



GLENARDEN TRACK CLUB
PO Box 157 - Lanham, MD 20706



Dear Parents:

The Glenarden Track Club will begin its 2025 outdoor season on March 17, 2025. 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 April 23, 2025. 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 21, 2025. 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 \$235.00 for each athlete. The athletes from High School, Junior High School or Private School track programs that register after May 18, 2025, will pay \$185.00.

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.

Registration fee covers costs to register for meets, uniforms, athletic bag (**for new athletes only**), t-shirt, sweat suit, USAT&F or AAU card 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 2025 season a success. We look forward to your continued support and another season filled with our young peoples' 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/>

Henry McCallum,, 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

Please Print

Participant's Name: _____ Date of Birth _____ M ___ F ___

Name of Parent or Guardian: _____

Address: _____ City: _____ ST ___ Zip _____

Phone: Home: () _____ Father's Work: () _____

Email: _____ Mother's Work: () _____

I, _____ hereby authorize the coach accompanying the Glenarden Track Club to seek immediate medical treatment for my child listed above, if 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.

If the child has any on-going medical problem, please indicate below:

If the child is currently taking any form of medication, please indicate the type of medication and frequency: _____

If the child has a reaction to any medication, please indicate the medication:

Name of Child's Physician: _____ Phone: _____

Insurance Company: _____

Insurance Company ID Number: _____

Date: _____ Signature: _____

EMERGENCY CONTACT

Name: _____ Relationship: _____ Phone: _____

Medical Concerns: _____

PHYSICIAN: _____ PHONE: _____

Please complete and return this form immediately.

Glenarden Track Club Outdoor Track Booster Club Registration 2025

Please Print

DATE: _____

ATHLETE'S NAME: _____
Last First Initial

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

HOME PHONE: _____ BIRTH DATE: _____ SEX: _____

MOTHER NAME: _____ Work: _____ Cell: _____

Email: _____

FATHER NAME: _____ Work: _____ Cell: _____

Email: _____

New _____

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

IN ORDER TO RECEIVE E-MAIL NOTIFICATION THIS FORM MUST BE COMPLETED

To: Parents
Glenarden Track Club

Subject: Guidelines for the 2025 Track Season

WE REQUEST THAT YOU READ THIS ENTIRE DOCUMENT.

The staff of the Glenarden Track Club is looking forward to an exciting and successful 2025 season. In order to ensure this, we have listed below a few simple guidelines and/or suggestions that should be followed by athletes, parents and the 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. Appropriate footwear should be worn. No athlete should attempt to run in basketball shoes, etc. If there are any questions concerning what footwear is appropriate, please talk with a member of the coaching staff. Also, if you have any track shoes that are too small for your child, we would appreciate it if you would consider donating them to the club. We will clean them up, re-spike them and distribute them to other athletes who might be in need of them.
3. Jeans, dresses, skirts, or tight-fitting pants are never to be worn to practice. Sport bras are to be worn under training gear or uniform only it should never be worn alone. **Everyone must have on a top.**
4. On days when there is a meet, all athletes should be dressed in the uniform provided by the club. This is especially important to members of relay teams, because teams are subject to disqualification if all of its members are not dressed uniformly. In the past we have had several athletes disqualified due to improper uniform, therefore, there will be no exceptions to this rule.
5. The coaching staff will decide (based on observation and time-trials) which events are appropriate for each athlete. If you have questions concerning the events in which your child is placed, please speak with a member of the coaching staff either before or after practice. During meets the staff will be occupied with trying to ensure that each athlete makes his or her best performance and there will be no time to discuss which events you feel your child should have been placed in. Likewise, times will arise during meets when it will be necessary for a coach to substitute an athlete in a scheduled event. In these instances, it is extremely disruptive to have a parent questioning the coach during the meet. Any questions and/or problems you may have can be discussed at the next scheduled practice.
6. It is important that parents pay close attention to the types and amounts of food and liquids that are consumed by the athletes during meets. An athlete cannot put in a good performance when he or she has eaten greasy or heavy foods. Liquids are to be encouraged, but should be something healthy such as

water, fruit juices, Gatorade, etc. Sodas are to be discouraged. Remember, meets are for performance not for picnics.

7. It is not possible, nor to be expected, that the staff will be able to provide transportation for athletes to scheduled meets. As always we will do what we can to be of assistance in this area, but we will have to rely heavily on the parents in matters of transportation to local meets.
8. Parents should be aware that the registration fee will cover sweat suits, uniforms, entry fees for meets, and miscellaneous items such as batons, etc.. It will be necessary for athletes who qualify for major meets to absorb a portion of the expense for these meets. The club will be of as much assistance as its finances will allow and will make every attempt to keep these expenses to a minimum.
9. Parents are encouraged to join and support the parents' "Booster Club". For information regarding the club you may contact Kelly Hamilton, Faye Howell or any other member of the booster club that you might already know during any practice.
10. In order to allow athletes to compete to the best of their ability curfews will be set by the coaches for overnight meets. All athletes will adhere to these curfews. Anyone caught in violation of the set curfew will be scratched from any remaining events for the first offense. Any subsequent violations of curfew will result in expulsion from the team for the remainder of the season. Any athlete found participating in an event from which they have been scratched will be immediately and permanently expelled from the team. Curfews for all athletes will be 10:00 p.m. This curfew will be effective for athletes rooming with parents as well as those rooming with the club.
11. The staff will not be responsible for flight or room reservations for parents traveling to our away meets. Parents wishing to make reservations on flights and for rooms that coincide with the staff and athletes plans should attempt to make arrangements through the Parent Booster Club, which will always be kept up-to-date on our arrangements and may have access to any additional airline tickets and or rooms that we have reserved. Also, the staff will only handle on-ground transportation at the away site for the staff and athletes. Parents will be responsible for their own on-ground transportation.
12. Parents are welcome to warm-up and exercise with the team. However, once the exercise period is over only staff and designated assistants will be allowed on the track.
13. At track meets, parents are not allowed on the track or infield at any time. Violation of this rule could lead to the athlete or team disqualification.

Hopefully, by adhering to these guidelines we will achieve another happy, healthful, and successful season.

GLENARDEN TRACK CLUB **CONTACT INFORMATION**

Below is a list of coaches' numbers that you may contact if you have questions or problems.

Henry McCallum Jr. 301-807-0032

Elenora Battle 301-257-8406

Phillip Barrett Sr 301-512-8016

Please do not call after 10:00pm.

Contact list of names for the Parent Booster Club

Kelly Hamilton 301-780-3898

Faye Howell 301-350-0129

Shadawn Waters 301-502-5946