



GLENARDEN TRACK CLUB
PO Box 1156 - Lanham, MD
20706



Dear Parents:

The Glenarden Track Club will begin its 2023 outdoor season on March 20, 2023. Practice will be held on Mondays, Wednesdays, and Thursdays from 6:00 p.m. until 7:30 p.m. at Prince George's Sports & Learning Complex. Registration will conclude on April 23, 2023. Payment will be due no later than 2 weeks from the date that your child begins practice. For registrations done after April 14, payment will be due the day of registration. Uniforms will be issued to all registered athletes on April 25, 2023. The only exception to the deadline will be for those athletes who are currently participating in High School, Junior High School, or Private School track programs.

The registration fee for the season is \$225.00 for each athlete. The athletes from High School, Junior High School, or Private School track programs that register after May 18, 2023, will pay \$160.00.

Due to the number of bad checks, we have received in the past, we will not accept personal checks. This policy will be in effect for the entire season and will include payment for travel, fund-raisers, etc. We accept cash, money orders, or certified checks only.

The registration fee covers costs to register for meets, uniforms, athletic bags (**for new athletes only**), t-shirts, sweat suits, USAT&F or AAU cards, and miscellaneous items. Any athlete can purchase a new bag for a cost of \$60.00. No athlete will receive a uniform until his/her registration fee has been paid.

All athletes must submit a completed medical form and all new athletes must submit a **copy** of his/her birth certificate within a week of registration. In the past we have had problems receiving these documents, creating problems for the staff in getting athletes registered for meets that require proof of age. Also, we use the phone numbers and email addresses from the medical form to create a database that we use for contacting parents when practices must be canceled.

The staff and members of the Glenarden Track Club would like to thank you for your support, time, and efforts in making the 2023 season a success. We look forward to your continued support and another season filled with our young people's accomplishments.

Guidelines, registration/medical form, meet schedule and other information or updates may be obtained from the club's website at: <http://www.glenardentrackclub.com/>

Larry Colbert, President
Glenarden Track Club

KEEPING YOUTH ON THE RIGHT TRACK

**ONLY COMPLETED REGISTRATION FORMS ALONG WITH PAYMENT WILL
BE ACCEPTED DURING THE REGISTRATION PROCESS.**

GATC Participant Information / Medical Emergency Form

***PRINT A COPY OF COMPLETED FORM**

Participant's Name: _____

Date of Birth _____ Male Female

Name of Parent or Guardian: _____

Address: _____

City: _____ State _____ Zip Code _____

Parent/Guardian #1: Relationship to Child _____

Best Contact Number _____

Email _____

Parent/Guardian #2: Relationship to Child _____

Best Contact Number _____

Email _____

I, _____ hereby authorize the coach accompanying the Glenarden Track Club to seek immediate medical treatment for my child listed above, if a medical emergency arises while on the way to, returning from, or during any practice or meet in which the team participates. I also authorize the attending physician to perform any emergency treatment necessary, after consultation with the coach, if I cannot be reached.

___ PARTICIPANT MEDICAL EMERGENCY INFORMATION

List any ongoing medical concerns:

List any current medications and frequency of administration:

List any medication allergies:

Name of Childs Physician: _____

Phone: _____

Insurance Company: _____

Insurance Company ID Number: _____

Todays Date: _____

Signature: _____

___ EMERGENCY CONTACT INFORMATION

Name: _____

Relationship to Child: _____ Phone: _____

PLEASE COMPLETE AND RETURN THIS FORM IMMEDIATELY.

Glenarden Track Club Outdoor Track Booster Club Registration 2023

***PRINT A COPY OF COMPLETED FORM**

DATE: _____

ATHLETE'S NAME: _____
Last First Initial

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

HOME PHONE: _____ BIRTH DATE: _____ MALE FEMALE

MOTHER NAME: _____ WORK: _____ CELL: _____

EMAIL: _____

FATHER NAME: _____ WORK: _____ CELL: _____

EMAIL: _____

NEW or **RETURNING**

VOLUNTEER OPPORTUNITIES

Home Meets

- Registration
- Awards
- Tent Set-Up
- Check In (Bull Pen)
- Concessions/Cooking
- Booster Club Fundraisers

All Meets

- Field Events
- First Aid Assistance
- Distribute Event Labels

Guidelines for the 2023 Track Season

To the parents of Glenarden Track Club, we request that you read this entire document.

