

# Mississippi Trackstars



**Handbook  
&  
Registration Packet**

**2021 Season**

**MISSISSIPPI  
TRACKSTARS**

Mississippi Trackstars

P.O. Box #68397

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Jackson, MS 39206

[www.mstrackstars@gmail.com](mailto:www.mstrackstars@gmail.com)

Updated July 2018

# Mississippi Trackstars Track and Field Team Handbook & Registration Packet

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Dear Parents/Guardians and Supporters:

Welcome to the 2021 track season for the Mississippi Trackstars Track and Field Team. We are happy that you have chosen our organization. Our staff is dedicated to working with your child(ren) to ensure that each child reaches their optimum level in performance in track and education. We encourage our athletes to succeed first in the classroom because we believe education is the key to becoming successful and productive citizens.

The Mississippi Trackstars Track and Field Team is a youth track and field organization made up of children ages 6 through the age of 18. Our team practices and participates in track meets beginning in early May and lasting through mid-summer. We are a competitive traveling track & field team.

Our goal for the 2021 season is to develop a team concept which allows for the development of leadership skills, self-discipline, and personal development while maintaining integrity and core values which will allow for our youth to have a positive and constructive summer experience.

We ask that you thoroughly read the attached handbook and complete the registration packet in its entirety. Please use our convenient checklist to complete registration.

If you have any questions, please feel free to contact coach or team officer.

See you on the track,

*Mississippi Trackstars*

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## About Mississippi Trackstars

The Mississippi Trackstars was founded in 2006 in Jackson, Mississippi by 3 former Jackson State University Track and Field Athletes, Jonathan "Country" Harris, Terry Estwick, and Cori Cloyd. The Mississippi Trackstars were founded under the desire to provide urban intercity youth with an opportunity and a resource to experience things outside of their normal everyday lives, while providing them with exposure to colleges for possible scholarship opportunities.

The initial class of Trackstars athletes consisted of 12 kids. Under the tenure of Coach Harris, the Mississippi Trackstars grew to 96 children in 2016. Throughout the years, growth, and success of the program the founding principles has remained steady which is to help provide exposure, prepare and mentor young men and women through their adolescent journey and beyond.

## Team Leadership

Coach Allen Sinegal serves as Head Coach. In 2021, he will be supported by the following Governing Board members and support staff:

- Jonathon Harris, Chairman
- Allen Sinegal, President
- Aniecia Brewster, Vice President, Financial Secretary, Scholastic & Achievements Coordinator
- Johnathon Atkins, Team Administrator, Treasurer
- Ms. Turner, Fundraising Administrator
- Charles Taylor, Sponsorship Administrator
- Jamal Phillips, Community Outreach Administrator
- Vacant, Lead Meet Coordinator
- Dedrick Burnett, Equipment Manager



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## GENERAL INFORMATION

### Practices

Our practices are outlined in this package. We expect all athletes to attend practice. Missing practice means a missed opportunity to learn and improve. For rules concerning missed practices, please refer to the Parent Code of Conduct (see page 17). Practice will be held rain or shine. If there is inclement or hazardous weather practice may be canceled. Please make sure that you provide ample fluids preferably water before and during practice and Gatorade-Powerrade after for practices.

### Team Constitution and Bylaws

Policies are included in this package and part of the acceptance waiver when registering. Please read over it carefully so that there are no surprises later.

### Coaches

Coaches have a range of experience and training in the event specialties. This diverse mix of knowledge provides a great learning opportunity for your child. Parents unless you are asked by an event specialty coach – please leave your coaching cap at home and enjoy your time in the stands. Hovering around or over your child during practice (unless you are asked to volunteer) is not an accepted practice in our program. Take the two hours of practice and enjoy a relaxed walk / run, read a book, and chat with your fellow parents. Please leave the coaching to the coaches.

### Meets and Travel

Our meet schedule is designed to test the athlete's training progress through the summer. Qualifying to the Nationals is no small task. It is the parent's responsible for transportation and accommodations to and from track meets. For athletes who do not have their own transportation to and from meets, there will be an additional cost of \$20.00 per away trip and \$10 per local trip. If failure to pay transportation fee prior to the deadline, child will not be able to travel.

Snacks and athlete beverages are for ATHLETES during the track meets that will be purchased and adequately stored at the beginning of the season with funds submitted. Perishable items will be purchased weekly. Parents and athletes are free to bring their own personal coolers with their own items if desired. However, this will not change the cost per athlete.

