

2019
Track & Field Membership
Handbook

COBB PAL



TRACK

Cobb Police Athletic League (PAL)
140 N Marietta Pkwy Marietta GA 30060
770-499-3921

www.cobbcounty.org/pal

Welcome!

Thank you all for your interest in Cobb PAL Track Club. We are fast becoming one of the top track & field clubs in the state of Georgia and being recognized on a national level. We are members of CCYTL (Cobb County Youth Track League), the Lab series, the USATF (United States Amateur Track & Field) and the AAU (Amateur Athletic Union).

Our mission is to produce quality youth through the promotion of fitness, sportsmanship, and the encouragement for high academic achievement. We will build confidence, instill drive and give comfort to every child. We encourage and help young people to develop physically, emotionally, educationally and socially through their involvement in track and field.

Our club policy is education first, training second. We instill discipline and focus into our student/athletes. Our primary goal is the development of your child.

Cobb PAL members have qualified for the USATF Junior Olympics for the past two seasons and we ended 2015 on a high note for our first summer season with 7 qualifying for the USATF Junior Olympics. Our 2016 season ended with four members qualifying for the AAU National Championships and three in the Junior Olympics; with two All-Americans.

Our main objective for 2019 is to continue the development of our students/athletes.

*The 2019 USATF Junior Olympics is in Durham, NC.

*The 2019 AAU National Championship is in Greensboro, NC.

*The 2019 AAU Club National Championship is in Orlando, FL.

Once again thank you and we look forward to seeing you on the track.

PAL is a self-governing, self-supporting organization certified in the state of Georgia as a non-profit corporation. The club is a 501(c)(3) charitable organization, all donations are tax deductible. Sponsorship and in-kind donations are welcome.

Cobb PAL Staff

SPRING TRACK & FIELD

The Cobb PAL Track Club is a member of the Cobb County Youth Track League (CCYTL). The CCYTL is the largest competitive recreational league in the metro area. All PAL athletes will be registered in the CCYTL and compete in the Georgia Recreation and Parks Association (GRPA) district, region, and state meets.

All boys and girls ages 5-15 years old can compete in the CCYTL Spring Track & Field League, with the exception of high schoolers. We cannot accept any high school aged students during the spring, however we can allow high school aged students in the summer!

Practice begins January 8, 2019. No one will be allowed to practice until all fees and forms are completed and returned. The practice schedule will be provided at the first practice.

Track & Field Events:

We compete in the following events:

50 Meters (5-7 year olds)

100 Meters

200 Meters

400 Meters

800 Meters

1600 Meters

3000 Meters

ALL RELAYS

Long Jump

High Jump

Triple Jump

Turbo-Javelin (softball)

Shot Put

**We as a club emphasize the 400m and believe all athletes should be able to run it in a competitive time.*

Registration Costs

****SPACE IS LIMITED****

\$65 per child, due on January 4, 2019

\$10 off sibling discount; \$15 off for 2nd additional sibling.

**In order to take advantage of the sibling discount, members must live in same household.*

****All Monies Paid are Non-Refundable!**

LAB SERIES (Invitation Only)

The LAB series is completely optional and participation is determined by qualification/invitation only. The Lab Series of track meets are for athletes ages 5-15 that have proven themselves on the track and rank in the top 10 in the state in their respective events.

These meets run concurrent with the Spring Developmental Meets (CCYTL). It is possible to receive an invitation during the season based on hard work, participation, dedication and temperament. The head coach will determine who competes in the Lab series.

All Lab middle school aged athletes will participate in the Georgia Middle School Athletic Association (GMAA) state championships.

LAB Registration Costs

\$40 per child due by March 1, 2019 (this is in addition to the \$65 registration fee paid for Spring)
There will be an additional cost for AAU and USATF membership.

****All Monies Paid are Non-Refundable!**

SUMMER TRACK & FIELD (Invitation only)

The summer season begins the week following the GRPA State Championships in May, and ends with the Nationals (AAU or USATF) in July. This league participates in 3-4 meets; qualifying meets and National/Junior Olympics. This league is open to all athletes 5-18 years old.

USATF Age Divisions:

8 & Under: 2011 & After
9 & 10: 2009 - 2010
11 & 12: 2007 – 2008
13 & 14: 2005-2006
15 & 16: 2003-2004
17 & 18: 2001-2002

AAU Age Divisions: (Ages 8-14 compete as single age groups)

8 & Under: 2011 & After
9 & 10: 2009 - 2010
11 & 12: 2007 – 2008
13 & 14: 2005-2006
15 & 16: 2003-2004
17 & 18: 2001-2002

WINTER TRAINING (Invitation ONLY)

We will have an invitation only, off-season strength & conditioning program (Indoor Season) that starts in November. You may also use this time to decide if you want to become a member of Cobb PAL. Those participating in the winter training program will compete in 2 meets. The meets are usually run in Birmingham, AL in a state of the art indoor track facility. Other indoor site locations are Nashville, TN. & Gainesville, FL. Meets are always 1 day.

