

CATAPULT TRACK CLUB
&
FITNESS TRAINING



"CAN'T HIDE HARD WORK"



Practice Days

Monday, Tuesday and Thursday 5:30-7 p.m.

*Items required for registration: application, registration fee, birth certificate, USATF and AAU membership.

Registration Fee

\$375 prior to May 15th, \$395 thereafter.

All payments due by May 22nd.

\$100 Deposit Due with Registration

The Deposit will be credited towards the Registration. There is a multi-child discount of 10% for each additional child after the first. Members must live in the same household.

All payments can be made via Zelle (703-474-1736).

REFUND POLICY: A \$50.00 ADMIN FEE WILL BE CHARGED TO ALL REFUNDS, minus training fee (if applicable). No refunds after May 22nd.

*Direct all Questions

email: catapulttc@gmail.com

telephone: 703-474-1736 (Voice Mail or Text)

GROUPME Signup: Catapult Track and Field (Former Legacy Athletics)

REGISTRATION FORM can be found on the website under documents: <https://catapulttc.com>

Parents' Responsibility

- To transport their athletes to and from practice and meets. Be aware of our out of town meets.
- Turn in all documentation and fees before deadline to staff.
- Be aware of announcements that are made via email address and/or text messages.
- Volunteer at fundraisers.
- Reinforce rules and coaching of Catapult TC to athletes.
- Parent meetings are every Thursday evenings at 6:45 pm during track practice.

Orientation Brochure



CATAPULT TRACK CLUB & FITNESS TRAINING

CANT HIDE HARD WORK!

**YOUTH
AGES 8-18**

<https://catapulttc.com>

"Remember that sports are meant to be fun. Don't let someone make the sport unfun for you."

-Legendary Coach Bob Kersee

"Easy is not an option..No days off...Never Quit...Be Fearless... Talent you have Naturally... Skill is only developed by hours and hours of work." - Usain Bolt

What to Bring Practices/Meets



Coach Rufus Smith USATF LEVEL 1 CERTIFIED



How to prepare for Competition - Nutrition

It is very imperative that kids are eating healthy on a daily basis. Check out some nutrition guidelines at the following sites:

<http://www.iaaf.org/mm/Document/imported/42817.pdf>

<http://www.theacc.com/sports/c-track/spec-rel/050506aae.html>

<http://www.ashevillelightning.org/nutrition.htm>

Practice

ALL kids have to perform their warm up exercises before practice starts

Items to bring:

- Water
- Tennis Shoes
- Spikes Shoes and Pyramid Spikes (1/4" length)
- Warm-up pants and shirt

Meets

All kids, dressed in uniform have to perform their warm up and check in to get their numbers before meets starts.

Items to bring:

- Chair
- Tennis Shoes/*Slides (not for warming up)
- Spikes Shoes and Spikes (1/4 " length)
- Water/Gatorade
- Healthy snacks & fruit

Gazebos, umbrellas, and coolers can be brought for family members) Canopies provided by team are for athletes first.

2-DAY MEET POINTERS

- High carbohydrates meals at nights before the meets/Take your vitamins.
- Stay hydrated/eat light, high energy snacks throughout the day.
- Take ice baths at night for the next day meet from 2-10 minutes (depends on age of child and tolerance)
- Get plenty of rest.

**Resources for those looking to get a scholarship.

<https://www.ncaa.org/sports/2021/2/8/student-athletes-future.aspx>

<https://www.ncsasports.org/>

<https://runcruit.com>

"The glory of sport comes from dedication, determination and desire. Achieving success and personal glory in athletics has less to do with wins and losses than it does with learning how to prepare yourself so that at the end of the day, whether on the track or in the office, you know that there was nothing more you could have done."
-Legendary Jackie Joyner-Kersey