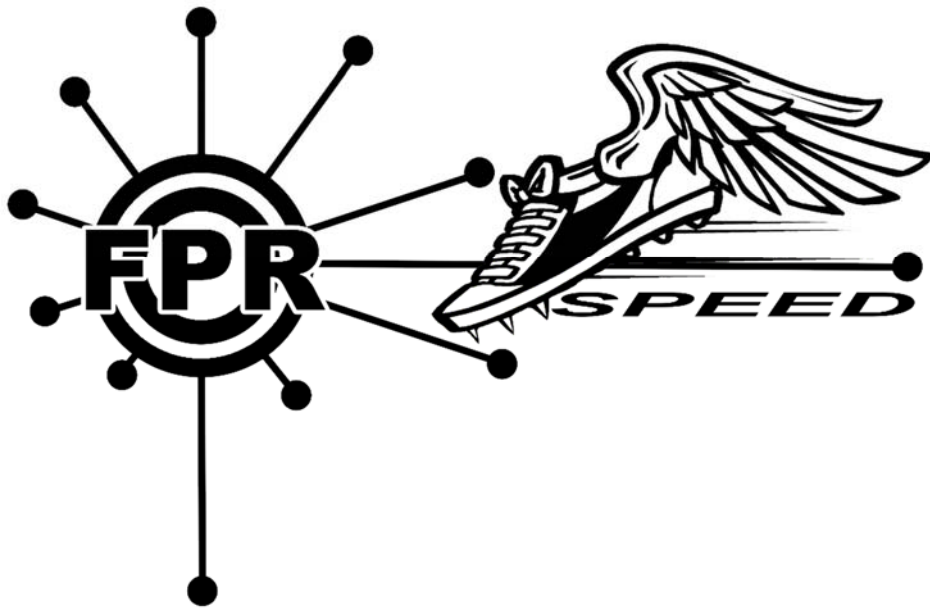


Family Point Resources Outdoor Track & Field Program 2016



PARENT PACKET and Athlete & Parent Conduct Contract



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Welcome to Family Point Resources – Track and Field Program

2016 begins our second year as a track and field program and is the only program located in our west side area of Houston. We had a successful fall 2015 Cross Country season and 9 athletes qualified to attend the USATF Junior Olympic National Championships in Albuquerque, New Mexico.

FPR Running Club: Running Club has been created to support beginner runners who are seeking a roster spot on FPR SPEED, or those who wish to run non-competitively. Running Club members can advance to FPR SPEED by displaying good work habits, attending practices, recording competitive times, and good behavior.

FPR SPEED Youth Track Club: **FPR SPEED** was created to support more advanced runners who seek to compete on a higher level in Track and Field, and Cross Country. FPR SPEED is a proud member of the USA Track and Field Association and the Amateur Athletic Union. All competing athletes must become USATF, and AAU Members and be age verified (birth certificates required).

Benefits of Youth Running Programs

“Track is therapeutic for the young athlete. It keeps them moving, gives them goals, and develops mental toughness.” Your children will get excited when they discover they have a special talent they didn’t realize they had. Through monitoring their times, they will see themselves improving and achieving goals.

This program not only will help them improve their running times, but by running throughout both Track and Cross Country seasons, your athlete will be in the best possible condition for other sports they will participate in such as soccer, football, basketball and swimming.

In addition, athletes will develop an appreciation and love of running which is a sport that they can participate all throughout their lives.

How to Qualify for USATF & AAU JUNIOR OLYMPIC CHAMPIONSHIP

- Become a USATF & AAU Member
- Have your age verified (Submit a copy of your birth certificate)
- Attend 85% of team practices
- Display good behavior, accountability and sportsmanship
- **Record a Top Five time in your individual event at the USATF Gulf Association Championships**

GO SPEED!

Practice Protocol

Practice locations and times

- Practices are held at Spring Forest Middle School on Mondays and Thursdays from 5:00 – 6:15 every week through the season.
- Wednesday practices are for field events and when coaches call for an extra practice time.
- “Coaches Call” practices are for athletes who are directly contacted by coaches to attend practice.
- If you are not contacted by a coach you are not required to attend.

