

2019

Fresno Flyers Track Club, Inc.

INFORMATION BOOKLET



ACCELERATION LEADS TO ELEVATION!

WELCOME

Fresno Flyers Parents and Supporters,

The Fresno Flyers Youth Track Club was started from a desire to give back to my community those attributes that I'm the beneficiary of to this day.

I believe that youth sports can be used as an opportunity to empower young athletes through demanding physical training and mental discipline.

The hard work, drive, and dedication required to achieve their goals are the seeds that foster a productive and successful lifestyle. Additionally, the character building aspect is central to the confidence one must have to pursue their dreams.

The goals that I have for this program are to encourage young athletes to; prepare rigorously for all challenges, consistently train for personal and team improvement, and help develop a trust and belief that they can accomplish anything with the correct mindset and effort.

The Central Valley has a great tradition of Track and Field/Cross Country. Fresno Flyers wants to continue and build on that tradition. Our children deserve to have a sense of community and the pride that comes with it. With the current support we have from members of our community we are off to a really good start. However, in order for us to rise to the next level we need your support as well.

Contained in this Fresno Flyers Track Club Information Booklet you will find forms and other information about our program. Please take time and read through it. Please be sure to read and return the forms requiring yours and/or your athletes' signature. These forms are to be completed and returned before your athlete can become a registered member of this program.

I thank you for your interest in our program and we look forward to meeting and working with all of you.

If you have any questions, please feel free to contact me.

Sincerely,

Lynell Glover
Fresno Flyers Track Club, Inc. - President
fresnoflyers@gmail.com
559-691-0377

Fresno Flyers Track Club 2019 Registration Form

For Club Use Only		
NEW	RENEWAL	
DOB Verified?	Yes	No
Date	___/___/___	
USATF#	_____	
Check#	_____	
Amount \$	_____	

Athlete's Name _____

Street Address _____

City _____ State _____ ZIP _____

Phone _____ E-mail _____

School _____ Grade (2018-19) _____ T-shirt size _____

Birth date ____/____/____ Boy [] Girl []

Parent/Guardian #1's Name _____

Work/Cell Phone _____ E-mail _____

Parent/Guardian #2's Name _____

Work/Cell Phone _____ E-mail _____

WAIVER, RELEASE, AND STATEMENT OF PHYSICAL CONDITION

In consideration of the participation of my child, _____, in the Fresno Flyers Track Club (Fresno Flyers) Program, I, in my own right and as next of kin to such minor child, for myself and for such minor child, our heirs, successors, administrators and assigns, hereby contractually waive, relinquish and release any and all rights, claims, actions and/or causes of action we may have against the Fresno Flyers, President Lynell Glover, and/or any volunteer assistant coach or other club personnel for personal injury or property damage arising from, or in any way connected with, the Fresno Flyers Program during the 2018 calendar year.

I further certify that the minor child named above is granted my permission to participate in the Fresno Flyers Program. I am aware of the intensity of the training and competition involved and the associated risks, and I certify that such child is physically fit to participate in such program. I further certify that I know of no physical condition or impairment that would in any way prevent such child from participating in the program. I further understand that, with my child's membership, I assume the responsibility of helping with the competitions that the club shall put on in whatever capacity that I am qualified for.

Dated this _____ day of _____, 20____

Athlete's signature

Parent's/Guardian's signature

Fresno Flyers - Frequently Asked Questions (FAQ)

PRACTICE INFORMATION

Team practices will be held at: Bullard High School, 5445 N. Palm Ave., Fresno CA 93704

Practice begins: @ 6:00pm. Practice start times vary between Fall and Spring. Also, this location may change due to facility availability, etc. If so, you will be notified in advance of practice.

FEES

Fees allow us to maintain our operation, as well as create opportunities that otherwise wouldn't exist. In order for us to continue to meet our basic obligations, everyone must contribute. Our fees scale will be presented at the parent meeting. We realize that the ability to pay fees in full may be difficult. Should you require a payment plan, please contact club management immediately. Otherwise, our fees are due immediately following your trial period and then the first day of practice monthly. (your fees are considered late after the 10th of each month)

REPORT CARDS

Academic success is a vital and celebrated part of our competitive program. No child will be denied access to our program, however we will enforce a grade point minimum GPA of 2.87. Our goal is to see each member of our entire team meet their fullest potential. Each athlete shall submit their grade report upon registration or by their 3rd practice.

BIRTH CERTIFICATES

As a Club Member of USATF, it is required that we collect, file, and submit a copy of each athletes Birth Certificate (BC) for age verification purposes. Please submit a copy of your athletes BC before our submission deadline of: by 3rd practice.

MEDICAL WAIVERS

It is mandatory that parents and athletes complete and sign all sections of the medical waiver prior to your athlete's participation in our program.

