

# God Speed Track Club



## Parent-Athlete Handbook & Forms

## ONE VOICE>>>ONE FAMILY>>>ONE TEAM>>>ONE GOAL

God Speed Track Club (GSTC) is a nonprofit youth organization in the City of Stockton with athletes from Stockton and surrounding areas. GSTC develops athletes, boys & girls ages 6-18 physically, emotionally, spiritually and mentally. Our goal is to train athletes to compete competitively at the local, Regional, and National level.

Track is a sport that works to prepare athletes for all sports. We work on speed, footwork, strength, flexibility, form, technique, proper breathing, and endurance. We train athletes in an array of events, sprints, long distance, hurdles, pole vault, high jump, long jump, shot put, discus, and javelin.

Meaning of God Speed: A Prosperous Journey or God Prosper You

Speed: Successful People Exceeding Expectations Daily!

## THIS IS HOW WE



### Work as a Team

Live the "Power of We"

Operate with empathy and care

Energize self and others



### Inspire Excellence

Simplify the complex

Move with speed and agility

Model lifelong learning, curiosity and creativity



### Navigate Our Future

Define the destination

Grow people to their full potential

Be courageous in the face of uncertainty

## Our Purpose

God Speed commits to providing a safe, positive environment for all athletes, no matter their socioeconomic or racial backgrounds, to have access to up-to-date equipment, knowledgeable coaches, and competitive competition. We design workout plans with the whole athlete in mind.

Athletes with an athletic drive and willingness to put in the hard work should be encouraged and supported by a safe, positive environment and coaching staff to maximize an athletes ability to compete, socialize and develop skills valuable throughout their lives.

Our purpose is an inspiring call to action for all athletes in the City of Stockton and its surrounding areas to help reduce the violence in our city – our reason to exist. It reminds us, day in and out, why we're here. After all, we are a track program – one who sparks joy, bring people together, and create memorable moments on and off the track. With dedication and passion, we provide our families with a all-encompass program deeply rooted in track and vow to treat all our families like our family.

## Our Vision

To continually promote both goal-orient and personal excellence for each athlete and a life long love of running in a caring, respectful and supportive environment.

## OUR VALUES

### **We dare to do better every day.**

We are on a journey of continuous improvement, constantly challenging the status quo. Our curiosity ensures we are constantly learning and working to be better than we were yesterday.

### **We champion great athletes.**

We are a meritocracy. Attracting, nurturing and developing talent is our top priority. Great people have the vision to see what must be done, and the courage to do it. As a organization we are only as great as the quality of our team. Our athletes, families, and staff people make the difference.

### **We demand diversity.**

**We are inclusive. All athletes matter. Diverse backgrounds, disabilities, and cultures make us stronger, more interesting, more involved, more connected and more productive to create one team, one voice, one family, one goal.**

### **We do the right thing.**

**We lead with honesty and integrity. We will always do right by our families, athletes, and the communities we serve. We actively care about our environment, creating high quality track team.**

### **We own it.**

**We are accountable. We show commitment and belief in our team, making decisions and making this team our priority. We take responsibility for our actions and results, in the pursuit of building something stronger together.**

### **Our Leadership Principles**

*Work as a Team, Inspire Excellence, and Navigate Future Athletes* – serve as a roadmap on how we will deliver results and activate our Values. These Principles are interconnected and always are directly in relationship to each other. It's up to all God Speed members to develop and create the outcome of our program. We recognize that strong athletes don't just happen – they must be developed in order for us to increase high-performance and achieving personal goals. ***We champion great people.***

### **Diversity, Inclusion, & Belonging**

Here at God Speed Track Club, we choose to welcome everyone to our team by valuing and respecting all voices. All athletes have access to opportunities that enable them to contribute and grow. Our focus on diversity, inclusion, and belonging helps us connect with our athletes, and attract and grow a young population that is eager to leverage multiple perspectives to advance training and elite competition in a constantly growing and ever-changing industry.

