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### **Welcome to Golden Elite Track and Field Club 2019 Season**

We hope you will come to feel that the Golden Elite Track and Field Team is your team, that you will support it when you can, and that we will all help our children have a positive experience.

### **Mission and Philosophy**

Golden Elite is a faith-based, nonprofit organization. Golden Elite's mission is to educate youth and parents about the importance of positive results that come from leading a physically active, drug-free lifestyle while living with integrity, to instill due respect for oneself, one's character, and one's conduct. Our program focuses on reducing childhood obesity, heart disease, diabetes, and to promote abstinence. The philosophy of the Golden Elite Track and Field Team is to ensure our program develops the character, mind, spirit, and body in every child. Your child is going to benefit from a strong tradition of dedication, hard work, and the uncompromising belief in every child's need for a positive self-image. We want our athletes to have fun and accomplish his or her personal best. We teach basic and advanced skills needed for all our track & field events. While doing so, we stress the importance of commitment; anything worthwhile demands time and devotion. Not only will our athletes walk away with confidence and great memories, but also with the knowledge they were able to accomplish their personal best!

### **THE SUCCESS AND QUALITY OF OUR PROGRAM DEPENDS HEAVILY ON PARENT PARTICIPATION**

Sometimes your interest is all it takes for your child to excel! Our volunteer program works so well because of our parents. Most of our parents not only volunteer their required time; but throughout the season they continue to help as they enjoy it so much. All parents please sign-up for your volunteer opportunity.

## **FUNDRAISERS**

In March-July we will have our main fundraisers for the season to help the offset soaring costs of the program. The success of these events is critical to the financial well-being of our club and is the only way to ensure that our program continues year after year. Competition team members are required to complete 4 fundraisers and 1 community event. Non –competition team members are required to complete 2 fundraisers and 1 community event.

## **TRACK ETIQUETTE--FOR ATHLETES, FAMILIES AND FRIENDS**

Available online

### **Registration**

Please complete all attached forms; registration form, waiver and consent, and acknowledgment form.

\*Competition team needs one of the following: birth certificate (original or copy with seal can't say void), military ID, or Drivers license

\*\*Registration fee is non refundable\*\*

### **NonCompetition Team**

\$150- 1 child and \$75 for each additional child (Includes AAU membership and insurance, t-shirt, administrative fee, and end of the year celebration)

Payment due February 23, 2019

### **Practice Schedule (2 days a week):**

January –May (until school is out)

Saturday and Sunday

June-July 11th

Tuesday and Thursday

### **Mandatory Requirements:**

-Must complete 2 fundraisers and 1 community event

### **Cost to Join Competition Traveling Team**

1 child=\$350, 2 children= \$300 each (saving \$100), 3 children= \$250 each (saving \$150) and for each additional child after your third child is \$200 each (Ex 4 children \$750+\$200=\$950). The registration fee will cover the following:

- AAU membership card with insurance
  - Custom uniform
  - Uniform warm-ups
    - T-shirt
- Registration fee for 2 meets (District and Regional)
  - Administrative fees
  - End of year celebration
- Season January-August (for those that advance to the Junior Olympics)

**\*No custom uniform will be ordered until 50% registration is paid.**

**\*Final payment due by February 23rd (unless approval was given for extension)**

### **Practice Schedule (5 days a week):**

January-May (until school is out)

Saturday and Sunday

June-July

5 days a week training (until we leave for Junior Olympics)

### **Meet Schedule (subject to change)**

May 2019 TBA Mobile AL (1 day parent responsibility)

Districts Tallahassee Fl (1 day) June 8 TBA

Regional's Tallahassee Fl FSU (4 day meet) June 20-23 TBA

2019 AAU Junior Olympics July23-August 3 (10 day event) Greensboro NC

## **Competition Team (continued)**

### **Mandatory Requirements:**

- Must complete 4 fundraisers and 1 community event
- Must attend 6 practices per month during January- May
- Must attend 4 practices per week during June-July

### **What your registration fee does not cover:**

- Parent's transportation, lodging, food, or expenses
- Athlete's meals (Golden Elite provides nutritional snacks only during track meets), or lodging.
- Registration fee to attend additional track meets not listed in the registration fee

## **TRACK ETIQUETTE--FOR ATHLETES, FAMILIES AND FRIENDS**

- The entire track and field areas are for the exclusive use of the athletes.
- All non-enrolled children need to be under the supervision of an adult.
- Show respect to all coaches and volunteers.
- ABSOLUTELY NO** tobacco, tobacco products, vaping devices or alcohol is allowed during practices, at track meets or track functions
- No pets are allowed at practice or track meets unless it is a approved service animal. We have athletes with severe allergies to pets.
- To avoid event interference, always look both ways before crossing the track and runways
- Never cross through the approach area or runways of field events.
- Never "bad mouth," taunt, use profanity or berates others. Throwing of equipment is not allowed.
- If an athlete signs up to be part of a relay team, please be there because the other 3 athletes are counting on you!
- Interference with another runner is cause for disqualification
- Stay in your lane after your race, until the lane judge has taken your race tag. ----Never interfere with an official
- Do not pace (run along-side) any runner during a race, as this will result in disqualification of the runner being paced.
- Do not call split times out to any runner
- Do clean up after yourself. If you brought it or bought it, please dispose of it.

-We will not tolerate any profanity, arguments or heated discussions during practice or at meets. We are all human, errors can and will occur. Disputes will be discussed in a proper manner.

a. First discuss the problem with your coach and he/she will determine the next course of action to take

b. Only Coaches are allowed in the timing tent area to meet with officials and discuss the issue.

-No one shall use Golden Elite name or logo for the purpose of fulfilling personal gain.

- The undersigned gives authorization that the athlete's name, image, photograph, and or athletic marks/records may be posted on the Conference and its member organization's websites or other media releases.

#### **ATHLETE, PARENT AND VOLUNTEER CONDUCT**

Physical and/or verbal abuse will not be tolerated under any circumstances. All athletes are expected to be in the designated meeting areas under the supervision of a coach(s), parent or volunteers when not participating in an event or a workout. No one is to participate in any separate or unofficial workout on the facilities during practice times without permission from the coaches.