ATHLETIC PHYSICALS

It is mandatory that parents provide sports physical or medical clearance for their athletes by the athlete's third practice.

TEAM COLORS

The primary Fresno Flyers Youth Track Club team colors for this year are; Green, Orange and White.

UNIFORMS

Uniforms are provided for all new athletes with paid fees will be distributed in March or early April 2019.

TRACK SHOES

The team track shoe for 2019 will be the green and white Nike Zoom Rival Sprint or MD. It is understandable if you are not able to find this model of shoe. Feel free to purchase a shoe that best meets your needs. A good source for all running shoes is: Fleet Feet in North Fresno.

TRANSPORTATION

Transportation to and from track practices and track meets are the responsibility of the parent/guardian or other approved support. Please insure that your child arrives to practice and track meets on time.

BEHAVIOR GUIDELINES

Behavior guidelines for Fresno Flyers Youth Track Club parents and athletes are attached. Please review! All rules will be enforced.

Program Policy

The following policies were adopted & implemented in 2013:

1. All revenue collected under the club's name and federal identification number, will go directly to the team account and used solely for the good of the entire program.
2. Parents will reimburse the program when their athlete misses a track meet where fees are paid in advance by club management. To avoid this matter, notifications to: Coach Glover must be made (3) weeks prior to the missed event date.
3. There will be no refunds of fees. This includes self-removal or management dismissal.
4. In an effort to prevent future mental anguish and possibly permanent physical damage, preauthorization for external training is required. Our athletes, any parent or potential member that engages in assistance from PERSONAL TRAINERS or from COACHES of other programs/schools may be dismissed from the *Fresno Flyers* program.
5. All athletes returning to the *Fresno Flyers* program that refuse to train exclusively with the *Fresno Flyers* coaching staff will not be allowed to compete as a *Fresno Flyers* athlete.

Parent /Guardian Signature

Date

Athlete Signature

Date

STANDARDS OF CONDUCT & REGULATIONS

- ALL ATHLETES WILL COME TO PRACTICE PREPARED AND OUTFITTED TO PRACTICE. (SPIKES, RUNNING SHOES, WORKOUT ATTIRE AND ALL ATHLETES SHOULD EAT A LIGHT MEAL BEFORE COMING TO PRACTICE AND HAVE WATER TO DRINK.)
- TO BE A MEMBER OF THIS TEAM, YOU MUST COMPETE IN TRACK MEETS AND FOLLOW ALL RULES AND REGULATIONS HEREIN.
- CURSING, AND/OR OTHER FORMS OF ABUSIVE LANGUAGE INCLUDING REFERENCES TO COLOR ETHNICITY, RELIGION OR GENDER WILL NOT BE TOLERATED.
- PARENTS WHO WANT TO WORK OUT DURING TRACK PRACTICE ARE ASKED TO STAY AWAY FROM THE WORK OUT AREAS OF THE ATHLETES.
- FIGHTING, ARGUING WITH STAFF, TEAM MATES, OPPOSING COACHES OR ATHLETES WILL NOT BE PERMITTED.
- IF YOU ARE PLANNING ON LEAVING EARLY FROM PRACTICE OR A TRACK MEET, PLEASE LET ONE OF THE COACHES KNOW IN ADVANCE.
- WE, AS A TEAM, ARE RESPONSIBLE FOR CLEANING UP OUR PRACTICE FACILITY AND SEATING AREA AT TRACK MEETS.
- ARRIVING LATE FOR PRACTICES AND TRACK MEETS IS NOT ACCEPTABLE AND NOT FAIR TO YOUR CHILD.
- PARENTS, WE ASK THAT YOU WEAR APPROPRIATE CLOTHING TO TRACK MEETS. EACH OF US REPRESENTS THE FRESNO FLYERS.
- DEVISIVE AND ABUSIVE LANGUAGE IN THE STANDS WILL NOT BE TOLERATED. IF THERE IS SOMETHING THAT YOU FEEL NEEDS TO BE ADDRESSED, BRING IT TO ONE OF THE COACHES ATTENTION RIGHT AWAY, DO NOT SIT IN THE STANDS COMPLAINING OR TALKING NEGATIVELY ABOUT COACHING STAFF, TEAM MEMBERS, ATHLETES OR OPPONENTS.

Parent /Guardian Signature

Date

Athlete Signature

Date

Fresno Flyers Track Club, Inc.

Athlete Nutrition Advice

Hydration:

Athletes must drink plenty of water throughout the day for hydration; tapering off at least 30 minutes prior to training or competition (the body absorbs water in approx. 30 - 45 minutes). During physical activities, continue consumption in amounts to avoid stomach cramps. Athletes should be drinking enough water to have clear or near clear urine at all times.

