

2020
Power Endurance
Track Club Team
Handbook



WELCOME

Hello Parents and Participants,

The Power Track Club is excited that you have joined us for the 2020 youth track and field season. This booklet is designed to provide a basic knowledge of our program and the expectations of parents and athletes. We look forward to working with you and your children this season to make this experience a great one. Please take the time to review this information and contact us if you have any questions.

Best Regards,

Coach Harvey - Director of Track and Field

Coach Ward - Co- Director of Track and Field

Coach Terrell - Head Coach of Track and Field

PRACTICE INFORMATION

Team practices are held at **TO BE ANNOUNCED**

PRACTICE DAYS AND TIMES

January thru July Monday, Tuesday & Thursday 5:00PM to 6:30PM

FEES

Please make your checks payable to "Power Track Club". Payments can also be made via paypal (preferred method). All payments must be paid in full no later than January 31, 2020.

Group (1) 7&8 yrs.	\$500
Group (2) 9&10 yrs.	\$500
Group (3) 11&12 yrs.	\$500
Group (4) 13&14 yrs.	\$500
Group (5) 15&16 yrs.	\$500 - if in high school program \$300

Birth Certificates

Copies of birth certificates are mandatory for your child(ren) to participate as a member of the Power Track Club. **All new parents are required to provide a copy of their child's B/C before January 31, 2020.**

Medical Waivers

Please complete and sign all of the required sections of the medical waiver. The completion of this **document is mandatory** for all athletes. It must be completed prior to your child's participation with the program.

Team Colors

Power Track basic team colors are **Black, Teal and White**

Uniforms

Uniforms and Warm-up suits for all **new** athletes will be distributed in March .

Track Shoes

Shoe sizes are difficult to find for our smaller athletes, therefore feel free to purchase any style track shoe that accommodates your child. Please discuss track shoe types with one of our staff prior to purchase to ensure you are buying the correct shoe for your child's events. Sprinters should purchase a sprinter shoe, distance runners a distance shoe and throwers a throwing shoe.

Transportation

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

Parent / Athlete Team Rules

Team rules and guidelines for Power Track Club parents and athletes are attached. Please review! All rules will be enforced.

Team Contact Email

powertrack@trainpe.com