Directors:

Sheree Parker

Director of Administration

510-228-8092

Pastor Trent Washington

Director of Relations

209-351-1916

Board of Directors:

Sheree Parker-President

Kristina Clyburn-Secretary

Trent Washington- Vice President

LaCrechia Woody-Treasurer

Name	Title	Part Time/ Full Time	Phone Number
Sheree Parker	Director Registration/Finance	Full-Time	510-228-8092
Dymon Hanes	Assistant Director Marketing/Social Media/Community Outreach	Full-Time	209-610-9699
Pastor Trent Washington	Director of Relations	Full-Time	209-351-1916
Dymon Hanes	8 and under Coach	Full-Time	209-610-9699
Kristina Lincoln	8 and under Coach	Part-Time	510-631-4314
Mylynda Breaker	8 and under Coach	Part-Time	209-598-1098
Kevin Breaker	9-10 Coach	Full-Time	209-981-1475
Roscoe Brown	11 and up Coach	Full-Time	209-929-9016
Dom Lewis	11 and up Coach	Part-Time	510-775-4160
Elijah Brass	11 and up Coach	Part-Time	209-445-6700
Mike Milbourne	11 and up Coach	Full-Time	209-688-5979
Myna Harris	High School Coach & Hurdles	Part-Time	209-423-5143
Jeffrey Johnson	Distance & Racewalk	Full- Time	209-298-5161
Cryci Johnson	Distance & Racewalk	Part-Time	209-430-0540
Johnishia White	Long Jump	Part Time	209-922-6885
Jesse Black	Javelin, Shot Put, Discus	Part Time	209-688-3098
Herman Moore	High Jump	Part Time	424-240-1156
Support Team			
Larraine Williams	Parent Volunteer Committee	PVC	

Practice Facility: Weston Ranch High School 4606 McCuen Ave. Stockton

Contact: email: [godspeedtc@yahoo.com](mailto:godspeedtc@yahoo.com) Number: 209-395-9651

## Demographics (Based on 2023 season)

Age Group	Total Population	Girls	Boys	Black	Hispanic	White	Athletes w/disabilities (Autism, ADHD)	Foster Care/Adoption
8 and under	24	14	10	19	4	1	2	0
9-10	30	10	20	28	1	1	1	1
11-12	38	21	17	26	7	5	2	2
13-14	28	13	15	23	4	1	0	0
15-18	22	12	10	14	6	2	1	1
Total	142	70	72	110	22	10	6	4

## Requirements for Participation:

- Complete Application
- Pay registration Fee
- Complete & Pay for USA Membership
- Complete & Pay for AAU Membership
- Purchase Uniform
- Sign up for GroupMe
- Sign up for Athletic.net
- Complete Athlete Agreement (athlete only)

- Complete Parent Agreement (parent only)
- Complete Fundraiser Agreement (parent only)

Complete the GSTC Requirement board to be cleared for Practice.

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### USA & AAU Track and Field Memberships

Welcome to God Speed! You will need both memberships prior to your 1st day of conditioning. In order for your athlete to run in certain meets, like LA Jets, PAC Championships, and all Qualifiers they will need a membership for USA & AAU. These memberships need to be renewed every year. See the process below:

#### USATF (cost \$30)

God Speed Club #: 38-0588

Log onto [www.usatf.org](http://www.usatf.org)



1. Previous membership use the same number and password as last year
2. New membership create a new account
3. If it is a new membership they have to be birthdate verified. Click on athlete verification then upload your child's birth certificate.

#### AAU (cost \$20)

God Speed Club #: W3Y88C

Log onto [www.ausports.org](http://www.ausports.org)



1. Previous membership use the same number and password as last year
2. New memberships create a new account

Prior to 1st day of practice:

USA Membership	\$35
AAU Membership	\$22
Registration Deposit	\$50

Prior to Season beginning:

Registration	\$200
Uniform Top/Bottom	\$75

Optional:

Warm-up Suit	\$85
Socks	\$15
Backpack	\$50

Spirit wear:

T-Shirts	\$20-30
Hoodies	\$45-60

During Season:

Track Meets (pay per track meet)	\$15-60
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- March-April (\$15-24)
- May (\$15-30)
- June-August (\$15-55)
- Nationals (\$60)

Pictures	\$20 and up
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**Discounts:**

Coaches [Coaches Application](#)

Parent Volunteer Managers [Sign up](#)

Hardship [Hardship Application](#)