### Costs

Costs are detailed in the attached package.

### Uniforms

All team members are required to compete in our team uniforms.

### Community Service

Our young athletes are expected to give back to their community. We are looking forward to increasing our influence on the community through our service. Athletes participation in community service will better boost our athlete's character in charity work. Our leadership is not only interested in producing quality young athletes on the track, but, producing well rounded citizens off the track as well. Our team looks to participated in food-can drives, gift giving at area nursing homes, community clean ups and adopting a local Jackson family for Thanksgiving and Christmas.

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## MEMBERSHIP

The cost *per* athlete to be a member of the Mississippi Trackstars will be \$240 for new athletes and \$200 for returning athletes who do not *need/want* a new uniform. All new athletes must bring a copy of their birth certificate so that their age can be verified by USA Track and Field. Also, all completed registration forms need to be submitted before your child can begin practice! We now offer the ability to register your child(ren) and pay all fees online on our website.

Each membership fee includes:

Operating Expenses, which include facility use fees, insurance, USATF team membership fees, website maintenance and other miscellaneous team expenses related to management of the team.

Membership cost will cover the following:

- Meet Entry Fees (**EXCLUDING** Regionals and Nationals)- \$90
- USATF Membership Fee- \$30 (under 18)
- Uniform- \$40
- Team T-Shirt (if parents would like to purchase one please see Coach Niecy)- \$30
- Refreshments/Snacks for all meets (**EXCLUDING** Regionals and Nationals)- \$50

**Membership fees are not refundable or transferable.**

The following is due at registration:

- Copy of Birth Certificate
- Initialed and signed copy of the Parent Code of Conduct
- Signed copy of the Athlete Code of Conduct
- Registration Form filled out **completely**
- Photo Release Form
- Uniform Order Form
- Athlete Bio
- Parent Information Sheet

**Athletes will not be allowed to participate** in any practice until all membership fees are satisfied in full and paperwork is complete.

Please retain the following contact numbers for your reference:

- Coach Allen Sinegal – *Head Coach*, Cell: (337) 371-9024
- Coach Niecy Brewster – *Co Head Coach*, Cell: (618) 670- 2114
- Coach John Atkins – *Team Administrator*, Cell: (989) 293-1449

The above names will be responsible for the entire operation of the team – all questions pertaining to the team should be directed to one of them.

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### PRACTICES

The Mississippi Trackstars schedules regular practice sessions Monday – Thursday 6:00 pm - 8:00 pm at Jackson State University Track, each athlete is encouraged to attend all practices. The practice schedule will be provided by the coaches and can be found on the Website.

Please note that practices will start **Monday, May 10th, 2021 from 6:00 pm – 8:00pm @ Jackson State University track.**

*\*\*\*If the main gate is locked check the smaller gate by the Walter Payton center. As another option you can park in the T. B. Ellis annex and walk between the Walter Payton and Football offices to take the back way to the track. \*\*\**

#### Practice Regulations for Athletes

- Athletes should plan to attend all practices.
- Athletes not attending practice may be prohibited from participating in meets.
- Athletes should arrive on time and ready to work out – this means all gear on including shoes.
- Athletes should have the following at each practice:
  - Water bottle
  - Shorts and T-shirt
  - Sweat pants and top
  - Training shoes (No basketball shoes if possible)
- Athletes must follow the directions of the coaching staff during practices. This includes doing the conditioning exercises, participating in all drills and completing the training program.
- The following is not allowed: profanity, horseplay, abusive language, etc.

#### Practice Regulations for Parents

- Parents are permitted on the track to spectate practices; however, parent/guardian are to remain outside of the practice areas during practice unless invited by a Mississippi Trackstars coach. Parents may walk and jog in the outside lane of the track during practice provided there is space available.
- Parents shall refrain from coaching or instructing athletes during practice sessions. Coaching is the exclusive responsibility of the Mississippi Trackstars coaching staff if a parent has a comment or suggestion for a coach feel free to address the coaches after practice.
- Parents should not engage the coaching staff in conversation during practice sessions. Coaches are available to answer questions before and after practice.
- Please notify the coach if your child will not be able to participate in a scheduled practice 30 minutes prior to expected absent as outlined in the bylaws.

#### Practice and 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 extremely heavy rain or lightning. In the event that a scheduled practice is cancelled ahead of time due to the weather, the club will try to inform the members by e-mail, the club's web site, and text message.