Recommended clothing

- Comfortable clothing that is appropriate for the weather conditions.
- Good running shoes – no Converse type or Vans shoes that have no support or cushioning.
- Athletes will need to bring a change of clothes to track meets.
- Uniforms are ***not to be taken home*** after meets.
- Uniforms must be checked back in with designated Team Mom/Dad after competition.
- Lost uniforms will result in a fee of \$40 to be paid before returning to competition.
- We do not recommend track spikes for beginner runners. See sample spike photos.



Hydration – THE IMPORTANCE OF HYDRATION CANNOT BE OVERSTATED

- Athletes are responsible to bring their own water bottles. FPR water bottles are available for sale.
- No sodas or juices at practice.
- Your child will need more hydration during the week than they have in the past.
- Recovery drinks are important **immediately** after practice. A glass of chocolate milk is a great ratio of proteins/carb. If you can, bring it to practice when you pick up your athlete.

Nutrition

- Keep in mind that your athlete will burn roughly 100 calories for every mile they run, depending on their size. If they run four miles, they'll burn about 400 calories more than you would have if they hadn't exercised. If your child is also very active during the week at recess at school account for that too.
- You'll want to make sure they eat enough so they don't feel faint or weak toward the end of their workout.
- During growth spurts your child may need more food, sleep and water to keep up with practices. Sometimes an athlete may not progress or even slowdown in their times due to nutrition deficiencies. Please pay attention to the amount and quality of your athlete's diet.
- Coaches may provide more targeted nutrition and hydration information with you and your athlete personally.

Moving to the next level and group

- During practice athletes are divided by groups based on speed and ability.
 - **Juniors:** Beginner Runners
 - **Middle Distance/Sprinters:** Runners who compete in the 1500m and lower distance.
 - **Distance:** Runners who compete in the 1500m and above
- Athletes can advance beyond the Junior group by accomplishing Minimum Standard Time in two running events. Athletes times will be emailed and posted at practice every Monday to help parents and athletes monitor their times. The Minimum Standard Times are listed on all "Time Sheets".

Motivation

- There will be some days your athlete may not want to attend practices. Always encourage their effort to do their best and build mental toughness. Good athletes are not just physically strong, but are also mentally tough. Keep them coming.
- Coming to track practice on seasonably hot/cold or bad weather builds this mental/physical toughness. FPR will not practice during times of lightening or severe weather conditions, but we do run in wind and rain.

What to expect at a USATF track meet

Houston Gulf area USA Track & Field meets are amazing, exciting and sometimes intimidating the first time your child participates. Most are held in large high school stadiums and with many athletes and spectators. Your child will have a great opportunity to participate and also see some incredible athletics.

AAU and USATF MEETS

FPR SPEED competes in AAU and the USATF Associations. All AAU track meets are displayed in GREEN on the meet schedule. All USATF track meets are displayed in black during the regular season and RED during post season.

“USA Track & Field (USATF) is the National Governing Body for track & field, long-distance running and race walking in the United States. USATF encompasses the world's oldest organized sports, the most-watched events of Olympic broadcasts, the No. 1 high school and junior high school participatory sport and more than 30 million adult runners in the United States.” – USATF official website



Meets are held all throughout the region and we'll travel up to an hour away for events. FPR speed will update you via email/flyer each week regarding meet locations and start times. The days are often hot and meets require good preparation for your family and team.

Be prepared to pay for your ticket as a spectator. Prices range from \$6.00 - \$8.00

How long is a track meet?

- All day on Saturdays. Sometimes there will be Friday-Saturday meets and these times differ.
- Athletes need to arrive usually by 8:30am and often are finished by 4:00 (but sometimes 5:00). You will be notified of exact start times each week.

How is a track meet organized?

- Developmental track meets are hosted by different teams throughout the greater Houston area.
- If you've watched the Olympics track and field events, you can get an idea of what you'll see at these meets. While FPR is currently a running program, you'll see all events such as high jump, shot put, long jump etc there.
- FPR will be competing against athletes from several teams. Not all teams attend all meets so your child may see and compete against different athletes at each meet.

Will my child compete against others their own age?

- Your child will be competing against other athletes his/her age (approximately).
- They are grouped into ages and gender. Girls will compete against girls, and boys will compete against boys grouped as 7 & 8 year olds, 9 & 10 year olds, 11 & 12 year olds, 13 & 14 year olds etc.
- Age groups are based on your birth years. Example this year if your child was born in 2007 or 2006 your child will be in the 9 & 10 year group.

