



Our mission is to provide the opportunity for youth to maximize progressive individual development in the area of track & field, and provide an opportunity for educational growth by assisting student-athletes in using their academic and athletic abilities to achieve their educational goals.

## **D.C. EXPRESS TRACK CLUB, INC.**

# PROGRAM INFORMATION BOOKLET

## 2012 - OUTDOOR SEASON



D.C. Express Track Club Inc is a member of USA Track & Field

Revised – 05/06/1012

Welcome to our program, one of the finest track programs in the United States. The Dekalb County Express Track Club Inc. (D.C. Express) was founded in 1984 in Decatur, GA. D.C. Express is a 28-year old nonprofit community based youth track & field development/competitive program.

D.C. Express has participated in various track and field meets in different parts of the United States. D.C. Express members have attracted attention as winners, record breakers, student athletes, and as being well disciplined athletes. The excellent performances have not only created a fine reputation for D.C. Express, but have resulted in scholarships for D.C. Express athletes to some of the finest Colleges and Universities in the United States.

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# MEMBERSHIP

## 2012 Outdoor Track & Field Season

Required ages: 9 thru 18

Outdoor Season Registration Fee: \$360.00

Returning Athletes - Outdoor Season Registration Fee: \$300.00 (wind-suit not included)

### Membership Benefits Include:

- Entry fees to club-scheduled meets. There may be optional meets (identified on the meet schedule) that will require payment of additional entry fees by the athlete.
- USA Track & Field Card
- D.C. Express Track Club – Uniform (to be returned after each competition for cleaning)
- Administrative Support
- College Recruiting Assistance
- Volunteer Coaching
- Track supplies (spikes, equipment, etc)
  
- **Minimum fee due at registration \$150.00 (Outdoor Season)**
  - Registration Form (all forms must be filled out completely)
  - Physical (medical exam – current or year to date)
  - Copy of birth certificate (2) (New members only)
  - Signed Registration Checklist
  - **All required forms must be completed and signed**
  
  - **The remaining balance due by April 30, 2012 (Outdoor season registration)**

Athletes must provide documentation of his/her annual Medical Exam. No Exceptions. Physicals forms are required before any training/competition participation. Please turn submit (2) copies of your birth certificates; other forms of identification (passport, or U.S. Government ID) may be acceptable.

Registration fees are non-refundable. Athletes will not be allowed to participate in any competition until all required registration fees are paid in full and all forms are completed and signed.

**Online payment available via our website!**

# PRACTICES

The Club schedules regular practice sessions that each athlete must attend. The practice schedule will be provided by the Coaching Staff. Athletes and parents are expected to comply with the Club's Practice Policy.

## Practice Policy for Athletes

- Athletes should attend all practices and be on time.
- Athletes should have the following at each practice:
  - Water bottle
  - Sweat pants and top
  - Training shoes
  - Shorts and T-shirt
- Athletes must follow the directions of the coaching staff during practices.
- Athletes should direct all conditioning and training toward individual events.
- Complete the daily/weekly conditioning and training program. This includes doing the exercises and participating in all drills.
- Athletes unwilling to participate in workouts will be dismissed from the track or practice area and will not be allowed to return until the Head Coach has spoken with their parents.
- The following is not permitted:
  - Profanity
  - Abusive language
  - Horsing around or Fighting
- **Repeated misconduct and/or refusals to do workouts will be grounds for dismissal from the program. No registration fees will be refunded if dismissed from the program.**
- **Athletes must participate in their Middle & High School track programs.**

## Practice Policy for Parents

- Parents shall refrain from coaching or instructing athletes during practice sessions. Coaching is the sole responsibility of the D.C. Express coaching staff. **No exceptions!**
- No parent or person will be allowed to discuss in a disruptive or unruly manner with the Coaching Staff concerning any disciplinary procedure.
- Parents should not interfere during practice sessions; coaches are available to answer questions before and after practice.
- Athletes must provide for his/her own yearly Medical Exam before practice is permitted.

## Practice and Inclement 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 extremely heavy rain or lightning. In the event that a scheduled practices is canceled ahead of time due to weather you will be notified at least 1 hour prior to practice.