Victory In Praise member  
Sibling

## GroupMe Communication

GroupMe is our primary source of communication. You will need to download the app. It is compatible with Apple and Android products. This is a **one-way communication** from me to you, however, if you feel there is a question that pertains to the entire group then you can post it. If not then send all messages directly to me or text me. This will help with parents not being annoyed by all the text. I will post important information that pertains to the entire track club

Example of things to send directly to me (**not in the group**):

- My child will not be at practice
- How much do I owe
- Do you have an extra uniform
- Is it my snack or water day
- **If you have a complaint please send this directly to me and not the group.**

Examples of things to have in the group (addressed to **everyone**)

- Do we have practice or where is practice
- Where are we located at the track meets
- Words of encouragement to the entire team
- Celebration of a holiday or special event

In the main menu of the GroupMe app you can find all our calendar information, like track meets, meetings, and fundraisers. Also, when you click on the meet it will give you a description and important information that pertains to that meet like, cost, location, and arrival time.



Athletes, parents and fans can create free accounts to utilize the extensive statistics base of Athletic.net to see where an athlete stands

in comparison to their peers and their own past performances. Those who would like to contribute to the growth of Athletic.net and enhance their experience can also become monthly or yearly Athletic+ members.

What is included in this free account:

- Know your athletes rankings and other rankings in the area, state, and Nationally
- Track Progress
- Register for meets
- Share Photos and videos
- Follow team and athletes
- Create a training log

How will God Speed use Athletic.net:

- Calendar of meets
- Register athletes for meets
- Pay fees for meets and registration
- Post information on the page



Nutrition

Youth Athletes Nutrition Questions and Answers

Proper nutrition foods and calories that should be assumed each day.

### IS THERE A RECOMMENDED DIET FOR YOUNG ATHLETES

There is no 'one-size-fits-all' plan when it comes to nutrition. Individual nutrient needs vary by sport, type, and intensity of the activity, age, body size, goals and training volume. Generally speaking, the more intense the activity and the more hours you train, the higher your carbohydrate and overall calorie needs will be.

### IS THERE A CERTAIN AMOUNT OF PROTEIN THAT YOUNG ATHLETES SHOULD BE EATING EACH DAY?

Depending on their goals, training status and type of activity, athletes need anywhere from 1/2 to 1 gram of protein per pound of body weight. A sports dietician is the best resource to help you determine the right amount of protein that your star athlete needs.

As a general rule, young athletes can meet their daily protein needs by making sure to include a source of lean protein such as eggs, milk, yogurt, nuts, nut butter, beans, lentils, tofu, chicken or fish at each meal and snack.

### HOW CAN EATING A HEALTHY DIET HELP ATHLETES LOWER THEIR RISK OF INJURY AND PERFORM BETTER?

Eating a healthy diet ensures that an athlete is getting all the nutrients their body needs to produce energy and create new muscle tissue, enzymes and other cellular structures involved in energy metabolism. Proper nutrition can also help repair damage from training as well as everyday wear and tear, and keeps the body's muscles, bones, joints, tendons and organs functioning optimally.

### TIPS TO ENSURE YOUNG ATHLETES ARE GETTING ENOUGH NUTRIENTS

Young athletes should be eating five or six balanced meals and snacks each day, and should be eating every three hours. Each meal should include a balance of complex carbs, lean protein, healthy fat, fruits and vegetables. Each snack should include a combination of all three macronutrients: complex carbs, lean proteins and healthy fats.

Example :

Breakfast: Whole Wheat Toast, 2 eggs and 2 slices turkey bacon

Snack : Fruit of Choice

Lunch: Chicken Sandwich and Almonds and Applesauce

Snack: Yogurt

Dinner: Turkey Burger, Vegetables and Brown Rice

If your athlete has any food allergies or intolerances, work with a registered dietitian to make sure they are appropriately filling any "gaps" in their diet created by eliminating foods or food groups.

