



Glenarden Track Club Indoor Track Registration 2023-2024

Please Print

DATE: _____

**AAU Registration card fee is \$25.00 due on first day of practice
Registration fee for new athletes is \$200 and is due within one week of the first practice**

ATHLETE'S NAME: _____
Last First Initial

Shoe size: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

HOME PHONE: _____ BIRTH DATE: _____ SEX: _____

MOTHER NAME: _____ Work _____ Cell _____

Email _____

FATHER NAME: _____ Work _____ Cell _____

Email _____

EMERGENCY CONTACT(S)

Name: _____ Relationship: _____ Phone: _____

Medical Concerns: _____

PHYSICIAN: _____ PHONE: _____

VOLUNTEER OPPORTUNITIES

___ Registration ___ Awards ___ Field Events

___ Check In (Bull Pen) ___ Medical Assistance



Dear Parents,

The Glenarden Track Club's indoor season begins on November 6, 2023. Practice sessions will take place at the Prince George's Sports & Learning Complex outdoor track on Mondays, Wednesdays, and Thursdays from 6:00 p.m. to 7:30 p.m. throughout November.

For athletes who were part of our 2023 outdoor season, there is no registration fee. However, they will need to pay \$25.00 for a 2024 AAU card. New athletes will be required to pay a registration fee of \$200. Parents/guardians will be responsible for entry fees for all meets except for all-comers meets.

Every athlete must submit a completed medical form. New athletes should also provide a copy of their birth certificate and payment within one week of registration. This is essential for meet registration, particularly for events that require proof of age. We use the contact information from the medical forms to communicate with parents regarding practice cancellations.

Guidelines, registration/medical form, may be obtained from the club's website at:

<http://www.glenardentrackclub.com>

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

Due to limited coaching staff during the indoor season, we have a cap on the number of athletes we can accept. Additionally, **we only accept athletes who intend to participate in our summer outdoor season**, as we focus on track and field training, not general conditioning.

KEEPING YOUTH ON THE RIGHT TRACK

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

Please do not call after 10PM

__ COACHES CONTACT LIST



Henry McCallum Jr. 301-807-0032

Elenora Battle 301-257-8406

Phillip Barrett Sr 301-512-8016

___ 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