



Welcome to Metropolitan Track Club!

The Metropolitan Track Club Board Members, coaches, and parents welcomes all new and returning athletes. We are excited to have you joining us as part of our "MTC" Family.

Our Mission is to commit ourselves to the comprehensive development of young athletes while training to improve physical development, character building, and an opportunity for athletes to develop confidence, poise, individuality, mental and physical discipline, determination, work ethic, team work and self-respect.

The club has athletes ranked nationally each year ranking in ages 7 to 16 years. The training activities include: weight training, running, sprinting, jumping exercise, speed development exercises, flexibility and coordination exercises, and skill acquisition exercise that are specific to each event. Major events and competition include: Governor Games, USA Track & Field District, Regional Championships, and both AAU and USATF Junior Olympics.

Our coaches are some of the most committed I have ever worked with when it comes to developing winning programs and quality star athletes. They work many long hours over the summer and off-season to develop and implement their plans to build character and positive attitudes within all of our athletes. Our coaches challenges each athlete to push beyond their perceived limits and to embrace the philosophy of working together as "One MTC" which is essential to their success in athletics and most importantly in life.

Please join us in the commitment of encouraging high expectations, teamwork, and pride within, our community and Metropolitan Track Club Family.

Sincerely,

A handwritten signature in purple ink, appearing to read 'J. Andrews', is written over a thin purple line that extends from the left margin.

Jessica Andrews  
President



# Metropolitan Track Club

P.O. Box 19751 New Orleans, LA 70179

[metropolitantrackclub@gmail.com](mailto:metropolitantrackclub@gmail.com)

Ph. (504)234-0536

## Registration Form

### Applicant Information

Athlete's Name: \_\_\_\_\_  
(Last) (First) (M.I.)

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

Parent's Home & Cell Phone: \_\_\_\_\_ / \_\_\_\_\_ Member's Cell Phone: \_\_\_\_\_

Parent's Email: \_\_\_\_\_ Member's Email: \_\_\_\_\_

Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Returning Member: \_\_\_\_\_ First-Time Member: \_\_\_\_\_

**Please List any Physical Handicaps, Injuries, Allergies** \_\_\_\_\_

Date of Athlete's Last Physical: \_\_\_\_\_ Current Grade: \_\_\_\_\_ School Attending: \_\_\_\_\_

T-Shirt Size (Select one): YS \_\_\_ YM \_\_\_ YL \_\_\_ YXL \_\_\_ SM \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

### Parent Information

Name of Parent or Guardian of Athlete: \_\_\_\_\_

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

Parent's Home Phone: \_\_\_\_\_ / \_\_\_\_\_ Parent's Cell Phone: \_\_\_\_\_

Parent's Email: \_\_\_\_\_

Relationship to Athlete (Mother, Father, Guardian, etc.) \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_

As the parent or legal guardian of the above athlete \_\_\_\_\_, I fully understand that participation in athletics, in this case track & field, could result in both minor and serious injury and even death. I further understand that to minimize the risk of injury or harm, the athlete should have had a physical within the past year. I assume any and all risks associated with the above athlete's participation as a member of the Metropolitan Track & Field Club, its coaches and representatives, of any and all rights for damages or injuries suffered while participating with the Metropolitan Track & Field Club during a scheduled practice, conditioning session or competition; while traveling to or from a scheduled practice, conditioning session or competition; or during any other club related activity.

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**NOTE: NEW MEMBERS PLEASE INCLUDE A PHOTOCOPY OF BIRTH CERTIFICATE OR PASSPORT PHOTO PAGE FOR USATF AGE VERIFICATION**

**UNIFORM SIZE (CIRCLE ONE) YOUTH: S M L ADULT: S M L**



# USATF Membership Application

New Member  Renewal from previous year – USATF Number \_\_\_\_\_

Please print or type information

Last Name		First Name		Middle Initial
Address		City		State Zip Code
Phone	Email	Your membership # will be emailed to you. Your email address will not be shared with anyone.		
Date of Birth	Age Today	Gender		
MM-DD-YYYY		M / F		
U.S. Citizen	If no, country of Citizenship			
Y / N				
Club No	Club Name			

### Ethnic Background

Are you Hispanic or Latino?  Yes  No  Decline

### What is your race? (Please select one or more races)

- American Indian / Alaska Native
- White / Caucasian
- Asian
- Other
- Black / African American
- Decline to answer
- Native Hawaiian / Pacific Islander

Please check all appropriate sports codes here:

- Track
- Field
- Road Running/LDR
- Cross Country
- Ultra-Marathon
- Mountain/Trail
- Race Walking

### Membership Category Codes

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Please use the codes below – you may indicate one or more categories.