**ARE THERE CERTAIN FOODS THAT YOUNG ATHLETES SHOULD BE SPECIFICALLY EATING?**

The following healthy choices are recommended for young athletes:

(See the list I have enclosed for options and choices)

Whole grains and other complex carbohydrates (oats, brown rice, quinoa, whole wheat bread, whole grain breakfast cereals, sweet potatoes, squash and beans)

Fruits (2 to 4 servings per day)

Vegetables (3 to 5 servings per day)

Lean proteins (chicken, fish, beans/lentils, tofu, eggs, yogurt and milk)

Healthy fats (nuts, nut butter, seeds, olive oil and avocado)

## Quick Guide To Nutrient Dense Food

Daily Protein needs by making sure to include a source of lean protein such as **eggs, milk, yogurt, nuts, nut butter, beans, lentils, tofu**

Protein	Carbs	Fats	Fruits	Vegetables	Daily Snacks
Chicken Breast 99% Turkey 93/7% Fresh Fish: Tilapia, Cod, Halibut, Orange Roughy, Whitting, Shrimp Fresh Atlantic Salmon Protein Powders Eggs Egg Whites Bison Top Sirloin Turkey Bacon Chicken Sausage Beyond Meat Products	Sweet Potato Red Potato Yams Jasmine Rice White Rice Brown Rice Rice Cakes Old Fashioned Oats Cream of Rice Ezekiel Bread Quinoa Mission Corn Tortillas Whole Grain Bread	Nut Butter Peanut Butter Sunflower Seeds Cashews Almonds Chia Seeds Flax Seeds Olive Oil Coconut Oil MCT Oil/ Powder Avocado Oil	Berries Bananas Watermelon Cantaloupe Papaya Mango Green or Red Apple Clementine Cherries	Broccoli Asparagus Green Beans Green Onions Cactus Cauliflower Spinach Kale Spring/Romaine Lettuce Cucumbers Zucchini	Greek Yogurt Trail Mix Peanut Butter Crackers Granola Bars Dried Fruit Apple Sauce

## HOME WORKOUT

Strength training isn't just for competitive weightlifters, body builders and gym rats. Runners can also see huge gains in their performance from simple and consistent strength training and weightlifting

routines. This routine is designed for young runners who are looking to train at home between track workouts. You can do all these exercises at home in your living room or garage. Try your best weekly to build strength through these strength training exercises and for each runner to hit PR's and run more effectively.

Strength training helps improve many aspects of your running, including:

- Power
- Speed
- Endurance
- Balance
- Injury prevention

One concern runners have, though, is that strength training will pack on muscle and increase bodyweight. But with the proper strength and resistance workouts for runners, you'll add lean muscle that will improve your efficiency without weighing you down.

Rather than pumping out heavy sets of bench presses or doing preacher curls until failure, these strength training moves for runners target the essential muscle groups that will make you stronger and faster.

Running also doesn't work single muscles in isolation; it recruits lots of muscles that have to work together to propel you forward.

Do these workouts two times a week, either on your off days or after your runs if you have some energy left.

Exercise	Works on...	Duration
Plank	ABS, Back, Shoulders	6-60 Second holds
Plank walk out with push up	Shoulders/Chest/ Core	4 sets of 15

Glute Bridge	Hips, Glutes, Lower Back	4 sets of 20 (weight 15-20 lbs) under 12 years old no weight
Russian Twist	ABS, Obliques	4 sets of 25 (no weight)
Leg Lifts/Hands under butt	ABS/Core	4 sets of 20 (no weight)
Bicycle Crunches	Core	4 sets of 25 (no weight)
Good Mornings	Hamstring/legs Hands behind head	4 sets of 25
Squats	Quads, Glutes, Hams, Calves	4 sets of 25 (weight 15-20 lbs) under 12 yrs old no weight
Reverse Lunge	Quads, Glutes	4 sets of 15 per leg
Front Lunge	Quads, Glutes	4 sets of 15 per leg
Push ups	Chest, Shoulder, Core	4 sets of 15
Single Leg Deadlifts	Back, Core, Hamstrings	4 sets of 15
Wall Sit	Core, Quads, Hamstrings	6 sets of 60 seconds
Jogging	Endurance	30-45 minutes

### Fundraising & Volunteering

Fundraising is **MANDATORY**. Fundraising is a significant component to the God Speed Track and Field Club's budget. Funds help with GSTC overall operation cost, equipment, athlete and parent activities,

coaching/volunteer staff, national expenditures, and sponsoring underprivileged athletes.

We require all families to fundraise in our annual crab feed or something similar or do a buy-out of \$100.