## Practice Schedule

**Practice starts March 5, 2012**

**Middle & High School Practice starts: after their last school competition**

**Monday, Tuesday, Wednesday, Thursday – 6:30 pm – 8:00 pm  
Saturday – As needed**

**Practice Site: Arabia Mountain High School  
6610 Browns Mill Road, Lithonia, GA 30038**

# CLUB RULES & GUIDELINES

## Athletes

- Be open to learning and a training environment at every practice.
- Support all athletes on the team.
- Display and foster good sportsmanship and do not over-react to officiating decisions.
- Learn the rules and always compete by them.
- Be respectful to coaches, chaperones/managers, teammates, officials and competitors on other teams.
- No profanity or abusive language will be used.
- Any athlete involved in a fight will be subject to automatic dismissal.
- **Set appropriate goals; understanding that winning is a result of accomplishing a goal or set of goals. It is not where you finish in a race.**
- Have an enjoyable experience.

## Parents

- Support the club by volunteering to help with practice, fundraising events, transportation and at track meets.
- Support the coaches and staff. ***Coaches and staff are volunteers giving their personal time and money – show respect and appreciation for their efforts.***
- **Understand that winning is a result of accomplishing a goal or set of goals. It is not where your child finishes in a race.**
- **No alcoholic beverages, tobacco or drugs will be allowed around any athlete at any time.**
- Exhibit good sportsmanship toward all athletes, coaches, chaperones and officials at each practice and track meet.

## Operational Objectives

It is important for both Parent and Athlete to understand the direction of the program. The individual athlete, through their training will determine their overall individual progress and development.

**Our program will emphasize individual development first and competition second.**

Therefore boys and girls of all ages who are new to track and field, or who have not quite developed their skills and/or maturity to compete at the Competition Level are considered Developmental Level and will participate in local meets.

To advance to the Competition Level, an athlete must demonstrate progressive skill development in practice and local meets. Coaches will assess each athlete's readiness for advancement and discuss progress with the parent. In addition, parents must consent to participation at this level as it will require travel related expenses and commitment.

Any complaints or disagreements with the Coaches or the Club shall be communicated through the Head Coach of D.C. Express. Speaking badly of the Program and/or creating dissension among Club members will not be tolerated.

**No athlete may enter into an unsanctioned track meet during the Club program period – unless the Head Coach has given prior approval.**

**Conduct which is not in compliance with the Rules and Guidelines and/or which is detrimental to the Organization may result in a parent/athlete's dismissal from the club. Fees will not be refunded in the event of dismissal.**

**All parents will be obligated to the Rules and Guidelines of the Organization, no exceptions.**

## GENERAL INFORMATION

Regular team meetings will be called as needed, all parents or a representative must attend.

**Fundraising:** The Club will engage in fundraising events throughout the season. Expenses of travel to certain meets may be offset with fundraising participation.

**Returned Checks:** If your personal check is returned for any reason from your Banking Institution, the athlete and/or parent will be asked to pay cash for the remainder of the season. A return check fee of \$35.00, in addition to the amount of the check must also be paid (by cash). If the fee is not paid and check not made good, your child cannot participate in any Club activity until the fee has been paid.

## EQUIPMENT

### Training Shoes/Track Spikes

The most important piece of equipment needed is a good quality pair of training shoes. Running shoes (not basketball, tennis or cross-training shoes) are required for all athletes for practice sessions. Consult with the Head Coach before purchasing spikes, waffles and other shoes required for specific events.

### Uniforms

D.C. Express uniforms must be worn at all track meets. All uniforms and equipment should be returned to the proper personnel after each track meet.

### Wind Suit/Sweats

Sweats or wind suits should be worn at all practices and track meets.

### Track Bag

Each athlete should have a track bag at each practice/track meet, containing the following: track spikes/shoes, water bottle (with water).

### Field Implements

The club will recommend field implements for D.C. Express Athletes to use at practices and track meets. Please consult with a head coach prior to purchasing implements for personal use.

# TRACK MEETS

To ensure a D.C. Express Athlete's best performance at track meets are achievable, the D.C Express Track Club athletes and parents have specific rules and guidelines to follow.

Coaching Staff determines what events the athlete will compete in for each meet. The parent may discuss this with the Head Coach prior to entry, but the head coach will have the final say.

Track meet information will be provided prior to each meet; this will be in paper form and/or e-mail. The parents and athletes are responsible for knowing the athlete's meet events and event times.

If an athlete **will not** be competing at a meet, this **must be communicated** to the Head Coach as early as possible. If an athlete is entered as a member of a relay team and withdraws from or does not show at a meet without prior approval from the Head Coach, he or she will not be allowed to participate in any other relay competition for the remainder of the season.