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## MEET RESPONSIBILITIES and RULES

To ensure the Mississippi Trackstars Athlete's optimum performance at track meets, the Mississippi Trackstars Track and Field athletes and parents have certain responsibilities and rules to follow.

*Mississippi Trackstars Coaches will determine which events the athlete will participate in for each meet. The parent may discuss this with the coaches prior to entry.*

Meet information will be provided prior to each meet. This information will be distributed via paper form, text messages, e-mail, and our website ([www.mstrackstars.org](http://www.mstrackstars.org)). Although the Mississippi Trackstars coaches will provide meet information the parents and athletes are responsible for knowing the athlete's meet events and times.

If an athlete will not be competing at a meet, this must be communicated to the coaches **as early as possible**.

The team will have a designated area for the Mississippi Trackstars athletes to stay during the meet. All athletes must sit together in this area. ***ALL ATHLETES WILL HAVE TO CHECK IN AND OUT WITH THE MEET COORDINATOR.***

### Meet Coordinators

Meet Coordinators will be assigned to each meet. Each member of Mississippi Trackstars will serve as meet coordinator based on a rotation schedule. This role has been established to designate an area for the athletes and to coordinate with athletes, parents and coaches. Their role is to increase parental accountability, reduce event check-in confusion and reduce coaching distractions.

1. The Meet Coordinators will, upon arrival establish an area for the athletes. This location will if possible be convenient to the coaches, check in area, away from high traffic areas, and located in the coolest possible location at the site. The Meet Coordinator will receive either the night prior to the meet or the morning of the meet the athlete event roster.
2. Parents should present their children to the Meet Coordinator upon arrival at the meet location to be marked present. Parents are responsible for making sure the athletes are marked present. Parents or Athletes that are old enough are responsible for reporting to the Meet Coordinator's area no less than 45 minutes prior to their event scheduled time.
3. Coaches will look for athletes in the Meet Area as events approach and may request assistance from the Meet Coordinator in locating athletes. It is not the Meet Coordinator's job to hunt down athletes.
4. Parents and Athletes are still responsible for listening for the call of their events and knowing what their events are for a particular meet. Also they are responsible for being prepared and warming up properly. Any athlete that cannot be found for a relay event will be replaced by an alternate in that event and may be subject to permanent removal from the relay roster.



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## Coaches/Managers/Volunteers Code of Conduct

It is the belief of this organization that coaches/managers are leaders and are dedicated to more than the winning and losing in competition. As a leader and role model for athletes, the coaches/managers will:

1. Exemplify the highest moral character as a role model for young people.
2. Recognize the individual worth and reinforce the self-image of each team member.
3. Establish a realistic team goal or vision for each season and communicate that to athletes and parents.
4. Encourage and assist team members to set personal goals to achieve their highest academic potential.
5. Create training rules for athletes that reflect the positive values of abstaining from the use of alcohol, tobacco and other drugs.
6. Strive to develop the qualities of competence, character, civility and citizenship in each team member.
7. Provide a safe, challenging and encouraging environment for practice and competition.
8. Gain an awareness of the importance of prevention, care and treatment of athletic injuries.
9. Respect the integrity and judgment of the track and field official.
10. Teach and abide by the rules of the track and field in letter and in spirit.
11. Strive for excellence in coaching skills and techniques through professional development with the following minimum training requirements (for coaches only):
  - a. 3 to 4 year coaches are to obtain USATF Level 1 Certification
  - b. CPR Certification
  - c. Complete the USATF SafeSport Requirement.
  - d. USATF Background Checks
  - e. In the events, these requirements are not met – Mississippi Trackstars reserves the right to suspend coaches from training.
12. Build and maintain ethical and professional relationships with other coaches, assistant coaches and administrators.
13. Promote personal fitness and nutrition. Be modest in victory and gracious in defeat.



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## Athletes' Responsibilities

**Check your event time prior to the Meet.** Arrive at the meet at least one hour prior to your scheduled event times. Events may run up to 30 minutes earlier or later.

**Check in with the Club.** Upon arrival at a meet, check in with the Team Meet Coordinator at the designated area and get your numbers, pins and instructions.

**Sit with the Club during the Meet.** Athletes must stay in the Team area during the meet. Athletes will not be sequestered by the team but will be required to check in and out with the Meet Coordinator when leaving the facility.