Parent volunteers are a major way to help God Speed Track and Field Club succeed. Volunteering includes, but not limited to, coaching, helping to monitor athletes, checking in athletes for their event, picking up medals, monitoring athlete's consumption of water and meals/snacks, helping at our annual track meet.

Some fundraiser ideas

1. Jamba Juice: The card sells for \$10. It is a buy 1 get 1 free card. Jamba Juice receives \$6 per card and God Speed receives \$4.
2. Dinners: BBQ, Crab Feed/Bags, or Hibachi
3. Annual Track Meet: Donate Items for the snack bar or meet, volunteer your time to help run an event or area
4. Camps: Have key speakers, teach specific events, etc

## Relay

Relays are an opportunity for teams to put together their top 4 athletes to run together as a team. Relays require a significant

***commitment*** and **responsibility**. If a member of the relay doesn't show up for the meet then the **entire** team has to forfeit an event, unless there is a substitute.

Relays: 4x100, 4x400, 4x200, & Sprint Medley

Relays are determined by a run-off or the top 4 times in that event. For example, in the 4x100 relay, we will look at their 100 time or do a 100 meter run off.

Relay members:

- ❖ Must attend relay practice
- ❖ If you are not going to make it to the meet, I need to be notified prior to the registration of the meet, so that I can register an alternate or cancel this event. (1 week prior to meet)
- ❖ If you miss 3 or more relay practices or meets you will lose your position.
- ❖ You are **INELIGIBLE** if you are a part time athlete.
- ❖ All members must wear the same uniform during competition.
- ❖ All members must have a positive attitude and work well with their other members of the team. **TEAMWORK**

This position is not **permanent**. Another athlete can challenge anyone for their position, so it is your responsibility to keep your leg on the relay.

#### Athlete Interest Survey

Athlete's name: \_\_\_\_\_ Age \_\_\_\_\_

12 and under athletes can compete in a total of 3 events.

13 and above athletes can compete in a total of 4 events.

#### Running Events:

100m      200m      400m      800m      1500m      3200m (age 11-18)

80m Hurdles (age 11-12)    100 Hurdles (age 13-14; 15-18 girls)    110 Hurdles (age 15-18 boys)  
1500m Racewalk (age 9-12)      3000m Racewalk (age 13-18)

Have you ran track before:                      Yes                      No

What running events have you done?

\_\_\_\_\_

What running events are you interested in doing/trying this year:

\_\_\_\_\_

#### Field Events:

Long Jump                      Triple Jump (age 13-18)                      High Jump (age 9-18)  
Pole Vault (age 13-18)                      Javelin                      Shot Put      Discus (age 11-18)

Have you completed in any field events:      Yes                      No

What field events have you done?

\_\_\_\_\_

What field events are you interested in doing/trying this year:

\_\_\_\_\_

Parents & Athletes have input on what events will compete in, however, the coaches will make the **final decision** of what events they will be competing in.

#### Practice Plan

	Monday	Tuesday	Wednesday	Thursday
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6-6:20 Warmup	-2 laps, drills	-2 laps, drills	-2 laps, drills	-2 laps, drills
6:20-7	<u>Group 1: Run</u> <b>10u</b>  <u>Group 2: Specialty</u> <b>11-14 &amp; HS</b> -Javelin -High Jump -Long Jump -Shot Put/Discus -Relay -Hurdles -Race walk -Form Techniques -Speed Training -Starts	<u>Group 1: Run</u> <b>11-14 &amp; HS</b>  <u>Group 2: Specialty</u> <b>10 &amp; under</b> -Javelin -High Jump -Long Jump -Shot Put/Discus -Relay -Hurdles -Race walk -Form Techniques -Speed Training -Starts	<u>Group 1: Run</u> <b>10u</b>  <u>Group 2: Specialty</u> <b>11-14 &amp; HS</b> -Javelin -High Jump -Long Jump -Shot Put/Discus -Relay -Hurdles -Race walk -Form Techniques -Speed Training -Starts	<u>Group 1: Run</u> <b>11-14 &amp; HS</b>  <u>Group 2: Specialty</u> <b>10 &amp; under</b> -Javelin -High Jump -Long Jump -Shot Put/Discus -Relay -Hurdles -Race walk -Form Techniques -Speed Training -Starts
7-7:40	<u>Group 1: Run</u> <b>11-14 &amp; HS</b>  <u>Group 2: Specialty</u> <b>10 &amp; under</b> -Javelin -High Jump -Long Jump -Shot Put/Discus -Relay -Hurdles -Race walk -Form Techniques -Speed Training -Starts	<u>Group 1: Run</u> <b>10u</b>  <u>Group 2: Specialty</u> <b>11-14 &amp; HS</b> -Javelin -High Jump -Long Jump -Shot Put/Discus -Relay -Hurdles -Race walk -Form Techniques -Speed Training -Starts	<u>Group 1: Run</u> <b>11-14 &amp; HS</b>  <u>Group 2: Specialty</u> <b>10 &amp; under</b> -Javelin -High Jump -Long Jump -Shot Put/Discus -Relay -Hurdles -Race walk -Form Techniques -Speed Training -Starts	<u>Group 1: Run</u> <b>10u (Lane 1-5)</b>  <u>Group 2: Specialty</u> <b>11-14 &amp; HS</b> -Javelin -High Jump -Long Jump -Shot Put/Discus -Relay -Hurdles -Race walk -Form Techniques -Speed Training -Starts
7:40-8 Cool down	1 lap, Core, Stretches	1 lap, Core, Stretches	1 lap, Core, Stretches	1 lap, Core, Stretches

