

## Competitive Edge Athletics Track & Field Club

**Positive Attitude:** You are here because of your desire to be a member of our track club. You should come to practice expecting to work hard and perform the workouts the coaches have determined. The better your attitude and the more effort you put into practice, the better the improvement in your performance. We will do our best to put some fun into our practices, but we will still need to work hard. We promise we will not work you too hard, but hard enough to help you perform your best.

**Respect:** Respect is to be shown to everyone and anyone you should come in contact with while a member of the club. This pertains to the coaches, board members, and any parent helping with practice. It also, pertains to all meet officials and personnel during a meet. We also expect respect to be shown to all club members, by all club members, at all times. We will not tolerate taunting, fighting, etc.

**Respect of the Track:** All athletes are expected to respect the track and facilities by not abusing them. We are appreciative of the Davenport Community Schools for allowing us to use their track for our program. We expect everyone to abide by the rules. All members are also expected to show the same respect and appreciation to all of the tracks hosting the various meets we attend.

**Coach-Athlete Relationship:** We hope to have a great relationship with all members of the club. We hope that each member feels comfortable enough with the coaches to talk to them. Please let us know of any problems that exist within the team. Also, all the coaches are former participants themselves and are involved in the program because of their enjoyment of track and field. Feel free to encourage them to join you in your warm-ups and workouts. Sometimes all it takes is a little prodding! Parents are also welcome to join in the workouts if they wish.

**Be on Time:** We start practices at 5:45. We expect the participants to be there prior to 5:45 so that we may begin practice on time.

**Athlete Pickup:** Please be prompt when picking up your child. Our practices are from 5:45 to 6:45 (give or take a few minutes) for most members of the club. Some athletes stay and work on their “specialty events” from 6:45 to 7:15.

**Sweat Clothes:** Sweats are mandatory for temperatures below 80 degrees. This is for the athletes’ protection against muscle pulls. Once the sun starts descending the temperatures cool off quickly. During our workouts we will have periods where we work hard for a while, stop to discuss some techniques, pointers, etc., and then begin running again. We also have “rest” stages between our runs. When the breeze is cool, or the temperature is cooling, starting up again after these rest sessions can result in pulled muscles if the legs do not remain warm. Wearing sweats will keep the legs warmer. You must wear your sweats. If it is really nice out, we will allow you to remove them, but they need to be available if the temperatures begin to cool. We will be ornery about this rule.

**Warm ups:** A warm up session is held at the beginning of each practice, as well as the meets. This session ensures that the athletes properly warm up and stretch to help minimize the risk of injury. You need to listen to the warm up leader to be able to follow the lead for proper warm up. In order to be able to listen, there is no talking during warm ups. Persistent talkers will be separated.

**Cool-Down:** A cool down after vigorous exercise is recommended for all of the athletes. A 10 to 15 minute cool-down period allows heart rate and breathing to return to normal. Slow walking will prevent blood from pooling in the legs. Blood pooling can cause dizziness and blackouts. Do stretching exercises again to prevent the muscles from getting sore and stiff.

**Eating:** Please don't eat a heavy meal or junk food before practice. It will only make you sick. Eat something light and nutritious. Allow at least 2 hours for your digestive system. Nutrition information will be available to you upon request.

**Rain:** Meets are held in the rain, so we will also practice in the rain. However, we will not practice in downpours! If the rain is heavy we will determine whether or not to wait it out to begin/resume practice. Also, if the temperatures, combined with the rain, will unlikely result in the athletes risking illness, we will cancel practice that night. For the most part, the coaches will not be able to determine a cancellation until they are at the track - it may not be raining at their house! Parents should stick around when the weather is questionable to verify that we have practice.

**Relay Teams:** Relay teams are a lot of fun, but also a lot of work. We encourage everyone to be a part of a relay team. The coaches will make sure that everyone gets a chance to run on a relay throughout the year. The coaches will determine relay teams for the qualifying meets on the day of the meet. The state meet relay teams will be determined prior to the meet.

**Volunteers:** We need some help when hosting our home meets. *Parents* will be asked to volunteer to help at the meets we host, and we do expect you to be willing to help. If you know of a family member or anyone else with an interest in helping, please let us know. Some meets may result in car-pooling. Any parents willing to help transport athletes would be extremely helpful.

**Injuries:** With proper warm up and stretching we minimize the chances of injury, but injuries can still happen. Please let the coaches know of any injury you receive. Soreness is to be expected - especially the first several weeks - but sometimes it's hard to distinguish between soreness from stiff muscles, and soreness from injured muscles. Most times, if determined early enough, injuries can be cured with a few days or rest and inactivity, or reducing the extent of work.

**And, most importantly . . . . . Have FUN!!!**

I acknowledge and understand the rules and policies of the CEA Track and Field Club. I understand the expectations of the club and if I break the rules I understand that I may be asked to leave the club. I have had a staff member from the CEA Track and Field Club explain these policies and have had my questions answered prior to signing this contract.

**Date:** \_\_\_\_\_

\_\_\_\_\_  
**Athlete Name (Please Print)**

\_\_\_\_\_  
**Athlete Signature**

\_\_\_\_\_

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**Parent Name (Please Print)**

**Parent Signature**