**Come prepared.** Wear your Team uniform, training shoes and appropriate socks. Have your shoe bag containing track shoes, extra replacement spikes, spike key, small towel, sunscreen and water bottle (with water or sports drink). 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 drinks and food.** Bring plenty of water or sports drinks and healthy food. See page 10 of the Nutrition section of this handbook for ideas.

**Concession Stands.** Concession Stands are off limits during the meet. Athletes may only approach the concession stand after the completion of the athlete's last event and/or with clearance from a Mississippi Trackstars coach.

**Pay attention to the Meet Announcer.** The meet announcer makes the calls for each event check-in. It is your responsibility to get to your event.

**Check in at field events first.** If you have a race and a field event at the same time, check in first at the field event and let them know you have a running event. Then go to the running event. Running events take precedence over field events. Return immediately to your field event after your running event.

## Parents' Responsibilities

**\*\*\*Make sure that your athlete is prepared, at the meets early and ready for his or her events.\*\*\***

**The Week of the Meet.** All athletes should get in a habit of drinking at least 48 oz of water each day,

**The night before the Meet.** All athletes should receive 8 to 10 hours of sleep two nights prior to a meet (i.e. Thursday and Friday nights if the meet is on Saturday). They should also eat a good dinner that is about 5-7 PM that includes complex carbohydrates, such as pasta and whole grain rice along with a moderate amount of protein lots of fruits and vegetables.

**The Morning of the Meet.** Athletes should eat a nutritious breakfast. This includes fruit, bread, cereal, water and juice. Little or no meat is best. More information is provided in the Nutrition section of this handbook.

**The Duration of the Meet.** Parents and athletes should pay close attention to the meet announcer to ensure their athlete check in at the proper time. Parents are responsible for ensuring their athlete is given water at the conclusion of their event.

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## TENTATIVE MEET LOCATIONS

Mississippi Trackstars Track and Field Team is a traveling track team. In Seasons 2019 we will travel to the following cities:

<b>Date</b>	<b>Meet</b>	<b>Location</b>
5/15	Peak Performance Track Classic	Madison, MS
5/22	Invitational Meet	Monroe, LA
5/29	Invitational Meet (US Express)	Broadmoor High, LA
6/5	Invitational Meet (Press Park)	New Orleans, LA
6/19	Southern Association	Wilkinson County HS, MS
6/24-6/27	Southern Association Junior Olympic	Shreveport, LA
7/8-7/11	Region VI Junior Olympic	TBD
TBD	USATF National Championship	Jacksonville, FL

We are expected to attend up to 8 meets as we approach of championship phase of our program. It is our practice to notify our members of our schedule as it becomes available. A tentative schedule will be available early spring 2021. An email/text will be sent to all parents notifying them of any changes in the meet schedule. Also, schedule for upcoming meets and practices are located on our website.

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## HEALTH AND NUTRITION

### Pre-Competition Sleep

- Athletes should receive 8 to 10 hours of sleep the night before a meet.

### Pre-Competition Meals - 3 – 4 hours before the event

- High in complex carbohydrates, such as bread, fruit and vegetables
- Moderate in protein
- Low in fat
- Plenty of Fluids
- Athletes should eat a nutritious breakfast before a meet, including fruit, bread, water and juice. Little or no meat is best.

### Snack Hints - For All Day Meets

- WATER
- Fresh Fruit – bananas, raisins, grapes, oranges, peaches, watermelon
- Crackers and pretzels

### Post-Competition

- Athletes should do their **cool-down runs after** race events.
- Sports drinks, energy bars, and fruit for carbohydrate replacement.
- Dinner should include foods high in protein (chicken, beef, fish, milk, cheese, soy products, etc.) to build muscle.



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## Registration Checklist

Athlete Name: \_\_\_\_\_

The items that are on the list need to be turned in by every athlete.

- \_\_\_\_\_ Copy of Birth Certificate
- \_\_\_\_\_ Initialed and signed copy of Parent Code of Conduct
- \_\_\_\_\_ Signed copy of Athlete Code of Conduct
- \_\_\_\_\_ Registration Form
- \_\_\_\_\_ Completed Physical Fitness Form
- \_\_\_\_\_ Photo Release Form
- \_\_\_\_\_ Uniform Order Form
- \_\_\_\_\_ Athlete Bio
- \_\_\_\_\_ Parent Information Sheet

Please make checks and money orders payable to Mississippi Trackstars Track and Field Club. Debit and credit cards payments can be made on our website:

[www.mstrackstars.org](http://www.mstrackstars.org)

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## ACKNOWLEDGEMENT OF RECEIPT OF HANDBOOK

My child and I have received a copy of the Mississippi Trackstars Track & Field Team Handbook for the 2021 Season. I understand that the handbook contains information that my child and I may need during the season and that all athletes and parents will be held accountable for their behavior and will be subject to the disciplinary consequences by Mississippi Trackstars Track & Field Team Handbook.