*Fees Associated- TBD

➤ *Each athlete will pay prior to each meet; 2 meets total.*

You can do off season conditioning only and not run in any indoor meets. Training will take place at various site locations. We will use South Cobb HS, Lindley 6th Grade Academy, Mud Creek Park, and Nickajack Park as training sites.

Training Includes:

Conditioning
Strength
Abs/Core
Upper/Lower Body
Flexibility
Running Form
Speed
Power & Explosiveness
Resistance
Hills
Starts (Blocks)
Event Specific Training....and much more

*We do not have an official indoor uniform like we do for Spring/Summer Track. Returning members, you can run in any Cobb PAL apparel you have. All we ask is that everyone wears team colors when competing. If you want a uniform, we can have that discussion. We are trying to keep the registration costs down.

If you are participating in other sports, you need to consider if Indoor/Summer track and field is going to work for you. AAU basketball, spring football, and travel baseball will not work.

Policies and Procedures

Fund Raising, Sponsorships & Donations:

Everyone is encouraged to participate in fund raising. All fund-raising activities will be coordinated by Administration Staff and approved by the PAL Board.

Donations and sponsors will be coordinated through Administration Staff and the PAL Board. **No one** other than **Administration Staff** is allowed to collect donations or sponsors. If you know of an individual or organization, that wants to make a donation or become a sponsor. It must be coordinated through the Administration Staff.

All donations and sponsors designated to CPTC go towards the overall operations of Cobb PAL Track Club.

It is the Administration Staff and PAL Board's discretion as to where and when fund raising, sponsorship & donation monies are spent and allocated.

Travel:

Travelling to out of town meets require an overnight stay of one or more days. You must register 10 days prior to the start of event date and all hotel, flight and travel arrangements must be submitted along with meet registration. Failure to do so will result in athlete being scratched from individual events and/or removed from relay teams and replaced by alternates.

Bad Weather

The coaches will not cancel practice because of rainy weather in general. Practice will be held as scheduled except in the event of dangerous weather, such as extreme cold, heavy rain, or lightning. In the event that a scheduled practice is cancelled ahead of time due to the weather, the club will inform the members by email, text or posting on Cobb PAL's website at least 60 Minutes prior to practice start time.

Relay Team Policies:

4x100, 4x200, 4x400, 4x800

Being a member of a relay team is **a privilege**. It takes 4 individual athletes and families to work together and be on the same page with practice attendance, performance, travelling and cost. Relays by definition are 4 individuals thinking individually, but acting collectively.

Cobb PAL coaching staff has **full authority** to decide which athletes will be members of a relay team. A relay team consist of 4 members and in some cases up to 6 members with alternates.

1.) Relay teams can and will change from week to week from the spring season to Nationals. That means no one has a confirmed spot on a relay team at any time no matter how many times they've run on the relay in previous meets.

2.) Alternates are in place in the event that another member cannot fulfil their relay responsibilities due to: injuries, vacation, school/education, sickness, religion and personal family issues.

- Your relay spot is not guaranteed when you return.

- You cannot lose your relay spot due to injury.
- You have at least 1 meet to prove you are healthy and can hold your spot.

3.) In the event that an alternate fills in for a member during the prelims of a meet. The member unable to compete must give them their medal from the finals of that relay event.

Use of alternates must be approved by head coach

4.) Relay teams are comprised of performance, practice attendance, competition attendance, attitude/behavior and commitment. They will also consist of members that are able to compete, individually, on a state level.

5.) If you leave a competition meet early and you were scheduled to participate on a relay. You will be removed from the relay team as a member and **only the Head coach** can approve your return to the relay line up.

Practices

The Club schedules regular practices sessions that each athlete must attend. The practice schedule will be provided by the coaching staff. Supplemental workouts outside the Cobb PAL workout structure are discouraged, unless authorized by a Cobb PAL coach.

Athletes

- Athletes should attend all scheduled practices. Roll call will be taken at each practice. You are not allowed to miss more than 5 unexcused practices. More than 5 absences are grounds for dismissal or other disciplinary actions.
- Athletes must arrive on time and ready to workout.
- Athletes must have the following at each practice:
 - Water bottle*
 - Shorts and T-shirt*
 - Sweats pants and top*
 - Running shoes (no basketball shoes)*
- Athletes must follow the directions of the coaching staff during practices. This includes doing the exercises, participating in all drills and completing the training program.
- The following will not be tolerated: **profanity, horseplay, abusive language, or fighting.**
- **Members unwilling to participate in workouts will be dismissed from the track or practice area and will not be allowed to return until coaches have spoken with the parents.**
- Repeated misconduct, distractions and/or refusals to do workouts will be grounds for dismissal from the program. No membership fees will be refunded if a membership is terminated.

Refusal to practice includes, but is not limited to: walking on the track when told not to, refusal to perform a drill, constantly avoiding drills by walking away, hiding in the bathrooms, interfering with other's practices, sitting in the stands when told to be on the track; talking back to a coach, staff, or other adult, performing poorly in school, school behavior problems.