In which event(s) will my athlete participate?

- Coaches will determine which event(s) your child will participate in.
- If your child really wants to try another event, please discuss it respectfully with the coach, but coaches will have the final say.
- The coach knows what's best for your child and the team.
- Expect that your athlete to participate in more than one event.

What does my athlete do when they are not racing?

- REST! Bring CAMP CHAIRS for your athlete and for yourself. FPR Speed prefers to sit together as a team under a tent.
- Athletes should bring plenty of things to do. Ideas include phone/tablet w/earbuds, rainbow loom activities, books, coloring books, and board games etc. LABEL EVERYTHING
- Athletes can sit near parents or with other athletes, but parents are responsible for their behavior.

Athlete behavior when not racing.

- Absolutely no running around and playing on bleachers, grassy areas and especially not in the sand pits. Your athlete will get tired, hot and then will not perform well.
- Parents, must keep track of their athletes at all times unless a coach has picked them up for warm-up or their actual event.
- If your athlete is behaving badly, the coach may ask you to keep him/her near you for the rest of the meet.
- We are a team and want to represent FRP well and athletes are expected to be courteous to team mates, parents and other spectators.

Where can I see my athlete run?

- When it's time for your athlete's event you can view it from anywhere you want. You may choose to be in the stands at the finish line or at the last 200m to cheer them at the last kick. It depends on the event.
- Parents are never allowed on the infield area. Only coaches are allowed with the athletes in certain areas of the field.

Nutrition and hydration

- The timing of what and when to eat and drink is very essential with track. Eating the wrong foods or at eating at the wrong time can adversely affect your athlete's performance.
- Coach Brandon will have a schedule of what events your athlete will run and approximately what time. Based on this, your athlete will have a specific eating and snack schedule. Not all athletes will eat the same foods at the same times.
- Lunches and snacks will be prepared the night before for your athlete at the FPR center. All parents are asked to donate items to contribute to these lunches and snacks.
- Hydration after your first event is essential to your performance at the second event.
- More nutrition info will come to you in emails before the track meets.

What to bring for my athlete and family

- CASH! Spectator tickets and vendors only accept cash. Camp chairs for everyone attending including your athlete. We will be sitting together as a group under team tents.
- LABEL EVERYTHING YOU BRING.
- Sunscreen & Bug spray.
- Drinks, food and snacks for your family. A wheeled cooler is helpful. There are often food vendors there, but athletes are not allowed to purchase these foods until after they've completed all their events.
- Track spikes if using them.
- Rain ponchos/jackets and umbrellas on possible rainy days
- Extra set of clothing for your athlete including an extra pair of socks.
- Athletes will need to **bring a change of clothes to track meets**. Uniforms are not to be taken home after meets. Uniforms must be checked back in with designated Team Mom/Dad after competition. Lost uniforms will result in a fee of \$40 to be paid before returning to competition.
- Bring something for your kids to do. It's a long day so plan accordingly.
- You may want to also bring hand sanitizer or wipes, paper towels, a roll of toilet tissue.
- A plastic bag for your trash. Everyone is expected to clean up around our team tent.

Fundraising and Sponsorships

The FPR Track Program relies on volunteers and supporters throughout our community. It benefits all ages and provides a skill that can benefit your child and all other sport programs they participate in.

Please show your community spirit by participating in some of our upcoming fundraisers! Your contribution allows us to continue to provide this great opportunity for this community. More specific information on fundraisers to come soon.

Team Sponsorships

Will your company or organization sponsor our FPR Track Program this season? Please consider asking your employer about sponsoring us this year.

Sponsorship details will be available on the FPR website. <http://www.familypointresources.com/fprspeer>

Team Photos

One day during the season all athletes will meet at the SFMS track for team and individual photos. Each athlete will receive one 4 x 6 individual photo print free of charge. There will be an opportunity to purchase team photos, buttons for parents to wear at track meets, memory mates, magnets etc.

You will soon be notified of the date and time of team photos. An order form will soon be available on the FPR website.

End of Season Team Party

At the end of the track season the team will celebrate with a team party. Additional details regarding location, time and food will be available on the website soon.