The staff of the Glenarden Track Club is looking forward to an exciting and successful 2023 season. To ensure this, we have listed guidelines and suggestions that should be followed by athletes, parents, and staff.

1. All athletes should be dressed appropriately for the weather conditions. When it is cold, please be sure that the athletes are dressed warmly and wearing gloves.
2. Wear appropriate footwear. Athletes shouldn't try to sprint in basketball shoes or similar footwear. Please speak with a member of the coaching team if you have any questions regarding the proper footwear. We would also appreciate it if you could donate any track shoes that are too small for your kid. They will be cleaned and respiked before distributing to athletes in need.
3. Jeans, dresses, skirts, or tight-fitting pants are never to be worn to practice. Sports bras should never be worn on their own; they should always be worn underneath athletic clothing or uniform. Everyone needs to wear a shirt.
4. On meet days, all athletes must wear the club uniform. Relay team members should take particular note of this because teams can be disqualified if all of their members are not dressed alike. There won't be any exceptions to this regulation because we've had several athletes disqualified in the past for wearing improper uniforms.
5. The coaching staff will determine which events are appropriate for each athlete based on observation and time trials. If you have any questions about the events in which your child is participating, please talk with a member of the coaching staff either *before* or *after* practice. During meets, the staff will be preoccupied with ensuring that each athlete performs to his or her best ability, and there will be no time to discuss which events you believe your child should have been put in. Similarly, there may be times during meets when a coach needs to substitute an athlete in a planned event. In these situations, having a parent question the coach during the meet is highly disruptive. You are welcome to address any issues or questions you may have at the upcoming practice.
6. It is critical that parents monitor the kinds and quantities of food and liquids consumed by their children during competitions. Athletes cannot perform well after eating greasy or heavy meals. Water, fruit

- juices, Gatorade, and other healthy liquids are recommended. Sodas must be avoided. Remember, track meets are for performance, not picnics.
7. It is neither feasible nor reasonable to expect the staff to provide transportation for athletes to scheduled meets. As always, we will do our best to help, but we will have to depend heavily on parents for transportation to local meets.
 8. Parents should be aware that the registration cost covers sweat suits, uniforms, meet entry fees, and miscellaneous items like batons, among other things. Athletes who qualify for big meets will be required to cover a portion of the costs associated with these events. The club will help as much as its resources allow and will make every effort to keep these costs to a minimum.
 9. The parent's "Booster Club" welcomes new members and support. You could obtain information about the booster club from *Kelly Hamilton, Faye Howell*, or any other booster club member.
 10. Coaches will establish curfews for overnight meets in order to ensure that athletes can compete to the best of their abilities. These curfews will be followed by all athletes. For the first offense, anyone found breaking the curfew will be excluded from the remaining events. Any further curfew violations will result in expulsion from the team for the rest of the season. Any athlete caught participating in an event from which they have been scratched will be immediately and permanently expelled from the team. All athletes will be subject to curfews at 10:00 p.m. This curfew will apply to those who are staying with their parents and those who are rooming with the club.
 11. For parents going to our away meets, the staff will not be responsible for making flight or hotel reservations. We advise working with the Parent Booster Club if you want to book a ticket and lodging that match the staff's and athletes' schedules. The club will always be kept informed of our plans and may have access to any extra airline tickets or hotel rooms that we have reserved. In addition, the staff will only handle on-ground transportation for the staff and athletes at the away location. Parents are expected to provide their own ground transit.
 12. Parents are welcomed to warm up and exercise with the team. However, once the exercise time is over, only staff and designated assistants will be permitted on the track.
 13. Parents are not permitted on the track or in the infield at any point during a track meet. The athlete or team may be disqualified for breaking this regulation.

By following the guidelines above, we can expect to experience another successful, happy, and healthy season.

GLENARDEN TRACK CLUB CONTACT INFORMATION

___ COACHES CONTACT LIST

Henry McCallum Jr.	301-807-0032
Elenora Battle	301-257-8406
Phillip Barrett Sr	301-512-8016

Please do not call after 10:00 pm.

___ PARENT BOOSTER CLUB CONTACT LIST

Kelly Hamilton	301-780-3898
Faye Howell	301-350-0129
Shadawn Waters	301-502-5946
Porsha Jones	240-887-3900