AT: Athlete  
DA: Disabled Athlete

CH: Coach  
CD: Developmental  
C1: Coach – Level 1  
C2: Coach – Level 2  
C3: Coach – Level 3

PA: Parent  
OF: Official  
OA: Official – Association  
ON: Official – National  
OM: Official – Master  
AD: Administrator  
FN: Fan

By signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations, and Competition Rules for my level(s) and category(ies) of membership.

Signature (If an athlete is under age 18, parent or guardian must sign)

Date of Application \_\_\_\_\_  
(MM-DD-YYYY)

**IMPORTANT INFORMATION:** Memberships are on a calendar year basis, and expire on December 31. However, if you join between November 1 and December 31 of the current year, the membership will be valid for the following year as well.

**Youth members:** New or lapsed memberships must submit a copy of birth certificate or other ID.

Check here if you do not wish your address used as part of a direct mail list.

## Membership Fees & Registration Options

OPTION 1



JOIN ONLINE AT  
[www.usatf.org/membership](http://www.usatf.org/membership)

You will receive your new Membership # – Instantly!!

Have your previous membership # and password ready as they will be needed for the renewal process

### MAIL TO YOUR LOCAL ASSOCIATION



Mail the completed application and appropriate membership fees to your local Association. Mailing addresses can be found at [www.usatf.org/associations](http://www.usatf.org/associations)

OPTION 2

<b>Adult Membership</b> (19 yrs & over)	\$ _____
\$ 30.00 (1-year)	\$ 80.00 (3-years)
\$ 55.00 (2-years)	\$ 100.00 (4-years)

<b>Youth Membership</b> (18 yrs & under)	\$ _____
\$ 20.00 x _____ =	\$ _____
[ # of membership years]	

<b>CONTRIBUTIONS (TAX DEDUCTIBLE)</b>	\$ _____
Please direct my contribution to <input type="checkbox"/> LDR <input type="checkbox"/> Youth	
<input type="checkbox"/> Masters T & F <input type="checkbox"/> RW <input type="checkbox"/> Association Programs	
<input type="checkbox"/> Unrestricted	

**TOTAL** \$ \_\_\_\_\_

Please make checks payable to USATF.



**Athlete Membership 2017-2018  
AAU Membership Form**

Required Fields\*

If athlete/prospective member is a minor, the person completing this Application represents that he/she has the athlete's parents or guardian's consent for the athlete to become an AAU member.

\*Yes, I understand and agree to the above statement

General Information

\*Email Address

\*First Name

\*Middle Name

\*Last Name

<input type="text"/>	<input type="text"/>	<input type="text"/>
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\*Address

\*Primary Phone Number

\*Birth Date

\*Gender

<input type="text"/>	<input type="text"/>
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\*Parent/Guardian's Signature \_\_\_\_\_



## METROPOLITAN TRACK CLUB

2018 Approved Athlete Budget

October 1 - September 30 2018

<b>Budget Breakdown - New Athlete - Option 1</b>	
<b>Registration</b>	
USATF Membership	\$ 20.00
AAU Membership	\$ 16.00
Club Application Fee	\$ 30.00
<b>Total Registration</b>	<b>\$ 66.00</b>
<b>Meet Fees</b>	
<u>NOTE:</u> Does not include Junior Olympics	\$ 150.00
<b>Total Meet Fees</b>	<b>\$ 150.00</b>
<b>Uniforms</b>	
<b>Platium Track Package</b>	
Ultrafuse Compression Top	\$ 40.00
Ultrafuse Compression Bottom	\$ 30.00
Venture Jogger	\$ 25.00
T-Shirt	\$ 10.00
Backpack	\$ 25.00
<b>Total Uniforms</b>	<b>\$ 130.00</b>
<b>Miscellaneous</b>	
Awards/Banquet	\$ 50.00
Equipment	\$ 40.00
Coaches Fees	\$ 20.00
<b>Total Miscellaneous</b>	<b>\$ 110.00</b>
<b>2017-2018 Approved Athlete Budget Total</b>	<b>\$ 456.00</b>