Signature of parent: \_\_\_\_\_

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



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## ATHLETE'S INFORMATION

THIS FORM MUST BE Signed & Returned

(Please print legibly)

NAME: \_\_\_\_\_

BIRTHDAY: \_\_\_\_\_ AGE: \_\_\_\_\_

MOTHER'S NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

EMAIL: \_\_\_\_\_

FATHER'S NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

Parent/Guardian Printed Name: \_\_\_\_\_

I have read and understand all information, including the forms contained in the packet.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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## Athlete's Release/Medical Form

THIS FORM MUST BE SIGNED & RETURNED (PLEASE PRINT LEGIBLY)

Athlete's Last Name	Athlete's First Name	Athlete's Middle Name	DOB	Age
<b>Mother's Name</b>			<b>Mother's Email</b>	
<b>Address</b>				
Home Phone	Cell Phone	Work Phone		
<b>Father's Name</b>			<b>Father's Email</b>	
<b>Address</b>				
Home Phone	Cell Phone	Work Phone		

I know that participating in track and field events may result in serious injuries, and we do hereby waive, release, absolve, indemnify and agree to hold harmless the Mississippi Trackstars, Jackson State University, and the coaches, organizers, sponsors, supervisors, participants and persons transporting my child to and from activities for any claim arising out of any injury to my child whether the result of negligence or for any other cause. I will furnish a copy of certified birth certificate of the above named participant to the team. I authorize the Mississippi Trackstars to obtain immediate medical care and consents to the hospitalization of, the necessary diagnostic test upon, the use of surgery on, and/or the administration of drugs to my child if any emergency occurs when I cannot be located immediately.

Parent/Guardian Signature:	Date:
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(Please indicate any physical limitation (allergies, hearing, sight, asthma, etc.)

## Emergency Contact Information

1<sup>st</sup> Name \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

2<sup>nd</sup> Name \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

## Insurance Information

Insurance company Name: \_\_\_\_\_

Name of Insured: \_\_\_\_\_

ID# \_\_\_\_\_

Group# \_\_\_\_\_



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**Athlete Bio**

**Name:** \_\_\_\_\_

Please tell us a little about yourself – your academic and athletic achievements, any awards, personal bests and school records broken. (Also include a headshot of the athlete)

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### Track Events (Individual)

Running Event:	Best Recorded Time:
Running Event:	Best Recorded Time:
Running Event:	Best Recorded Time:

### Field Events (Individual)

Field Event:	Best Recorded Distance:
Field Event:	Best Recorded Distance:
Field Event:	Best Recorded Distance:

### Goals (Individual)

Event:	Goal Time:
Event:	Goal Time:
Event:	Goal Distance:
Event:	Goal Distance:

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## Parent Code of Conduct

All parents/guardians of participating athletes/children within the **Mississippi Trackstars Track and Field Team** must abide by the Code of Conduct, which includes but not limited to the provisions that follow. Any violation of these rules or any of the USATF rules will result in immediate expulsion from your association with the **Mississippi Trackstars Track and Field Team**. In addition, the parent/athlete will forfeit existing membership for the current season and be subject to review for any other subsequent year until further notice. **We reserve the right to update/change/add addendums to any portions of this contract at our discretion or as the need arises. All fees are non-refundable. This contract serves to cover the entire member household. The signature of both parents is required (if applicable).**

**Mississippi Trackstars Track and Field Team** plays an important role in promoting the physical, social and emotional development of our athletes. It is therefore essential for parents, coaches and officials to encourage youth athletes to embrace the values of good sportsmanship. Moreover, adults involved in youth sporting events should be models of good sportsmanship and should lead by example by demonstrating fairness, respect and self-control.