## Athlete Agreement

This agreement is established between God Speed Track Club and the athlete. The athlete agrees to always give their best effort, have a positive attitude, and great sportsmanship. As a representative of GOD SPEED you agree to uphold the GOD SPEED expectations and morals of the organization at meets and practice.

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Full Time Athlete: Attend majority of practices and meets

Part Time Athlete: Attend at least 2 practices and some meets

Practice only Athlete: Attend only practice and does not compete at meets

**Athletes Requirement** prior to 1<sup>st</sup> day of practice:

1. Must have AAU **and** USA background membership
2. Must Have Application completed and fee paid
3. Have a God Speed uniform

**Practice Protocols:**

- ✓ Attend practices (min of 2 practices to compete in upcoming meet)
- ✓ Be on time for practices **Begin at 6 pm**
- ✓ Be respectful and listen to ALL staff, including coaches, directors, and volunteers
- ✓ Wear appropriate clothes: Running shoes, shirt, and bottoms.
- ✓ No fighting, profanity, name-calling, belittling
- ✓ You must be supportive and encourage of your team-mates
- ✓ Emphasis academics and family over athletics
- ✓ Give it my all at practice
- ✓ Practice sportsmanship at all times: Winners don't brag and losers don't make EXCUSES
- ✓ Bring water or electrolytes
- ✓ Take all your items and clean up after yourself

**Meet Protocols:**

- ✓ Be on time for meets **Arrive 1 hour before start of meet for team warm ups**
- ✓ **If you are late for team warm-ups you will NOT be allowed to compete in your 1<sup>st</sup> event**
- ✓ Must have uniform: Top & Bottoms, running shoes, track spikes, warm-up attire
- ✓ Bring a chair
- ✓ Bring plenty of water & electrolytes and appropriate food (see nutrition list)

**Athletes Expectations:**

- ❖ Have a positive attitude

- ❖ Listen and Following Coaches instructions and plans
- ❖ Take responsibility for your own actions and behaviors.
- ❖ Strive to meet your goals and personal best
- ❖ Complete your Workout homework Daily

**Termination:** This agreement can be terminated at any time by God Speed Track Club without a refund for the following behaviors, but not limited to:

- Fighting
- Inappropriate behavior and language
- Bullying and Cyberbullying
- Consistent behavior that does not follow God Speed expectations and values.
- Use of or brought inappropriate materials, items, weapons to practice or meets.

Parent Agreement

This agreement is established between God Speed Track Club and the parent of the participating athlete. The parent agrees to uphold and adhere to the following agreement that best represents GOD SPEED expectations and morals of the organization at meets and practice.