Team Contact Information

Coaches

Team Parents

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|--|---|
| <p>Angella Stribling (español) 713-518-5628 acsamaya8@gmail.com</p> <p>Casey Brand 682-552-4576 caseybrand1972@yahoo.com</p> <p>Arno Bommer 713-446-2718 arno@cstiacoustics.com</p> <p>Jorge Flores (español) 713-550-6600 floresdoit@yahoo.com</p> <p>Christine Gentil 713-252-9631 thegentils@gmail.com</p> <p>Lupita Flores 956-240-9240 lupita_flores@att.net</p> <p>Rhonda Washington 832-805-0734 rbyron12@hotmail.com</p> <p>Kristy Thompson kristythompson2003@yahoo.com</p> <p>Mike Eyre 832-841-131 mikedeyre@gmail.com</p> <p>Joseph Poon 832-618-0776 jp_tin@yahoo.com</p> | <p>Trina Morford 281-770-7247 trina@morfordcreative.com</p> <p>Maria Zamudio 713-382-7841 mzamudio104@gmail.com</p> <p>Laura Peña 713-377-1275 laurapena1204@gmail.com</p> <p>Erin Dietsch 713-446-2718 erindietsch@earthlink.net</p> |
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TENTATIVE TRACK AND FIELD SCHEDULE

| DATE/TIME | MEET HOST | LOCATION |
|---------------------------------|---|---|
| January 17 (Sunday) | Joe DeLoach Invitational Indoor Meet | University of Houston Yeoman Fieldhouse, University of Houston Athletics/Alumni Center 3100 Cullen Blvd., Houston, TX 77204 |
| March 5 (Saturday) 1pm - 4pm | FPR SPEED Inter-Squad Meet | Spring Forest Middle School 14240 Memorial Drive, Houston TX 77079 |
| March 12 (Saturday) | Pearland Track Express | Pearland West Junior High 2315 Old Alvin Road Pearland, TX 77581 |
| March 19 (Saturday) | BeastMode Relays (only runners invited by coaches will attend) | Henry Winston Stadium Friendswood High School 702 Greenbriar Dr., Friendswood, TX 77546 |
| March 26 (Saturday) | Stallions Track and Field | Magnolia High School 14350 FM 1488 Magnolia, Texas 77354 |
| April 2 (Saturday) | JP Houston Heat | Herman Barnett Stadium 6800 Fairway Drive Houston, TX 77087 |
| April 09 (Saturday) | Tigers | Joe Kelly Butler Sports Complex 13755 South Main Street Houston, TX 77035 |
| April 16 (Saturday) | Afterburners | Elkins High School 7007 Knights Court, Missouri City, TX 77459 |
| April 22-23 (Friday/Saturday) | Open (Rain Date) | |
| May 7 (Saturday) | Mainland Jaguars | Herman Barnett Stadium 6800 Fairway Drive Houston, TX 77087 |
| May 20-21 (Friday/Saturday) | CL Stars | Stafford High School 1625 Staffordshire Road Stafford, TX 77477 |
| May 27-28 (Friday and Saturday) | Northwest Flyers | Klein Memorial Stadium Spring, TX 77379 |
| June 3 -4 (Friday-Saturday) | Track Houston | Spring High School Leonard George Stadium 19428 I-45, Spring, TX 77373 |

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|-------------------------------------|--|---|
| June 9-11 (Thursday-Saturday) | AAU Gulf District Qualifier Top 16 Qualifies for AAU Region 17 | Hall Stadium 3333 Hurricane Ln Missouri City, TX 77459 |
| June 16 (Thursday) | USATF Gulf Championships Steeplechase | Rice University |
| June 17 (Friday) | USATF Gulf Championships Girls Running Prelims Boys Field Events Finals | Herman Barnett Stadium 6800 Fairway Drive Houston, TX 77087 |
| June 18 (Saturday) | USATF Gulf Championships Boys Running Prelims Girls Field Events Finals | Herman Barnett Stadium 6800 Fairway Drive Houston, TX 77087 |
| June 24-25 (Friday-Saturday) | USATF Gulf Championships Finals-Top 6 Qualifies for USATF Region 12 | Herman Barnett Stadium 6800 Fairway Drive Houston, TX 77087 |
| June 29-July 2 (Wednesday-Saturday) | AAU Area 19 National Qualifier Top 8 Qualifies for AAU Area19 | Traylor Stadium 4606 Mustang Ave Rosenberg, TX 77471 |
| July 6-9 (Wednesday-Saturday) | USATF Region 12 Championship-Top 5 For USATF Junior Olympic | Ratliff Stadium, Odessa Texas |
| July 26-31 (Tuesday-Sunday) | USATF National Junior Olympic Track and Field | Cal State Sacramento, CA |
| August 1-6 (Monday - Saturday) | AAU National Junior Olympics Track & Field Competition | Turner Stadium 1700 Wilson Rd. 77338 Humble, Texas |