1. Parent(s)/guardian(s) of the athlete must allow the coaching staff of **Mississippi Trackstars Track and Field Team** to instruct and coach your athlete without interference. \_\_\_\_\_
2. Any athlete missing two (2) **unexcused** consecutive practices will not be allowed to compete in the upcoming track and field meet. \_\_\_\_\_
3. The coaching staff will document all behavior problems and inappropriate incidents. Parent(s)/guardian(s) will be contacted and informed of the child's behavior. The staff will review any athlete having three (3) or more cited incidents and upon review, appropriate disciplinary action will be taken on the findings of the staff. Dismissal from the team may result. \_\_\_\_\_
4. If Parent(s)/guardian(s) displays consistent inappropriate and disruptive behavior the athlete may be dismissed from the team at which time the athlete's USATF membership cards will be given to the parent. Any further competing in USATF sanction events will be done without the affiliation of Mississippi Trackstars Track and Field Team. **Please refer to the handbook for disciplinary guidelines.** \_\_\_\_\_
5. Parent(s)/guardian(s) will be responsible for attending parent's meetings, regarding the athlete's behavior, attendance, team, or meet information. Failure to do so could result in the athlete's dismissal from the team. \_\_\_\_\_
6. Parent(s)/guardian(s) are responsible for paying the athlete's registration/membership fees within a specified amount of time determined by **Mississippi Trackstars Track and Field organization.** \_\_\_\_\_
7. Parent(s)/guardian(s) of the athlete are responsible for transportation and accommodations to and from track practice site(s) and track meets. \_\_\_\_\_
8. Parents(s)/guardians(s) should notify coaching staff of any sickness/injury that the athlete has endured. \_\_\_\_\_
9. Parents(s)/guardians(s) notify coaching staff if athlete is in any other athletic sporting organization. \_\_\_\_\_
10. Parents(s)/guardians(s) should be aware the team meetings are for members only. \_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

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## Athlete Code of Conduct

1. The athlete will learn the value of teamwork, self-discipline and development of a strong work ethic and personal sacrifice.
2. The athlete will learn to be a good sport while developing self-control, honesty and a spirit of cooperation.
3. The athlete will be a good winner as well as a gracious loser in defeat. Sportsmanship is an important value that will be a major objective for all Mississippi Trackstars Athletes.
4. The athlete will show respect to all officials, coaches, players, and parents never acting in a manner which would be considered disrespectful or would reflect negatively on them or the team.
5. The athlete will learn to appreciate the skills and abilities of his/her peers.
6. The athlete will learn an appreciation of playing by given rules.
7. The athlete will learn the value of physical fitness that leads to a sound body, healthy mind, and life-long health habits.
8. The athlete will learn, in a positive manner, to cope with the competitive nature of athletics and society.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature (if under 18)

\_\_\_\_\_  
Date

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## GENERAL RELEASE AND WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

(Please read carefully. This is a release of legal rights.)

Name of Minor Participant \_\_\_\_\_ Age \_\_\_\_\_

In consideration of being allowed to participate in any way in Mississippi Trackstars Track and Field Team and/or being permitted to enter for any purpose any restricted area (defined as any area where admittance to the general public is prohibited), I, the parent and/or legal guardians of the minor named above, agree to assume all risk of any kind of injury or damage my child may receive or sustain as a result of participation, including property loss, property damage, personal injury, or death.

By my signature below I acknowledge my understanding of the release and hold harmless and agree and confirm that:

As the parent/guardian, it is my responsibility to instruct the minor participant if he or she believes anything is unsafe, the participant should immediately advise the officials of such condition and refuse to participate. The above named minor may, during the course of the program, participate in all the activities at Mississippi Trackstars Track Team, including but not limited to, the following activities: health-related fitness, body awareness, lead-up events, and sports. I grant permission for the above-named minor to receive medical treatment for any and all injuries and illnesses sustained or experienced during his/her participation in the Mississippi Trackstars Track Team activities, included but not limited to emergency first aid, and emergency transport to a medical facility.

*I KNOWINGLY AND FREELY ASSUME ALL RISKS, BOTH KNOWN AND UNKNOWN, AND HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS, ON BEHALF OF MYSELF, THE ABOVE NAMED MINOR, OUR HEIRS, ASSIGNS, AND NEXT OF KIN (COLLECTIVELY, THE "RELEASEES"), MISSISSIPPI TRACKSTARS TRACK AND FIELD TEAM, JACKSON STATE UNIVERSITY, AND EACH OF THEIR RESPECTIVE AGENTS, SPONSORS, COACHES, VOLUNTEERS, REPRESENTATIVES, CONTRACTORS, PREDECESSORS, SUCCESSORS, ASSIGNS, OFFICERS AND AFFILIATES (COLLECTIVELY, THE "RELEASERS"), WITH RESPECT TO ANY AND ALL CLAIMS, CAUSES OF ACTION, INJURY, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY RELATED TO THE PRESENCE OR PARTICIPATION OF THE MINOR IN MY CHARGE, WHETHER ARISING FROM THE NEGLIGENCE*

I represent and warrant that I have full right and authority to enter into this agreement on behalf of the Releasers, (including, without limitation, the above named minor), and no other person is required to enter into this agreement for and on behalf of the Releasers.

