level Staff:										
	Youth					Adult				
<b>Uni. Shorts</b>	X. Small	Small	Med.	Large	X. Large	X. Small	Small	Med.	Large	X. Large
<b>Uni. Shirt</b>	X. Small	Small	Med.	Large	X. Large	X. Small	Small	Med.	Large	X. Large
<b>WarmU Bottom</b>	X. Small	Small	Med.	Large	X. Large	X. Small	Small	Med.	Large	X. Large

<b>WarmU 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: \_\_\_\_\_

## ATHLETE CODE OF CONDUCT POLICY

### Behavior

- I will treat others as I want to be treated (no talking back, cursing, or yelling).
- I will not speak when a coach is speaking so as not to be rude or disrespectful.
- I will show respect and support to all coaches, teammates, officials and competitors.
- I will not speak negatively about myself or my teammates' abilities or performance.
- I will show good sportsmanship at practice and at all track meets.
- I will follow the rules and policies in the NX Level Track Club registration packet.

### Commitment to Excellence

- I will have a positive ATTITUDE at all times.
- I will put forth my best EFFORT at all times.
- I will have laser-like FOCUS at all times.
- I will be at practice and meets on time and ready to compete.
- I will always be prepared by bringing the proper equipment/gear to practice and competitions.

## **ATTITUDE, EFFORT & FOCUS.**

Each athlete is expected to perform to the best of their ability at all times. If you "no show" or do not have a great ATTITUDE, give great EFFORT, or have great FOCUS, you will be required to attend disciplinary "No Show" practice workouts. If the actions continue, coaches may suspend you from an event or meet(s). *Example disciplinary workouts: Up/Downs, Bear Crawls, Wall Squats, Planks, Coach's Choice, etc.*

I, \_\_\_\_\_, understand and agree to abide by the above Code of Conduct and "No Show" rules. I understand that I am to compete in all my events to the best of my ability.

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 their 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 Code of Conduct
Athlete Profile	Photo/Image Release
Parent Code of Conduct	

**If my child is new to track and field**, I have included a legible copy of their birth Certificate or will email one to [nxleveltrackaz@gmail.com](mailto:nxleveltrackaz@gmail.com).

## 2019 PAYMENT OPTION CHOICES:

### Non-High School Athlete

Package #1 In Full by Jan 30<sup>th</sup> = \$325

Package #1 In Payments by Jan 30<sup>th</sup>, Feb 28<sup>th</sup>, Mar 30<sup>th</sup>, April 30<sup>th</sup> = 4x \$90

Package #2 In Full by Jan 30<sup>th</sup> = \$275

Package #2 In Payments by Jan 30<sup>th</sup>, Feb 28<sup>th</sup>, Mar 30<sup>th</sup>, April 30<sup>th</sup> = 4x \$75

### High School Athlete

Pre-Season Only by Jan 30<sup>th</sup> = \$50

Package #1 In Full by Jan 30<sup>th</sup> = \$200

Package #1 In Payments by Jan 30<sup>th</sup>, Feb 28<sup>th</sup>, Mar 30<sup>th</sup>, April 30<sup>th</sup> = 4x \$55

Package #2 In Full by Jan 30<sup>th</sup> = \$125

Package #2 In Payments by Jan 30<sup>th</sup>, Feb 28<sup>th</sup>, Mar 30<sup>th</sup>, April 30<sup>th</sup> = 4x \$35

Post-Season Only by May 30<sup>th</sup> = \$75

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

# NX LEVEL TRACK CLUB

2019  
Registration  
Packet

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

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