All Athletes must have USATF(United States of America Track and Field) card in order to compete.

PLEASE INITIAL AND SIGN THE LAST TWO PAGES AND TURN IN TO FPR Speed

FPR Speed volunteer policy

Athlete Name: _____

All families are expected to volunteer each season for FPR track team. It is expected that when you sign up for a position or job you will take responsibility and be dependable. Each job is important to making our season a success. Each family is expected to work a minimum of one job and donate food items for track meet lunches/snacks.

I have read and understand: _____ Initial

Service Project

Each season all the track athletes are asked to participate in a service project within our community. Our FPR Track program not only wants to encourage your children to be great runners and athletes, but to be good citizens in the community. Family Point Resources provides a great deal of services and opportunities to the children in the area and we feel that it's important for our team and athletes to give back to the community.

More information on a date and the project will come soon. It is expected that all athletes in both the Running Club and the Track Team will participate

I have read and understand: _____ Initial

Photo Release

I hereby grant Family Point Resources to use my child's likeness in a photograph in any and all of its publications, including website entries, without payment or any other consideration. I understand and agree that these materials will become the property of FPR and will not be returned. I hereby irrevocably authorize FPR to edit, alter, copy, exhibit, publish or distribute this photo for purposes of publicizing FPR's programs or for any other lawful purpose. In addition, I waive the right to inspect or approve the finished product, including written or electronic copy, wherein my child or children's likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photograph. I hereby hold harmless and release and forever discharge FPR from all claims, demands, and causes of action which I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf or on behalf of my estate have or may have by reason of this authorization.

I agree: _____ Initial

FPR Water bottles

Beginning March 12th each athlete will be responsible to bring and keep track of their own water bottles at **practice and during track meets**. All water bottles are \$5.00 and will have the child's name printed on them. Remember, hydration is very important.

I have read and understand: _____ Initial

Conduct Contract for FPR Speed athletes and family

1. Applaud good performance and effort by your team and the opponents.
2. Never ridicule or criticize young people for making a mistake during a competition. Positive comments are motivational.
3. Condemn the use of violence in any form.
 - Verbal or physical assaults
 - Throwing of articles in an aggressive manner
 - Bullying
 - Vandalism of property
 - Racial or ethnic slurs
 - Attempting to intimidate or threaten others
4. Show respect for your team's opponents. Without them there would be no races or events.
5. Demonstrate appropriate social behavior by not using foul language towards coaches, athletes, parents, officials or any other spectators.
6. Recognize the value and importance of coaches and volunteers. They give their time and resources to provide opportunities and deserve support.
7. Show care for FPR uniforms and materials.

Training Commitment - Parents

- If my child cannot be at practice I will advise the coach as soon as possible.
- If your child is qualified to race, it is expected that they will attend all meets.
- If my child cannot attend a track meet, I will notify the coach as soon as possible at the beginning of the season.
- I will take support my child's training seriously and make sure my child attends 85% of all practices.

Training Commitment – Athlete

- I will be committed to performing at my best and will put forth my best effort at practices and during each meet.
- I will be safe on the track and on the field at all times.
- I will respect and show care for my and other athletes' personal property, uniforms, shoes, water bottles etc.
- I will respect my coaches, my fellow athletes, parents and officials. I will not curse, swear or make derogatory comments about others. I am part of a team and will encourage my team mates to do their best.
- I will conduct myself in a respectful manner as an athlete of the FPR Track and Field Team.
- If I am warned three times about breaches to the Code of Conduct, I will be asked to leave the team.

I have read the FPR Code of Conduct and, as an athlete and parent/guardian of the FPR Track Team, will adhere to it.

Athlete Signature

Date

Parent/Guardian Signature

Date