**The Club will have a designated team area for the athletes to stay during the meet. All athletes must sit together in the team area.**

**Concession Stands are off limits during track meets.**

## Athletes' Rules & Guidelines

Arrive at the meet at your designated report time, assigned by the coaching staff. Events may run up to 30 minutes early.

Upon arrival at a meet, check in with a coach and/or chaperone at the designated team area and get your uniform, competition number and instructions.

Athletes must stay in the Team area during the meet. Notify a coach or chaperone before leaving the Team area.

Have your bag containing shoe bag with spikes, training shoes, and warm up clothes.

Be on time to get prepared mentally and physically for your events.

The meet announcer makes the calls for each event check-in (in most cases). It is your responsibility to get to your event. When you check-in, you should be ready to compete (uniform, number, shoes and water). Once you check in at your running event, you should not leave the check in area.

If you have a race and a field event at the same time, check in first at the field event and let the official know you have a running event. Get instructions from the field event official, running events take precedence over field events. Return immediately to your field event after your running event.

## Parent's Rules & Guidelines

Make sure that your athlete is prepared, be on time and ready for his/her events.

All athletes should receive at least 8 hours of sleep the night before a meet.

Athletes should eat a nutritious breakfast. This includes fruit, bread, juice, water and milk (2% milk). More information is provided in the Nutrition section of this booklet.

**Overnight meets involve additional Parent guidelines, see Travel Section.**

## Chaperones/Managers

Chaperones/managers will be assigned for each meet to assist the coaches in establishing an area for our athlete's convenience to the check in area, and/or away from high-traffic areas. Non-athletes/non-coaches who set up in the proximity to the Team area may be asked to relocate at the discretion of the Head Coach.

Parents should report to the Chaperone/manager upon arrival to check in at the team area.

Parents may request event/schedule information from the Chaperone/Manager at that time.

Athletes are still responsible for listening for the call of their events and for being prepared and warmed up.

All athletes must stay together in the Team area. Athletes are not allowed to leave without notifying a Chaperone/Manager.

All athletes will remain at all track meets, until released by the Head Coach or Designee.

## CLUB TRAVEL

All athletes are expected to attend all meets for which they qualify. This is particularly important for relay team members.

The Club arranges transportation and hotel accommodations for out-of-town meets.

All athletes must use Club transportation to and from track meets outside the Metro Atlanta area, unless the Head Coach has given prior approval. A written statement of release from the parent(s) must be signed and given to the Head Coach only, if other transportation is requested.

**While out-of-town meets are often viewed as opportunities for family vacation time, these meets are "business trips" for the program and athletes.**

All athletes must abide by the "Dress Code" when traveling to and from track meets.

**Parents are responsible for travel expenses (travel expenses can be offset with fundraising participation).**

# HEALTH AND NUTRITION

## Pre-Competition Sleep

- Athletes should get at least 8 hours of sleep the night before a meet.

## Pre-Competition Meals – at least 3 hours before the event

- High in complex carbohydrates; such as bread, fruit and vegetables.
- Moderate in protein
- Low in fat
- Plenty of Fluids (water)
- Athletes should eat a nutritious breakfast before a meet, including fruit, bread, water and juice.

## Snack Tips – For All Day Meets (concession stands are off limits during track meets)

- Fruit – bananas, raisins, grapes.
- Bagels, crackers, pretzels, energy bars, fig newton's.

## Post – Competition

- Athletes should do their cool-down after each race event.
- Water, Gatorade.

## SMART EATING

Maintaining a proper diet is extremely difficult. Yet given the advantages of a healthy diet, especially where athletics is concerned, the price does not seem too high.

Do yourself a favor and better the odds of even greater success by eating the right foods. We will once again try to inform you as best we can, regarding the most nutritious meals for you during training and competition.

**We also realize the limitations you are under considering your food sources. It will be extremely hard to say no to candy, soft drinks, chips, fries, etc., when all around you people are pigging out. Don't give in.**

Remember it is your choice, avoid "Junk" foods. Drink lots of water, an essential nutrient, aids in regulating body temperature and other body functions. Drink water after competition also, as you need to replenish your body. You can drink up to 1 cup of water up to 15 minutes before competition. All athletes should make sure that they are properly hydrated before exercise.