Parents

- Parents are not permitted on the track or in practice areas during practices without permission.

- Parents shall refrain from coaching or instructing athletes during practices sessions. Coaching is the exclusive responsibility of the Cobb PAL coaching staff. If you have questions about the workouts, please speak with a coach. If you are interested in volunteering to coach, please let us know!
- Coaches are available to answer questions before and after practice or during scheduled appointments.
- Please notify the coaching staff if your child will not be able to participate in a scheduled practice. This notification should be given as early as possible and preferably prior to schedule practices.

Track Meet Policies

Meet information will be provided prior to each meet. This will be in paper form, email, and/or on the web site (www.CCYTL.com). Cobb PAL parents and athletes are responsible for knowing the athlete's meet events and times.

- All Athletes/Parents must notify the Team Admin via email for participation in each meet
- The deadline to notify of participation in the upcoming track meet is by 12PM the Wednesday prior. Failure to advise of your athlete's availability will result in him/her not competing that week.

Cobb PAL coaches determine what events the athlete will participate in for each meet. The parent may discuss this with the coaches prior to entry, but the coaches have the final say.

If an athlete will not be competing at a meet, this must be communicated to the coaches 1 week prior to the start of the meet. All track club members are not allowed to miss more than 2 scheduled track meets.

The Club will have a designated area for Cobb PAL athletes to stay during the meet. All athletes must sit together in this area. Parents will have a separate sitting area.

Athletes' Responsibilities

Upon arrival at a meet, check in with the Club at the designated area and get your numbers and instructions.

Sit with the Club during the meet. Athletes must stay in the Club area during the meet.

Come prepared. Wear your club uniform. Have your shoe bag containing shoes and water bottle (with water or sports drink). Bring warm-up clothes to every meet – weather is unpredictable.

Warm-up:

Warm-up with your team mates. Arrive in time to get prepared physically and mentally for your events.

Bring food. Bring plenty of healthy food. See the Nutrition section of this handbook for ideas.

Concession Stands:

Concession Stands are **off limits** during the meet for all Cobb PAL athletes.

Nutrition

These high-carbohydrate foods can be packed and taken along for midday snacks, long workouts, or competitions:

- Breads, bagels, and muffin
- Crackers and pretzels
- Fig newtons, oatmeal-raisin cookies
- Fruit yogurt
- Bananas, grapes, & melon
- Fruit roll ups
- Sports drink & water
- Chocolate Milk (soy or almond great for recovery)
- Meat snacks

Pre-competition Meals

The night before a track meet: Eat pasta, pizza, vegetables, brown rice etc.

The day of a track meet: Eat 2-3 hours prior to your event starting...oat meal, eggs, wheat toast etc.

All Day Events

Athletes should consider the amount of time between eating and performance when choosing foods at all-day events. Suggested pre-event foods include the following:

One hour before competition:

Fruit and vegetable juices such as tomato juices, and/or
Fresh fruit such as bananas, raisins, grapes, oranges, peaches, or watermelon

Two to three hours before competition:

Fruit juices and fresh fruit, and/or breads, bagels or muffins, with a small amount of cream cheese, Sandwich w/wheat bread.

Three to four hours before competition:

Fruit juices and fresh fruit, and breads, bagels or muffins and a light spread of peanut butter or 1 slice of cheese for breads, or a light spread of cream cheese for bagels, and or a bowl of cereal, with milk or yogurt.



***Acknowledgement of Receipt of PAL
Policies & Procedures***

Membership Handbook Agreement

I have read the 2019 Cobb PAL Track Club membership handbook and agree to abide by the policies set forth by Cobb PAL Track Club. I understand the clubs concept, vision & mission.

Parent/Guardian _____ Date: _____

Athlete: _____ Date: _____

Athlete: _____ Date: _____

Athlete: _____ Date: _____

Cobb PAL Track Club agrees to provide facilities, a safe environment, coaching, training & instructions for all 2019 club members.

Your child/children will go through our program and given the proper tools, guidance, confidence and discipline to be able to compete on a national level in the world of track & field.

Welcome to Cobb PAL!

Regards,
Cobb PAL Staff

Please Provide: Copy of Physical Taken in last 6 Months

COBB COUNTY PAL



TRACK

2019 SPRING TRACK & FIELD REGISTRATION CHECKLIST

Athlete's Name: _____

- 2019 Registration Form- Completed
- Registration Fee- \$60 per athlete (\$10 discount for 2nd athlete living at same address)
- Polices & Procedures Acknowledgement Form
- Parental Consent Form
- Photo/Media Release Form
- Physical Form- Completed and Signed by Physician or Copy if Taken in Last 6 Months
- Birth Certificate- 2 (TWO) Copies- * NO ORIGINALS PLEASE*
- 2017 Registration Checklist

Please check off the items as completed. Return the forms and checklist to Cobb PAL Track Club in person or via email to alicia.hicks@cobbcounty.org.