***Delco Stallions Track Club***

***Fall 2025 Registration Fee***

***XC Practice Site Information***

* **$80.00 per child**
* 2026 AAU membership fee **$23.00** per athlete (covers individual insurance for an athlete valid until 8/3/26, then must be renewed annually)
* (Registration fee includes equipment, insurance, team operation expenses, including administrative expenses)
* Uniforms ***ARE NOT*** included in registration
* ***MEET FEES ARE INCLUDED IN THE REGISTRATION FEE***
* There are no refunds
* **Champion Uniform Store will open and close with deadlines** <http://coachsassistant.gtmsportswear.com/delcoStallions>
* [Locker Room (gtmsportswear.com)](http://coachsassistant.gtmsportswear.com/delcostallionspp) **This link is for Ultra-Fuse uniforms preorders for the indoor season.**
* **Practice: starts TBD**
* **Practice: starts TBD**

* **(Parents, please arrive NO LATER THAN 7:00** ***to pick your child up.* Staff would appreciate your consideration and presence for any announcements)**

**•    Mondays & Wednesdays: Belmont Plateau (Philadelphia, PA)**

**•   Tuesdays & Thursdays: Harris School 519 Felton Ave, (Collingdale, PA)**

**\*\*PRACTICE LOCATIONS & TIMES ARE SUBJECT TO CHANGE.  PLEASE LISTEN TO ANNOUNCEMENTS AT PRACTICE, AND CHECK TEAM SPORTS YOU APP DAILY\*\*** [**https://www.sportsyou.com/**](https://www.sportsyou.com/) **Access Code 7W32-BAP6**

**DELCO STALLIONS TRACK CLUB**

**CODE OF CONDUCT**

**Athletes, Parents, Coaches, and Administrative Staff must all respect each other at all times; therefore, the Delco Stallions Track Club has set forth these specific guidelines.**

**Please read and adhere to the following.**

* **All athletes are expected to arrive at practice on time and notify the coaching staff**

**staff of lateness**

* **Excessive lateness will be addressed by the coaching staff with the parent and the athlete**
* **All athletes must meet the minimum weekly practice requirements**
* **No fighting/hitting/bullying**
* **No cursing**
* **No verbal or nonverbal threatening behaviors**
* **No touching without permission**
* **No teasing or taunting**
* **No chewing gum or eating while practicing**
* **All athletes must be in proper practice attire as set forth by coaches**
* **All athletes must wear the official Delco-approved uniforms to compete**
* **All athletes are to stay with the team at the meets**
* **Contact Stallions coaching staff if unable to compete in a scheduled meet/event within 24-48 hours before the event**
* **No littering at practice facilities or while at meets/events**
* **No disrespectful behavior towards any official or event staff at meets**
* **No disrespectful behavior by parents or athletes at any time**
* **While athletes are at practice no parental interference is allowed at anytime**
* **Any violation of the team code of conduct may result in disciplinary action, up to and including suspension/discharge from the Delco Stallions Track Club**
* **ALL athletes, coaches, and parents should have fun**

**Parent Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Delco Stallions Track Club**

**Policies and Procedures**

* ***We ask that parents be silent and respectful during coaches’ announcements***
* ***Athletes are required to meet the minimum practice requirements***
* ***Pick-up and drop-off times are to be adhered to. Please arrive at least 15 minutes before the end of practice.***
* ***Uniforms are to be clean for each meet.***
* ***REGISTRATION FEES AND MEET FEES ARE NON-REFUNDABLE.***
* ***all subsequent monies due will have to be paid by cash or cash app or Venmo.***
* ***If your child needs a ride to a meet, please advise the coaching staff by the Tuesday before the meet. This will allow for proper transportation to be arranged if possible.***
* ***You will be required to participate in mandatory fundraisers. There will be buyout options available.***
* ***Runners must purchase approved spikes/equipment as set forth by the coaching staff.***
* ***All athletes must be in proper practice attire set forth by coaches. (Sweat pants/shirt, long sleeve/short sleeve practice t-shirts, and running sneakers - both indoor and outdoor season.) PLEASE LABEL YOUR CHILD’S ATTIRE TO AVOID CONFUSION.***
* ***Athletes need to have a bottle of water/sports drink at EVERY practice and meets. HYDRATION IS A MUST- PLEASE DO NOT ASSUME THIS WILL BE PROVIDED BY THE TEAM.***