It is unwise to exercise within two hours of a meal, for it takes two hours for food to pass through the stomach. If you eat right before exercising, your blood is diverted to all the exercised parts of the body from the digestive tract and kidneys where it would normally aid in digestion. Result: Your food sits in the bottom of your stomach.

Fat and Protein is slow (three to five hours). Protein residue is given off through the kidneys. During exercise, an athlete's kidneys are shut down and wastes are not excreted. Therefore, eat protein sparingly before race.

If you do not eat, you may feel sluggish because your body could be running short on energy.

**Carbonated drinks should be eliminated during the season because they increase the amount of carbon dioxide in the blood.**

## COACHING STAFF

<b>Head Coach</b>	<b>Ron Williams – Sprints / Hurdles</b> Level 2 USA Track & Field Certified Coach GHSA Certified Community Coach Member - American Sport Education Program (ASEP)
<b>Assistant Coach</b>	<b>Janelle Briggs – Sprints / Middle Distance</b> Level 1 USA Track & Field Certified Coach
<b>Assistant Coach</b>	<b>Nathaniel Jackson – Distance</b> Developmental Level Certified Coach
<b>Assistant Coach</b>	<b>Kirby Tate – Middle Distance / Distance / Throws</b> GHSA Certified Community Coach Member - American Sport Education Program (ASEP)
<b>Assistant Coach</b>	<b>Elizabeth Simmons-White – Sprints / Jumps</b>

### Club Contact Information

<p><b>Mailing Address:</b></p> <p>Dekalb County Express Track Club, Inc. P.O. Box 360435 Decatur, GA 30036-0435</p> <p>Head Coach – Ron Williams 770.507.4361</p>	<p><b>Website:</b> <a href="http://www.dcexpresstrackclub.com">www.dcexpresstrackclub.com</a></p> <p><b>Email:</b> <a href="mailto:dcexpresstc@bellsouth.net">dcexpresstc@bellsouth.net</a></p> <p><b>Facebook:</b> <a href="https://www.facebook.com/#!/groups/165644011379/">https://www.facebook.com/#!/groups/165644011379/</a></p>
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## 2012 TRACK & FIELD MEET SCHEDULE D.C. Express Track Club

Date	Meet	Site
	<b>TENTATIVE INDOOR SCHEDULE</b>	
January 6, 7	LSU High School Indoor Classic	LSU Baton Rouge, LA
January 21	Clemson HS Indoor Invitational	Clemson University Clemson, SC
January 27	KTC Indoor Classic	ETSU Johnson City, TN
February 18	KY HS Indoor Invitational	University of Kentucky Lexington, KY
February 19	USATF South Zone Indoor Meet	CrossPlex Birmingham, AL
	<b>TENTATIVE OUTDOOR SCHEDULE</b>	
May 1 – June 26	Atlanta Track Club All-Comers Meet Every Tuesday	Emory University
May 12	Sapphire Invitational	Berkmar HS Lilburn, GA
May 19	Titans Invitational	New Manchester HS Douglasville, GA
<b>June 9</b>	<b>USATF Area B Qualifier Meet</b>	<b>Monroe Area HS Monroe, GA</b>
<b>June 23</b>	<b>USATF State Association Championships</b>	<b>Starr's Mill HS Fayetteville, GA</b>
June 14 - 16	* The New Balance Outdoor Nationals (High School Athletes Only)	North Carolina A&T Greensboro, NC
June 27 - July 1	USATF Youth Outdoor National Championships	University of Texas – Arlington, Arlington, TX
<b>July 8 – 10</b>	<b>USATF Region III Championships</b>	<b>Christopher Newport University – Newport News, VA</b>
July 22 - 24	* Russell E. Blunt ECI	Duke University Durham, NC
<b>July 23 – 29</b>	<b>USATF National Junior Olympics</b>	<b>Morgan State University Baltimore, MD</b>

(Schedule subject to change, more meets maybe added as they become available)

Track meet schedule depends on location of competition, which varies from year to year. Some travel also depends on Qualifying Standards set by USA Track & Field, Meet Host and Coaching Staff. There may be other track meets scheduled that's not on the list.

Please check with the Head coach to find out what track meets athletes qualify to participate.

You must participate in USATF Area Preliminary Meet, State and Regional meets to advance to USATF Junior Olympics National Championships.

\* Optional – Additional entry fees required.

Last Updated: 05/06/2012