



Running Fire Track Club 2022 Handbook

Dear Parents & Supporters,

- Thank you all for your interest in Running Fire Track Club, one of the top youth programs in the Country. We are entering our 29th season of track & field. The success of this organization has been due to the very hard-working students/athletes, dedicated coaching staff, and a supportive community. Our team trains and competes on a national level. We are members of AAU (Amateur Athletic Union).

Running Fire athletes have qualified for the Junior Olympics every year over the past 29 seasons, always bringing home one or more All-American individual titles. Although we are recognized as one of the more prominent track clubs in the nation, our club policy is education first, training second. We instill discipline and focus into our students/athletes. Our primary goal is the holistic development of your child.

"The team mission is to produce quality young adults 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. Running Fire's goal is to instill life skills through the sport of track & field. **Our Goal for the 2022 season is to continue the development of our students/athletes.**

AAU Age Divisions:

Boys and Girls Ages 5-18

8 & Under: 2014 & After 9 & 10: 2012 – 2013

11 & 12: 2010 – 2011

13 & 14: 2008 -2009

15 & 16: 2006 -2007 17 & 18: 2004-2005

Our track season consists of Spring and Summer competitions. We start training in January and the season does not end until Nationals (Junior Olympics) in July/August:

Developmental 10-11 Track Meets

Invitationals 3 Track Meets

**Months of June & July-Qualifying meets and Nationals/Junior Olympics
3-4 Meets**

We allow new members to register each season. The number of spots available depends on how many members return from the previous season and/or are invited to return.

We have an off-season training program strength & conditioning that starts in October. The cost is \$100.00 per month which is separate from the regular track season registration cost. You may also use this time to decide if you want to become a member of Running Fire.

Other Sports:

If you are participating in other sports, you need to consider if Spring/Summer track and field is going to work for you. Basketball and baseball are hard to maintain while competing in Track & Field.

We compete in the following events with individual Coaches.

Running:

55 Meters

100 Meters

200 Meters

400 Meters

800 Meters

1500 Meters

3000 Meters

80 Meter Hurdles

100 Meter Hurdles

200 Meter Hurdles

400 Meter Hurdles

All Relays

Field Events:

Long Jump, High Jump

Javelin Turbo-Javelin, Shot Put, Disc

Running Fire Track Club Fees & Pricing

Spring & Summer Season Cost:

Registration Fee \$225

PRICING BREAKDOWN

Registration & League Fees: Developmental track season, Uniform and AAU Membership

Banquet Fee: \$50 per household

All balances must be paid in full by January 15th, 2022. There are No Refunds (Unless canceled within 24 hours)! Once you make the decision to join Running Fire, all monies collected are Non-Refundable under any circumstances.

Registration online at www.runningfiretc.com **All Monies Paid Is Non-Refundable! There Are Absolutely No Refunds Under Any Circumstances!**

Additional Cost:

Championship Uniform \$65.00

Arm Bands \$12.00

Head Bands \$12.00

(See order form for additional items available)

January 3rd First day of practice. *No one will be allowed to attend practice unless their registration fees are paid in full, or if a payment plan has been arranged and balance is paid in full by 1/15/2022.

2022 Season

All interested members looking to join Running Fire Track Club for the 2022 Track Season must fill out the TEAM REGISTRATION FORM currently available on the website. That's the first step in the process. Registration opens December 1st for the 2022 Season.

Practice & Meet Policies

The Club schedules regular practice sessions that each athlete must attend. The practice schedule will be provided by the coaching staff.

Supplemental, unauthorized workouts outside the Running Fire workout structure are prohibited unless authorized by a Running Fire coach.

Practice Regulations for Athletes

- Athletes must attend all scheduled practices. You are not allowed to miss more than 1 practice per week. More than 2 absences are grounds for termination or other disciplinary actions.
- Athletes must arrive on time and ready to work out.
- Athletes must have the following at each practice:
 - Water bottle
 - Warmup and practice attire
- -Running shoes and spikes (no basketball shoes, flip flops, and spikes only when practicing on the track)

- 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.
- No distractions will be tolerated
- The following is not allowed: 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 termination from the program. No membership fees will be refunded if a membership is terminated.**

Practice Regulations for Parents

- Parents are not permitted on the track or in practice areas during practices.
- Parents shall refrain from coaching or instructing athletes during practices sessions. Coaching is the exclusive responsibility of the Running Fire coaching staff.
- 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 scheduled practices.

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 lighting. In the event that a scheduled practice is cancelled ahead of time due to the weather, the club will inform the members 30 Minutes prior to practice start time.

Track Meet Policies

Running Fire parents and athletes are responsible for knowing the athlete's meet events and times.

Running Fire 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 team will have a designated area for Running Fire athletes to stay during the meet. All athletes must sit together in this area. Parents will have a separate sitting area.

Athletes' Responsibilities

Check-in with the team: Upon arrival at a meet, check-in with the team at the designated area and get your numbers and instructions.

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

Warm-up: Warm-up with your teammates. 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 Running Fire athletes.

Nutrition

Snack Hints

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
Sports drink & water
Chocolate Milk (soy or almond great for recovery)**

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...oatmeal, 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.

Relay Team Policies

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, traveling and cost.

Running Fire coaching staff has full authority to decide which athletes will be members of a relay team. A relay team consists of 4 members and in some cases up to 6 members with alternates.

***Head coach approves all relay team members!**

1.) Relay teams can 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 fulfill 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 must fill in for a member during the prelims of a meet. The individual that they filled in for, must give them their medal from the finals of that relay event.

***Use of alternates has to be approved by the head coach!**

4.) Relay teams are comprised of performance, practice attendance, competition attendance, attitude/behavior, and commitment!

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 lineup.

Fundraising

Everyone is encouraged to participate in fundraising. All fundraising activities will be coordinated by Administration Staff (On Running Fire).

Donations & Sponsorships

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

All donations and sponsors go towards the overall operations of Running Fire Track Club. Website, operating cost, advertising, additional apparel, transportation, certifications, etc.

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

Membership Agreement

I have read the 2022 Running Fire membership handbook and agree to abide by the policies set forth by Running Fire. I understand the team's concept, vision, mission & philosophy.

Parent or Guardian _____ Date _____

Athlete: _____ Date: _____ Athlete:
_____ Date: _____ Athlete:
_____ Date: _____

Running Fire agrees to provide facilities, a safe environment, coaching, training & instructions for all 2022 club members.

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

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

Welcome to Running Fire Track Club!

Primary Practice Locations:

Ezell Hester

Jr Community Park

1901 N Seacrest Blvd, Boynton Beach, FL 33435

&

Boynton Community High School

4975 Park Ridge Blvd, Boynton Beach, FL 33426