

Track Events:

Distance:

800m
1500m

Field Events:

Discus
High Jump
Javelin
Long Jump
Shot put

Hurdles:

60m
80m
100m
110m
200m
400m

Sprints:

55m
60m
100m
200m
400m
4x100
4x400

Elite Xpress

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ELITE

XPRESS

EliteXpressTF.com



PARENT HANDBOOK '23-'24

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Meet Information

Competitions

Race or competition information will be provided prior to each meet through our social media sites. Coaches determine which events the athlete will participate in for each meet. The parent may discuss this with the coaches prior to entry but the coaches make the final determination. If an athlete will not be competing at a meet, inform the coaches as early as possible. Athletes should wear their uniform, have their shoes, water bottle, and warm-up clothes. Athletes should arrive in time to get prepared physically and mentally for their events. Relay teams are determined by coaches and may require additional practice and meet commitments. Relay alternates have the same expectations as primary relay team members.

Track Meet Environment

Meets can be chaotic as there are usually several hundred people attending. Upon arrival, check in with coaches at the designated team area. All athletes must sit together in this area and warm up with their teammates. Pay attention during the meets to all loudspeaker announcements as these direct the course of events. Keep children from running around the facilities and know where they are at all times. Parents are responsible for the care of their athlete and non-athlete children.

Items for Meets

Track meets/competitions can take several hours to complete. In order for you, the family, and the athlete most of all to be comfortable, please be prepared to bring the following:

- Portable chairs
- Snacks, non-carbonated drinks and a cooler
- Pop up tents, umbrellas, and sunscreen

Parent Expectations

Behavior which is not in compliance with the below code of conduct may result in the dismissal of the athlete from the club. Membership fees will not be refunded in this unfortunate event.

Parents are reminded that our coaches are volunteers and are making sacrifices to coach and train your child. Parents should demonstrate and encourage good sportsmanship to coaches, parents, athletes and officials. **Coaches determine what events the athletes will participate in for each meet.**

Support the coaches and club by volunteering when needed. Slandering, abusive language, and bad-mouthing coaches and volunteers will not be tolerated and will be subject to dismissal.

Arrive early and on time for all scheduled practices and meets. Inform the coaches as early as possible if an athlete will not be participating in practice or a meet.

Parents should refrain from coaching or instructing athletes during practice sessions as this could be a distraction to other athletes.

Parents should not engage the coaching staff during practices to answer questions, critique coaching skills or carry on a conversation. Parents should approach coaches at the end of practice sessions with any questions or concerns.

Once practice is over, all parents or guardians are responsible to make sure the child leaves accordingly and on time.

Fundraisers will be held during the track season to assist with operating expenses and to cover the end of year banquet. All athletes and families are expected to participate in fundraisers.

Additional commitments are required for members of a relay team. Relay races depend on all participants being on time and checking in together.

Any complaints or disagreements between parents, volunteers, or coaches should be addressed with the Board. Please contact us at EliteXpressTF@gmail.com.

Parents should be aware that actions and behaviors of any athlete undergoing disciplinary action by his/her school will be reviewed by the EXTf Board to determine if action by the team is appropriate.

MISSION AND PHILOSOPHY

Elite Xpress Track and Field is a non-profit community youth club with SafeSport trained board members and coaches. We are affiliated with the AAU and USATF organizations. Our coaches are all volunteers and we strive to:

Provide mentoring to empower student athletes to make positive life choices;

Assist athletes in achieving their goals to be successful in life;

Offer a quality sports experience in a safe, positive, and fun environment;

Provide the opportunity for athletes to develop fundamental skills, improve self-esteem, become good sportsmen, and make friends;

Promote individual skill development while enhancing team performance.

BOARD MEMBERS

Barry Alston	Desmond Kennedy
Nailah Alston	Pamela Kennedy
Aleta Ballard	Chris McIver
DeAdria Davis	James McLean
Robert Davis	Marilyn McLean
	Raven Simpson

COACHES

Barry Alston	James McLean
Nailah Alston	Marilyn McLean
Robert Davis	Tony Saunders
Desmond Kennedy	Carlo Simpson
Christopher Lewis	Ronald Stallings
Chris McIver	Joe Tyson

Registration and Membership Information

We must have completed application and physical forms for all athletes before the start of the season. Physicals must have been performed within the past 12 months and must be signed by a licensed medical provider. A copy of the athlete's birth certificate and insurance card must also be provided. Athletes will not be allowed to participate in practices or meets until all forms are completed and fees are paid. GENERAL REGISTRATION ENDS THE LAST DAY OF APRIL.

Here is a list of the required forms and documents (check our website):

Membership Application form
Waiver form
Copy of Birth Certificate
Athlete and Parent Code of Conduct form
Physical form (within the past 12 months) and insurance card
Photo release form

Fees (NON-REFUNDABLE) Indoor & Outdoor

\$200	General Registration (each additional athlete is 10% off)
\$125	High School Athletes (joining EXTf after their school season)
\$205	Uniform Package (2 uniforms, T-shirt, Personalized back pack and Warm-ups)

Fees cover the following:

USATF or AAU membership and benefits (determined annually by EXTf)
Practice facility usage
Equipment
Club memberships in USATF/AAU, insurance, and administrative fees
Outdoor Nationals Event fees for Qualifiers (Parents will be reimbursed for the event fees after participation in Nationals at the end of the season)
End of Year Awards

Fees do not cover:

Entry fees for developmental meets
Entry fees for Indoor Nationals, Regionals, and Outdoor State Events
Travel expenses

Athlete Expectations

Track is an extracurricular activity and our athletes are expected to meet school attendance guidelines while maintaining good grades.

Coaches determine what events the athlete will participate in for each meet based on assessments during practice. If athletes are chosen to participate in a relay, they will sign a relay participation agreement.

Do your best to be at all scheduled practices and meets on time.

Athletes arriving late will miss warm ups and coaches will not wait or repeat drills.

Arrive at practice ready to listen, learn, and work hard. Dress appropriately for the weather, bring a water bottle, and training shoes.

Be respectful to your coaches and teammates. Offensive language, fighting, or rough play will not be tolerated and may result in dismissal.

Athletes unwilling to participate in workouts may be asked to sit out or be dismissed until coaches speak with his or her parent or guardian.

Do not leave the track facility during practice without notifying your coach, parent or guardian. Be safe and know your environment.

Athletes may not be a member of any other competing club during the track season.

Athletes will not enter into unsanctioned meets or races without notifying a coach. Elite Xpress is not responsible and will not cover any form of liability for any athlete participating in such events.

Uniforms are to be used for team/club events ONLY.

Repeated misconduct or distractions, refusing to workout, and/or not meeting these expectations could be grounds for dismissal from the club.

Athletes that are injured will need to be evaluated as recommended by the team and released by a medical provider before returning to practice.

Actions and behaviors of any athlete undergoing disciplinary action by his/her school will be reviewed by the EXTf Board to determine if disciplinary action by the team is appropriate.

Heat and Cold Weather Safety

EXTf will always make decisions in the best interest of the safety of all athletes, parents, and coaches. We will follow the NCHSAA heat guidelines and monitor the forecast, temperature with wind-chill factor, and driving conditions during cold weather when making practice decisions.