

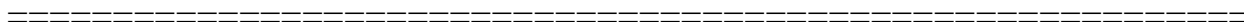
# CENTRAL TEXAS ROAD RUNNERS



## TRACK & FIELD CLUB

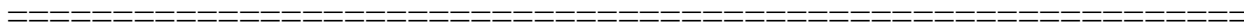
### POLICIES AND PROCEDURES

#### ARTICLE I. REGISTRATION



1. Registration begins January 15 – April 30, 2023, for youth ages 8-18.
2. Registration form must be completed by parent and /or guardian.
3. A copy of each athlete's birth certificate must be presented at time of registration.  
Central Texas Road Runners will retain a copy of each birth certificate for the athletes file and to present at competitions and practices if necessary. This is done to ensure that our athletes are competing in the correct age group.
4. The Participation Fee is \$350.00. This fee DOES NOT include any lodging and/or accommodations for overnight meets to include Junior Olympics and/or Qualifier Meets. Parents/Guardians are responsible for any fees associated with lodging and/or accommodations.
5. Please make checks and/or money orders payable to: CENTRAL TEXAS ROAD RUNNERS.
6. Payment installments- Participation fees can be made using payment installments. Minimum \$100.00 Deposit. **NON-REFUNDABLE!!**
7. All fees/installments payments are **NON-REFUNDABLE** and must be paid by April 30, 2023, No exceptions!! If fees are not paid in full, athletes will NOT practice and/or compete. The Athletes name will be removed from the roster and listed as inactive status.

#### ARTICLE II. SUMMER TRACK SEASON



1. Practice and Competition is from March- August with the first track meet in April.
2. (Date, Time and Location are TBD).

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### ARTICLE III. PRACTICE TIME DAYS AND LOCATION

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1. Practice will be 4 days a week (Monday, Tuesday, Wednesday, and Thursday) 6:30 PM-8:30 PM.
2. The practice location is Ellison High School.
3. To prevent injury, it is imperative that athletes attend practices. If athletes miss more than 2 practices in each week he/she may not compete in the next competition.
  - a. This is done to ensure that each athlete receive adequate training and/or conditioning.
4. Please notify via text or email coaches and/or staff that your athlete will not be in attendance prior to practice.
5. If practice is cancelled or rescheduled for any reason all athletes/parents will be notified via text or GroupMe.

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### ARTICLE IV. TRANSPORTATION

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1. At this time Central Texas Road Runners will not provide transportation to and/or from practice and/ or competitions.
2. Parent(s) and/or guardians must arrange transportation. We expect maximum participation.

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### ARTICLE V. DRESS CODE

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1. All athletes must bring a pair of running shoes and running spikes to each practice and competition. (No Sandals Flip Flops, High Heels, Dress Shoes, Boots, etc).
2. Athletes must adhere to the Central Texas Road Runners Dress Code for practice and competitions. No Exceptions. If any athlete is in violation of the Dress code, then he/she will be sent home.
3. All athletes must be dressed modestly and comfortably during practice.
4. Acceptable Practice Attire is Shorts (no daisy dukes, no cut of shorts, no shorts that do not provide adequate coverage) and T-shirts (no midriffs, halter tops, no sports bra as a shirt, no bathing suits and no clothing with profanity, inappropriate gestures, and/or lewd behavior.)
5. All female athletes must wear a Sports Bra under their T-Shirt and/or Uniform.
6. No jewelry should be worn during practice and/or competition.
7. No headgear (i.e., hats, sun visor, and /or bandannas should be worn during and/or competitions unless required for religious belief and /or medical condition(s). Documentation is required. **NO EXCEPTIONS!!**

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## ARTICLE VI. COMPETITIONS

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1. Central Texas Road Runners will not provide ANY MEALS! All athletes are responsible for providing his and/or her food and/or drink. All food and/or drinks should adhere to the Central Texas Road Runners guidelines.
2. Athletes must also bring with them (to every meet) their uniform, running shoes with spikes, sunscreen, and a personal water jug. (Athletes are discouraged from walking around on their spikes off the track).
3. All meets are voluntary. Meets are not mandatory; however, we expect maximum participation. Refunds will not be given if athlete(s) do not attend and/or participate.
4. We are planning on attending approximately 7 meets in the Texas Area including Regional and District qualifiers. ALL MUST QUALIFY IN BOTH DISTRICT AND REGIONAL TRACK MEETS to advance to the **Junior Olympics** national competitions located in Hampton Roads, Virginia. Schedule will be provided later.
5. Each practice meet will charge a spectator's fee, which is normally \$10.00 per person. The Regional Competition spectators' fees normally range from \$20-\$25 and the National Competition spectator's fees normally range from \$40-\$45. These fees may vary. Central Texas Road Runners is not responsible for the fees associated at the meets.

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## ARTICLE VII. ZERO TOLERANCE

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Team sports require every athlete to exemplify a positive attitude to maintain a healthy learning environment. There will be NO negativity, profanity, or disrespect to any of the coaches, staff or athletes. First offense and the athlete may be dismissed from the team.

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## ARTICLE VIII. FUNDRAISERS

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We are a nonprofit organization and fundraisers are essential to our organization. We expect all our athletes and parents to participate in fundraisers. The purpose of the funds raised are used but not limited to the following: Cost Associate with the Use of KISD Track for practice, equipment, banquets, etc. Fundraisers are ongoing. All athletes will be notified in advance by the Fundraiser Coordinator and/or Parent Liaison of the dates, times, and location via text or GroupMe!