Printed Name of Parent/Guardian: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

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## Photo Release Form

Mississippi Trackstars  
P.O. Box #: 68397  
4040 Northview Dr.  
Jackson, MS 39206

I consent to Mississippi Trackstars Track and Field Team the right to take photographs of my family and me in connection with the any Mississippi Trackstars Track and Field Team events. I authorize Mississippi Trackstars Track and Field Team its assignees and transferees to copyright and publish the same in print and/or electronically.

I further consent Mississippi Trackstars Track and Field Team may use such photographs of me with or without my name for any lawful purpose, including for example such purposes as publicity, illustration, advertising and Web content.

I understand the photos and videos may be used by USATF or other recognized track bodies as a means of acknowledging or promoting team and athlete's successes. I have not been compensated nor will I seek compensation for the photos or videos. I release the organization from responsibility should a third party violate the terms of this release.

I have read and understand the above:

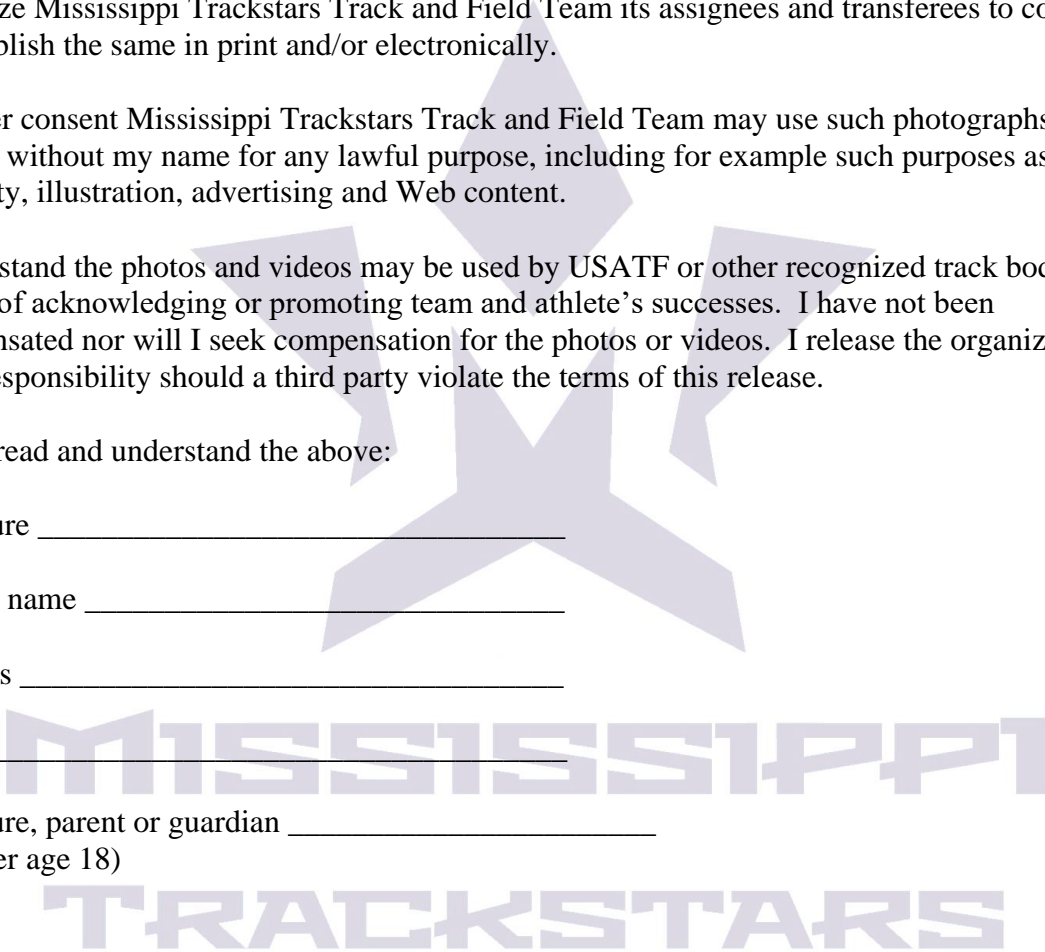
Signature \_\_\_\_\_

Printed name \_\_\_\_\_

Address \_\_\_\_\_

Date \_\_\_\_\_

Signature, parent or guardian \_\_\_\_\_  
(if under age 18)