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**Parents Requirement** prior to 1<sup>st</sup> day of practice:

1. Completed all necessary paperwork and payments
2. Completed the requirement board
3. Created a GroupMe account and join our group
4. Created an Athletic.net account

**Practice Protocols:**

- ✓ Attend practices (min of 2 practices to compete in upcoming meet)
- ✓ Be on time for practices **Begin at 6 pm**
- ✓ Let the coaches coach DO NOT INTERFERE
- ✓ Stay off the field/track: Parents are allowed in the bleachers or north-end of the stadium only

**Meet Protocols:**

- ✓ Be on time for meets **Arrive 1 hour before start of meet for team warm ups**
- ✓ **If your child is late or miss team warm-ups your child will NOT be allowed to compete in their 1<sup>st</sup> event**
- ✓ Bring a chair as we sit ground level
- ✓ Sit with the team
- ✓ You are allowed to bring in a cooler of food
- ✓ Bring your assigned snack/drink for team snack schedule
- ✓ Ensure your athlete has the team uniform and appropriate belongings to compete in the meet
- ✓ If an athlete will be riding in the car or staying overnight, with a coach, you must provide a written permission to a director.

**Parents Expectations:**

- ❖ Have a positive attitude
- ❖ Attend Parent Informational Meetings
- ❖ Listen and Following Coaches instructions and plans
- ❖ No Fighting
- ❖ No profanity or inappropriate language
- ❖ Take responsibility for your own actions and behaviors.
- ❖ Attend Meetings

- ❖ Emphasis academics and family over athletics
- ❖ Practice sportsmanship at all times: Winners don't brag and losers don't make EXCUSES
- ❖ Do not use or be under the influence (alcohol or drugs) while at meets or practices
- ❖ Help your athlete adhere to the athlete agreement
- ❖ Encourage your child during the meet, but leave coaching to the coaches
- ❖ Make sure your athlete is on time for practice and meets
- ❖ Provide only supportive, positive comments to coaches, volunteers, parents, and athletes
- ❖ Show enthusiasm, interest, and support for your athlete
- ❖ Volunteer and Participate in any fundraisers (or buy-out)
- ❖ Discuss ANY concerns by email/direct message, phone call/text, or schedule a meeting. DO NOT discuss concerns at practice or meets

**Resolution: If you have an issue, problem, or concern please notify Pastor Trent Washington 209-351-1916 to help mediate any issues.**

**Termination: This agreement can be terminated at any time by God Speed Track Club without a refund for the following behaviors, but not limited to:**

- Fighting
- Inappropriate behavior and language
- Bullying and Cyberbullying
- Consistent behavior that does not follow God Speed expectations and values.
- Use of or brought inappropriate materials, items, weapons to practice or meets.

## Parent-Athlete Handbook Agreement

I agree to follow and adhere to the information in this handbook. List of the following topics:

- ✓ AAU & USA Membership Information
- ✓ Cost Information Sheet
- ✓ GroupMe Communication
- ✓ Athletic.net
- ✓ Nutrition
- ✓ Home Workout Plan
- ✓ Athlete Interest Survey
- ✓ Relay
- ✓ Fundraising and Volunteer
- ✓ Practice Plan
- ✓ Athlete Agreement
- ✓ Parent Agreement

I am in agreeance with this agreement between God Speed and me. I will follow it to the best of my ability. I understand the importance of being a student-athlete and my responsibility to myself, my coaches, and my team.

\_\_\_\_\_

\_\_\_\_\_

Print Athlete's Name

Date

Age

I will maintain and promote a positive, supportive environment for all coaches, parents, athletes, and the GOD SPEED organization. If I fail to adhere to this agreement then, I understand that my athlete will be terminated without a refund

\_\_\_\_\_

\_\_\_\_\_

Print Parent's Name

Parent's Signature

Date

God Speed Requirement Board				
Application	Uniform	Parent Agreement	Read Nutrition Info	Met Director Pastor Trent
Paid Registration Fee or Set up Payment arrangement	GroupMe	Fundraising Agreement	Practice Protocol	Met Head Coach
USA Membership	Athletic.net	Met Director Sheree	Meet Protocol	GroupMe Protocol
AAU Membership	Athlete Agreement	Met at least 2 coaches	Met Parent Committee	GSTC Handbook Agreement Form
Application	Uniform	Parent Agreement	Read Nutrition Info	Met Director Pastor Trent

Athlete Name: \_\_\_\_\_ Parent Name: \_\_\_\_\_

God Speed Representative: \_\_\_\_\_ Date: \_\_\_\_\_