

Pella Atletieks Track & Field Club 2010

Parent's Information:

Practice Information:

- .. All practices will be held at the Central College or Pella High School Track and will revolve around Central College and local High School meets and practice schedules. Check website for all weekly schedules or call Eric @ (641) 780-1503.
- .. Practices times will be posted on the Pella Atletieks Club site: www.pellatrackclub.org
- .. Drop off and pick up children in the Central College or Pella High School parking lots. At Central College parents may NOT drive down the fieldhouse driveway that runs west of the fieldhouse, but have to park cars in the parking lot south of the tennis courts. Parents of younger athletes (10 years and younger) must walk down to pick up their child.
- .. Due to liability issues, all bantam and younger athletes must be picked up immediately after practice. Our coaches are needed for the next level practices and cannot be utilized as supervision for parents. This also means that younger siblings are NOT allowed to practice with older siblings and should not “hang around” and wait for the older sibling until parents show up. Yes, if you have more than one child participating at different levels, you could be making a couple of trips to the track. Carpools are suggested.
- .. Athletes must practice at their scheduled age division time. We will not allow younger athletes to practice UP with older groups. This reduces the coach/athlete ratio which is not fair to our older athletes and more importantly forces your child to train at a level that is not going to allow for growth in performance. OVER-TRAINING YOUTH ATHLETES will not/does not equal success in track. Proper technique and periodized training that is age appropriate and fundamentally sound is what drives the training of our athletes for this club.
- .. All practices are optional, but keeping in shape, running to your potential, and learning to run and/or jump with proper technique requires regular practicing. Have reasonable expectations for your child when they participate in track meets. USATF meets are competitive and can be a bit intimidating for the first time participant. Remember: this sport is about PR's (personal records) and personal improvement.
- .. Bring a water bottle to practice every day. No soda, Kool Aid, etc. Sports drinks are good after practice.
- .. Practice will not be held if it is raining at the practice start time. Because of the large number of athletes, we are not able to call people individually to cancel practice. We will stop/end practice if heavy rain lasts over 10 minutes. Practice will end immediately if there is lightning. Check the website at least 1 hour before practice times to make sure practices are ON and not moved to a different track.
- .. Please do not allow your children to eat RIGHT before practice. A light meal or snack after school and eating dinner after practice is recommended if possible.
- .. Please have your child go to the bathroom before practice. Bathrooms are not usually open.
- .. Practices will probably result in some sore muscles and joints. Sore ankles and various leg muscles soreness are normal and should disappear during the first few weeks when practices are regularly attended. If your child has continuing pain, be sure to contact your coaches!
- .. Bring sweats to practice. Always dress warmer than you think necessary. It is easier to take off sweats than put on the sweats you didn't bring! You want to keep your muscles warm throughout the practice.

Club Costs - Payable to Pella Atletieks Track & Field Club

- Club Membership - \$35 (single) , \$50 (family)

Optional Additional Costs - Not taken care of by Pella Atletieks Club Costs

- USATF / AAU Membership - Paid directly to USATF or AAU not through club
- Meet Entry Fees and Travel Expenses
- Club Uniform (Only needed for relay participation.)

Pella Atletieks Communications:

- PATFC will use the Atletieks website and e-mail to communicate with parents. We are a “green” group and intend to post the majority of our meet info, etc. on the website. Meet schedules and departure information will be posted on the website as early as possible.

Coach Contacts:

- Eric Pingel (641)-628-4689 (H) or (641) 780-1503 (Cell)

WEBSITE: www.pellatrackclub.org

Please send us your e-mail to be put on our mailing/contact list: pingel10@mchsi.com

General Track Meet Information

1. Entry fees for each meet are the responsibility of the athlete/parent. The track club does not pay for athlete or spectator entry fees, meals, transportation & lodging, if required. Meet fees for athletes are usually \$4.00 to \$8.00 maximum.
2. Athletes under 13 can compete in a maximum of 3 events (running or field events). Athletes 13 & over can compete in a maximum of 4 events, but no more than 3 running events.
3. If your child competes in the USATF State meet (June 20-21) & qualifies for the USATF Regional meet, (First 6 places in an individual event or first 3 places for a relay team), Pella Atletieks must submit the Regional Meet registration & pay the entry fee before leaving the USATF State meet. Please be ready with that decision on June 20-21. The 2009 USATF Regional meet will be held on July 9-12 in Nebraska.
4. Pella Atletieks T&F Club will always try to enter one strongest relay team (time trials and baton exchange experience) plus create as many additional relay teams as possible. Attendance at practices will be a deciding factor (if necessary) if we have an odd number of athletes that want to run in a relay. Relay team members **MUST** wear the Pella Atletieks official club uniform.
7. Photos from our track meets may be posted on the website. If you do not want your child's image to be placed on our website, contact Kari at pingel10@mshci.com.

REGIONAL and NATIONAL QUALIFYING INFORMATION

Athletes must be registered members of either AAU or USATF (or both if you are going to compete in both) in order to participate in their sanctioned state, regional or national meets.

To compete at the USATF Regional and National competitions in an individual event, the athlete **MUST** compete & qualify in the following meets:

- June 13 USATF Combined Events Championships - Johnston HS, Johnston, IA
- June 19-20 USATF State Meet – (Usually Johnston HS - Des Moines area)
- July 8-11 USATF Regional Meet – Simpson College, Indianola, IA (tentatively).
- July 27- Aug. 1 USATF Nationals – Sacramento, CA

To compete at the AAU National Junior Olympics you **MUST** compete & qualify in the following meets:

- June ????? AAU Area 12 Regional Meet – TBD
- July 31- August 7 AAU National Junior Olympics – Norfolk, VA

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AAU & USATF COMPETITION CATEGORIES:

Competition categories are based on an athlete's age, not their grade level in school. The age group your child will compete in is based on the year he/she was born. The age groupings and names for each group are shown below. There are differences between the AAU and USATF categories in the younger age groups for Individual events. The relay team categories are identical.

<u>AAU Brackets</u>	<u>Age</u>	<u>Year Born</u>	<u>USATF Brackets</u>	<u>Age</u>	<u>Year Born</u>
Primary*	8 & under	2002 & later	Sub-Bantam*	8 & under	2002 & later
Sub-Bantam	9	2001	Bantam	9 & 10	2000 & later
Bantam	10	2000	Midget	11 & 12	1998 & 1999
Sub-Midget	11	1999	Youth	13 & 14	1996 & 1997
Midget	12	1998	Intermediate	15 & 16	1994 & 1995
Sub-Youth	13	1997	Young Men/Women	17 & 18	1992 & 1993
Youth	14	1996			
Intermediate	15 & 16	1994 & 1995			
Young Men/Women	17 & 18	1992 & 1993			

Athletes **must** run in their age group for all Individual and Relay team events. An athlete cannot run in an older division, even for relay teams. The only exception is 8 & under, who can compete on a Bantam relay team since they do not offer relays for that age group.

Athletes in the Midget and younger age divisions can compete in a maximum of three events in a meet. Athletes in the age divisions older than the Midget division can compete in a maximum of four events in a meet, but no more than 3 running events.

Glossary

AAU – Amateur Athletic Union

USATF – USA Track & Field Association