# Mississippi Trackstars Track and Field Team Handbook & Registration Packet

**2021 Season**

## UNIFORM AND TEAM CLOTHING

Athlete Last Name: \_\_\_\_\_ Athlete First Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

### Uniform

The Mississippi Trackstars uniform is navy blue and white. **Club members may not compete unless wearing the official uniform.** Optional track suits are also available by filling out the order form below:

***This is mandatory for each club athlete. Check appropriate box for size required***

Gender	Measurement	XS	S	M	L	XL	XXL
Men	Chest	28-32	32-35	34-38	35-42	40-44	42-48
	Waist	24-26	28-30	32-34	34-36	36-38	38-42
<b>Check Here</b>							
Ladies	Bust	32-33	33-34	34-35	36-37	38-40	40-42
	Waist	23-25	25-27	28-30	30-32	32-34	35-38
	Hips	32-34	35-36	37-38	39-41	41-42	43-44
<b>Check Here</b>							
<b>Check Here</b>							
Youth	Chest		24-25	26-27	28-29		
	Waist		21-22	23-24	25-26		
<b>Check Here</b>							

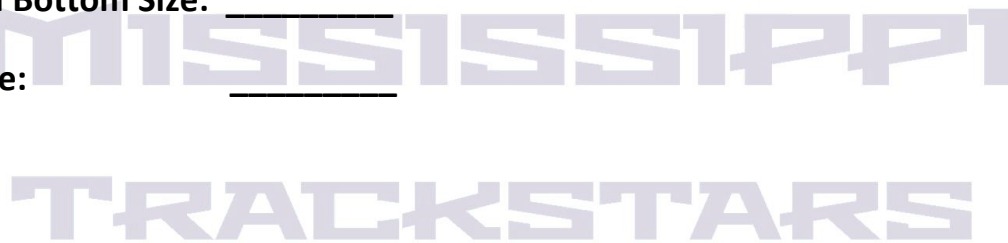
Loose: \_\_\_\_\_

Fitted: \_\_\_\_\_

Uniform Top Size: \_\_\_\_\_

Uniform Bottom Size: \_\_\_\_\_

Shirt Size: \_\_\_\_\_





# Mississippi Trackstars Track and Field Team Handbook & Registration Packet

2021 Season

## PARENT/VOLUNTEER INFORMATION SHEET

Name: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Child's Age: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell: \_\_\_\_\_

Employer: \_\_\_\_\_

Interest related to track club: \_\_\_\_\_

Please select one of the following committees to participate:

\_\_\_ Fundraising

\_\_\_ Sponsorship

\_\_\_ Meet Coordinating Team

\_\_\_ Community Service

\_\_\_ Team Building

\_\_\_ End of the Year Event

\*Please be advised each member will be placed on a rotation schedule to serve as meet coordinator with the exception of governing board and committee chairperson.

MISSISSIPPI  
TRACKSTARS

# Mississippi Trackstars Track and Field Team Handbook & Registration Packet

2021 Season

## Mississippi Trackstars Track and Field Team

*Striving for unparalleled character and excellence.*

### Donor Information Form

Please mail all donations to:

Mississippi Trackstars  
P.O. Box #68397  
4040 Northview Dr.  
Jackson, MS 39206

Name: \_\_\_\_\_

Business Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Secondary Phone: \_\_\_\_\_

Mississippi Trackstars Point of Contact: \_\_\_\_\_

I would like to make a check/cash donation. Please make checks payable to Mississippi Trackstars Track and Field Team.

Amount: \$ \_\_\_\_\_

I would like to donate the following to the Mississippi Trackstars Track and Field Team.

Value of Donation: \$ \_\_\_\_\_

Donation Description: (Gift Certificates, Goods, Services, etc)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Mississippi Trackstars Track and Field Team is exempt from federal income tax under Section 501(c) (3) of the Internal Revenue Code. Contributions are tax deductible to the extent of the law. Tax Identification number will be provided for tax filing purposes upon receipt of donation. There is a \$50 fee for returned checks.