

# :Jaguars

WE TRAIN ATHLETES FOR THE FUTURE

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

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**Coaches**

Anthony Callicutt, Gene Scott, Will Stephens, Lamont Bowles, Charlie Burks, Antonio Miller, Kyle Fuller

WE'RE AN ATHLETIC ORGANIZATION FOR YOUTH AGES 5 – 18 YEARS

# CENTRAL VIRGINIA TRACK & FIELD CLUB

The Board of Directors and Coaches thank you for your interest in the Central Virginia Track & Field Club. CVT&FC specializes in distance running, sprinting, vertical & horizontal jumping, hurdling, discus, shot put and additional events to accommodate the athlete's talent.

Track and field requires dedication, determination, and enthusiasm from the athlete and the parents. Prove to yourself that you have what it takes to be the best you can be. Most of all don't forget to have fun and enjoy getting yourself ready to compete at the highest level you can.

We are a TEAM no one part is greater than the whole.

## **History**

The CVTFC was created in 2004 by a group of dedicated parents and local High School coaches. This group embraced the opportunity to create an atmosphere for dedicated training and life changing experiences for this area's youth. The primary purpose of this club is to give our youth the type of development and focus needed for success as well as gain exposure and access to the colleges and universities.

## **Mission**

Central Virginia Track and Field is a sports organization that aspires to foster character and self-awareness through scholastic achievement, community service, athleticism, and culturalism. We strive to develop well-rounded individuals who will excel throughout school and throughout society.

## **Core Expertise**

Our core expertise is using the disciplines of track and field and cross-country running as a vehicle in developing essential life skills for youth, including those considered "at-risk." Through a structured and well-organized running program, kids learn discipline, goal-setting, work ethics, and team-work. They learn how to plan, work towards, and generate success. Within their daily lives as well as within the sports arena, we aim to teach our youth runners life skills on how to become better people by fostering success in all aspects of their lives.

## **Coaching Philosophy**

"Success is not measured by one's ability, talent, or even number of gold medals. It is only determined by one's attitude, work ethics, and effort. Winners are ordinary people with extraordinary determination!"

## **Benefits of Training**

Cardiovascular conditioning, Improve speed, agility, power, & explosion, reduce body fat

# CENTRAL VIRGINIA TRACK & FIELD CLUB

## **Program Structure**

Our program is designed to develop the athlete's physical ability in Track and Field, and to enhance character and self-esteem. Athletes must develop strong study habits and strengthen their academics. Sacrifice, dedication, hard work and responsibility can lead to success!!

Parents - We Are Depending On You To Help Your Child Become Successful.

## **Rules and Regulations**

### **Attendance:**

All participants must attend practice and meets regularly.  
A coach /Athletic Director must be notified 24 hours in advance for a missed practice.  
A coach /Athletic Director must be notified 72 hours in advance for a missed meet.  
Punctuality is mandatory.

### **Conduct:**

All coaches/administrators must be respected at all times.  
All team members must be respected at all times.  
Good sportsmanship must be displayed in and out of competition to teammates and other teams.  
Profanity, fighting, or taunting will not be tolerated.  
No illegal substance use.

### **Health:**

It is imperative that all runners receive 8-10 hours of sleep the nights before the meet. They must eat a nutritious breakfast including fruits, breads, cereal, water and juice.  
Little or no meat is best!

# CENTRAL VIRGINIA TRACK & FIELD CLUB



## Registration Fees

**DUE TO COVID 19 our 2020 summer training will be \$50 & doesn't include membership with AAU or USATF**

You can fill out the forms and pay online at [www.centralvatrack.com](http://www.centralvatrack.com)

**Meets are pay as you go. The prices vary meet to meet. You can find more information on our website under the Meet Schedule tab [www.centralvatrack.com](http://www.centralvatrack.com)**

**\*\*\*Due to CoVid, no meets are currently scheduled**

**Fees are non-refundable** and to be paid online using the PAYNOW tab on our website or PayPal at Central Virginia Track and Field Club  
Venmo @Virginia-Goin-1

ATHLETES WILL NOT BE REGISTERED INTO ANY EVENTS UNTIL ALL FEES ARE PAID IN FULL AND ONLINE REGISTRATION IS COMPLETE

Please take into consideration the expenses needed to have each athlete perform in invitational meets. If you know in advance that your child will not participate in a track meet, please communicate this with the Coaches, Athletic Director, or Treasure at least 72 hours in advance. If the athlete does not show up to participate in a meet, the registration cost is at a loss to the team. **The parent will be responsible for reimbursing the club for those fees.**

# CENTRAL VIRGINIA TRACK & FIELD CLUB

## PRACTICE AND MEET RESPONSIBILITIES

- Bring water at all times to avoid dehydration. Fluids should be consumed throughout training and after completion of the work out.
- Bring a towel
- Stretch before and after each workout to maintain flexibility and to help prevent injuries.
- Pack a lunch for all track & field meets (sandwich, lots of liquid, fruit and a snack). Please understand there are parents that do come to the meets and bring extra items; however, it is not their responsibility to make sure your athlete has the proper amount of food and liquid. If you do not send food or liquid please make sure your athlete has enough money to purchase items from the concession stands.
- Bring your spikes and an additional pair of running shoes.
  - Only wear your spikes on the field. Remove spikes when you exit the field.
- Dress accordingly: These items should be in your track bag at all times.
  - Chilly days--T-shirt, sweat pants, towel and a sweatshirt, hat
  - Warm days--T-shirt, shorts, Under Armor (or similar spandex worn underneath shorts)
- Stay with the team to avoid missing their events at track and field meets.
- Have good manners and keep our area clean. Remember we represent CENTRAL VIRGINIA TRACK & FIELD CLUB at all times.
- **Disrespect towards any coach, parents, team member, athletes from other teams, or track & field meet staff will not be tolerated (No Exceptions).**
- **If a runner disrespects anyone they will be asked to leave the team and not return. If we are participating in a meet and an athlete exhibits inappropriate behavior without their parent present, the parent will be called to come and get their child at the parents' expense.**
- At times, the coaches will place your child in events that they never participated in for fundamental purposes to strengthen them for other events during the season. Therefore, your child may not do the same event each week.
- If you have any questions about which event your child is participating in and why, please address your concerns with the coach (es).
- Team members are expected to give their best effort during practice and show a willingness to learn.
- Teasing will not be tolerated.

### Parents:

**General Rule** -- There may be times when practice or a meet ends earlier than scheduled. We encourage you to remain at the practice and at the meet. If you must leave during practice or a meet, notify one of the coaches or a Board Member and leave a telephone number where you may be contacted. If alternate arrangements are made for your child's pick-up, please inform a coach

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## **Practice Sites**

### **LC Bird High School**

10301 Courthouse Rd  
Chesterfield, VA 23832

### **Iron Bridge Park**

6600 Whitepine Rd  
Richmond, VA 23237

## **Practice Times**

**\*\*Coaches may request additional practice times prior to competitions and invitational meets\*\***

Monday, Tuesday, and Thursday 9:00am- 11:00am

There will be no evening training at this time.

If the weather is less than 45 degrees or the temperature/heat index is above 100 degrees, practice is automatically cancelled. You will be notified by 5:30 PM if practice is cancelled.

## **Contact Persons**

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