



Stallions



Track Club



"workin' hard — gettin' better!"

Moon, PA

www.stallionstrackclub.com
Facebook: Stallions Track Club

Board Members: ♦ Terry Fisher ♦ Tyrone Fisher ♦ Ashanti Mitchell ♦

2019 TEAM RULES AND REGULATIONS

REGISTRATION

- All registration fees must be mailed to:
Stallions Track Club, Inc.
2130 Harbor St
Pittsburgh, PA 15212
- **No uniform/warmups will be ordered until registration fees have been paid in full.**
- **Payments made AFTER the deadline date will be assessed a \$25.00 LATE fee.**

DIVISION	BIRTH YEAR	REGISTRATION DEADLINE	REGISTRATION FEE
8 & Under	2011+	April 30, 2019	see fee schedule
9-10	2010 & 2009	April 30, 2019	see fee schedule
11-12	2008 & 2007	April 30, 2019	see fee schedule
13-14	2006 & 2005	April 30, 2019	see fee schedule
15-16	2004 & 2003	June 01, 2019	Prorated
17-18	2002 & 2001	June 01, 2019	Prorated

PARTICIPATION REQUIREMENTS

- Team Conditioning Sessions (Outdoor)
 - Date/Days: Saturdays
 - Time/Location: 12:30pm @ Fit 4 Life Fitness Center 1032 5th Ave, Coraopolis, PA 15108
- Practice Sessions (Outdoor)
 - Date/Days: Begin Mid-March 2019 (weather permitting), Tuesday, Wednesday and Thursday.
 - Time/Location: TBD (will either be at Cornell High School or Robert Morris Track)
- Practice sessions are **mandatory**. All athletes must arrive to practice on time in order to adequately warm up so as to not incur injury. All athletes **must** attend at least 75% of practices to participate in that week's meet.
- Meets
- ENTRY FEES
 - The club will pay for all athletes at developmental meets through registration fees.
 - The club will pay for all individual and relay events for the Three Rivers Association Meet.
 - The club will pay for relay events only for qualifying athletes at the USATF Region 2 Meet.
 - The club will only pay for relay events at the USATF Junior Olympics.
Athletes are responsible for paying for individual events.

- ENTRY LISTS
 - Coaches are responsible for determining the events in which each athlete will participate for each meet. Participation rosters must be decided by 6 PM Tuesday so that Meet Manager computer files can be submitted to TRA by deadline.
 - Entry lists can be viewed after Wednesday at noon on the TRA website at (http://www.usatf.org/assoc/threerivers/Youth/Youth_MeetSched.html)
 - Parents should check the list and report any questions to the coaches immediately, so change submissions can be submitted by the 8 pm Thursday deadline.
- ATTENDANCE
 - All athletes must be at the meet **30 minutes** before the meet begins, regardless of when your events are scheduled. This is the only time coaches are available to stretch and warm up athletes to avoid injury.
 - If you are unable to attend a meet, you **must** notify a coach by midnight Thursday. The club is charged for each athlete on the Entry List.
- RELAY TEAMS
 - To be considered for a relay team you must make a commitment to be a member of the team through the end of the season (Junior Olympics). The commitment means that you will be at all practices and meets.
 - Members of relay teams will be determined based on a weekly “run-off” between athletes. Coaches have the final say in relay team membership.

FUND RAISING -Opt out fee \$150 -payable at registration (CANNOT OPT OUT OF JUNE 9TH TRACK MEET)

- **Raffle Tickets**
 - Each family must sell 10 tickets. (May until Stallions Meet in June)
- **Can Tag**
 - Each athlete must participate in can tag at on Friday, April 19th or Saturday, April 20th. **(This event is mandatory! If an athlete does not participate, they will need to pay a \$60 fee for their warm up suit.)**
- **Night At The Races** Saturday, April 13th at the Coraopolis VFW.
- **Candles** - forms will be handed out soon and sales will end the last week of March

I've read the above Rules and Regulations and agree to abide by them:

X

PARENT

X

ATHLETE