***I have read and understood and will adhere to the Delco Stallions Track Club Policies and Procedures.***

**Parent Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Delco Stallions Track Club**

**Track Meet Reminders**

**Parents and athletes must adhere to the diet and rules of behavior. These rules are put into place to protect the athletes. Please adhere to the following;**

**During the meets and until your child has competed in all of his/her events they are limited to the following:**

**(Please provide for your athlete)**

**Diet:**

**Gatorade No fried foods**

**Water No Sugar (water ice, ice cream, candy, etc.)**

**Pretzels No seeds (Sunflower, Pumpkin, etc.)**

**Fruit No Dairy**

**Bagels**

**Salad (No creamy dressings)**

**Or similar “Healthy Alternatives”**

**\*\* PLEASE BE MINDFUL OF THE FOOD ALLERGIES OF OTHERS\*\***

**Please be cautious regarding the amount of food your athlete eats for breakfast. Too much food may cause your athlete to vomit and/or endure other medical issues during the meet.**

**Behavior:**

**Athletes must stay in the stands at all times unless otherwise instructed by a coach. Meets should be treated like practice; parents are there to SPECTATE ONLY. Confidence in your child and the coaching staff is greatly appreciated.**

**The coaches/administrative team are in charge during the meets. We need your full cooperation and commitment in order for the Delco Stallions athlete to be successful.**

**Parent Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What to Expect**

**The Delco Stallions Track Club consists of a group of dedicated coaches, administrative staff, and parental support committees. We are committed to our athletes. We expect our students/athletes to be committed to academic success, learning the sport of Track and Field, having fun, and supporting their fellow teammates. Parental support is a must in achieving our goals of striving to be the best. The following is a list of things to expect in the upcoming season;**

* **The team will be traveling to all meets. Some meets will be local others may require additional travel time.**
* **The length of meets is unpredictable, please plan accordingly**
* **We encourage, when possible, for the entire team to remain at the track venue until each Stallion has competed. Every athlete deserves team support.**
* **Some meets require overnight stays. Admin Staff will provide information.**
* **Additional equipment may be required (spikes and team practice tees).**
* **During the meets athletes are restricted to a special diet. This requires Parental support. (SEE Track Meet Reminders)**

**Please see Administrative Staff for any issues, questions or concerns regarding the expectations above. We cannot address your concerns if we are not aware. Communication is key.**

**Parent Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Meet schedule**

**M1 9/21/2024 7:00am Belmont Plateau- Phila., PA**

**M2 9/28/2024 8:30am Belmont Plateau- Phila., PA**

**M3 10/5/2024 8:30am Belmont Plateau- Phila., PA**

**M4 10/12/2024 8:30am Belmont Plateau- Phila., PA**

**M5 10/19/2024 8:30am Belmont Plateau- Phila., PA**

**M6 10/26/2024 8:00am Belmont Plateau- Phila., PA**

**CH 11/2/2024 7:45am Belmont Plateau- Phila., PA**

**Delco Stallions Track Club**

**Registration/Demographics Form**

**(PLEASE PRINT LEGIBLY)**

**Name (youth):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **DOB:** \_\_\_\_\_\_\_\_\_\_\_\_

**Parent Name (Print):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***Telephone #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***Email Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***Emergency Contact       \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***Do you have any prior track experience? Yes\_\_\_\_\_ No*** \_\_\_\_

***Allergies none\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***Known Medical Condition\*: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***\*Please note the Delco Stallions Track Club requires a doctor’s note that medically clears your child to participate in track practice and meets.***

***\*If your child is injured, a note of medical clearance is required in order for your athlete to resume track practice and meet participation.***

**Birth Certificate \_\_\_\_\_\_ copy emailed delcostallionstc@gmail.com**

**Registration fee $\_\_\_\_\_\_\_\_\_\_\_ paid Cash, Check, Cash App ($delcostallionstc) or Venmo @delcostallionstc (please circle)**

**Parent Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Athlete Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Delco Stallions Track Club 08/05/2025**