Sports Drinks:

Sports drinks such as, Gatorade, PowerAde, etc., should only be consumed at the end of physical activity as they are high in sugar and are mainly designed to replace electrolytes and carbohydrates depleted during physical exertion.

No Soda:

Most are also very high in sugar content. If you noticed, I mentioned sugar twice in the "Hydration" section, WHY? Sugar enhances the metabolism, thus burning your water at a faster rate. In simple terms, athletes will become dehydrated if they aren't careful with their sugar intake during physical activity, especially in high temperature environments.

Food:

Replace processed wheat's for Whole Grains and replace chips candy with fruits, vegetables and nuts. (e.g., Oatmeal, Whole Wheat Breads, Wild Rice, Almonds, Pecans, Cashews, strawberry, grapes, etc.).

Meats (Red Meats and Pork):

Reduce or substitute red meats and pork (the body has a hard time processing these and it makes athletes sluggish). A few options for substitution are turkey, chicken, or fish.

Junk Food:

Eliminate junk foods (e.g., candy, cake, donuts, high sugar drinks, etc.), with minimal exceptions for special occasions (Birthday Parties, Holidays/Celebrations, Banquets. etc.)

Competition Meals (foods immediately prior to):

Athletes should be focusing on Carbohydrate (Carb) Loading. This is when the athlete focuses on storing the body with the energy needed to perform at its peak. This is started 48 to 72 hours prior to the first day of competition. Remove all meats and dairy products form diet. Then, maintain the diet in the areas of fruits, vegetables, grains and nuts, while boosting breads, pastas, pancakes and biscuits (syrup and jelly are OK in moderation).

Competition Meals (on the day of or throughout competition):

Athletes should eat healthy servings no less than 2.5 hours prior to competition. Meals higher in grain, nuts, and fruit will be more sustaining and prevent the hunger sensation. Pay attention to the schedule of events to accommodate the athlete's food needs throughout the day. Snacks like crackers, trail mix and/or nuts, dried fruit are encouraged, in moderation.

Rest:

Get plenty of rest every evening. Your body and mind need time to recover and repair.

Parent /Guardian Signature

Date

Athlete Signature

Date

How much does it cost to join and participate with the Flyers?

****NOTICE: OUR TYPICAL FEES ARE BELOW AND ARE SUBJECT TO CHANGE TO MEET OPERATIONAL NEEDS****

1. Competitive Program: **\$185** down, then \$50/monthly for dues.
2. The team **sweat suit** can be purchased any time prior to May 3rd, 2019.

(the breakout of cost is highlighted below)

\$20 - USATF membership card

\$16 - AAU membership card

\$94 – UltraFuse Compression uniform and team practice t-shirt.

\$55 - club operating expenses (club insurance/equipment/etc.)

\$70 – the team sweat suit DOES NOT have to be ordered now. However, for uniformity and meet preparedness they **MUST** be purchased no later than **May 3rd, 2019**. REQUIRED FOR TEAM PICTURES

****warm-ups, slings bags or other items are to be ordered separately through the online team store. the website for the team store will be provided after uniform fittings.**

(NOTE: for those interested, we will offer a uniform buyback at seasons end. Prices will be negotiated at that time and will be based on the uniforms condition.)

Parents are responsible for event fees and travel expenses.

Fresno Flyers Track Club, Inc.

Fundraiser Participation Agreement

The money that we raise ensures that we can provide safe practice facilities, purchase or replace equipment, provide supplemental support to our athletes and coaches, reduce or cover track club operating expenses and set aside funds for our annual end of season sports banquet/party, etc.

I, _____, understand and acknowledge that fundraising is a very important part of our teams funding efforts.

I further understand that failure to participate may result in my being charged a \$150 “failure to support” penalty. This charge doesn’t have to be imposed as a penalty; I may choose to opt out of fundraising by paying a \$150 “opt out fee” upon registration.

[] I WILL contribute to Fresno Flyers team funding raising efforts (some examples are listed below).

[] I OPT OUT of fund raising and I elect to pay \$150 to do my part to support the team.

Parent Name (Print): _____ Athlete Name (Print): _____

Signature: _____ Signature: _____

Date: _____ Date: _____

Fresno Flyers Track Club 2019 planned/routine fundraisers (not limited to):

1. Fresno Flyers Track-a-thon
2. Fresno Flyers Summer Classic (Track Meet)
3. Fresno Flyers Spaghetti Dinner or Fish Fry
4. Fresno Flyers Jamba Juice (BOGO card sales)

NOTE: As a certified non-profit, our fundraising effort’s qualify under federal 501(c)3 guidelines for tax exempt charitable organizations.