## METROPOLITAN TRACK CLUB

2018 Approved Athlete Budget

October 1 - September 30 2018

<b>Budget Breakdown - New Athlete - Option 2</b>	
<b>Registration</b>	
USATF Membership	\$ 20.00
AAU Membership	\$ 16.00
Club Application Fee	\$ 30.00
<b>Total Registration</b>	<b>\$ 66.00</b>
<b>Meet Fees</b>	
<b>NOTE:</b> Covers the first 5 meets. All other meets must be paid one week prior to the next meet. <b>Does not include Junior Olympics, Gov. Games, District &amp; Regional qualifying meets.</b>	
	\$ 50.00
<b>Total Meet Fees</b>	<b>\$ 50.00</b>
<b>Uniforms</b>	
<b>Platium Track Package</b>	
Ultrafuse Compression Top	\$ 40.00
Ultrafuse Compression Bottom	\$ 30.00
Venture Jogger	\$ 25.00
T-Shirt - <b>Optional</b>	\$ 10.00
Backpack - <b>Optional</b>	\$ 25.00
<b>Total Uniforms</b>	<b>\$ 130.00</b>
<b>Miscellaneous</b>	
Awards/Banquet	\$ 50.00
Equipment	\$ 40.00
Coaches Fees	\$ 20.00
<b>Total Miscellaneous</b>	<b>\$ 110.00</b>
<b>2017-2018 Approved Athlete Budget Total</b>	<b>\$ 356.00</b>

CUSTOMER #:	17723502
NAME:	Jessica Anderws
COMPANY:	Metropolitan Track Club'
PHONE:	5046165940
EMAIL:	jessicaandrews504@yahoo.com
Shipping Address	6951 Edgefiled Dr. New Orleans, LA 70128

**April Diello-Talley**  
Territory Sales Representative  
520 McCall Rd | Manhattan, KS 66502  
P: 800.336.4486 ext. 1156  
Powered by **Champion**, a **HANES Brands Inc** company  
www.gtmssportswear.com | www.champion.com | www.hanes.com  
My office hours are Monday-Friday 8-5 CST.

GTM SPORTSWEAR 520 MCCALL ROAD MANHATTAN, KS 66502					
ORDER TYPE	standard/UF	MARKET	Track club	REP:	AD4
PAYMENT TERMS	CC	XREF	2018 Track club package		
MS DATE		EVENT:			
NOTES					
Thursday, November 16, 2017			Quote Expires in 60 Days		

ITEM #	DESCRIPTION	Color	ART PLACEMENT	ARTWORK DETAILS	Youth						Adult						OSFA	OSFA	Unit Price	Total units	Total		
					YXS	YXS	YS	YM	YL	YXL	XS	S	M	L	XL	XXL							
AK04BU	Venture Jogger	black																\$ 25.00	1	\$ 25.00			
U002TU	UF Compression top	Alloy	FF/Vertical center back	FF File 00601, vertical center back file 00901														\$ 40.00	1	\$ 40.00			
U002BU	UF Compression short	Alloy																\$ 30.00	1	\$ 30.00			
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# Metropolitan Track Club

## Registration & Budget Payment Plan Option 1 – New Athlete

- **1<sup>st</sup> Installment: October 1, 2017 - \$65.15**
- **2<sup>nd</sup> Installment: November 1, 2017 - \$65.15**
- **3<sup>rd</sup> Installment: December 1, 2017 - \$65.14**
- **4<sup>th</sup> Installment: January 1, 2018 - \$65.14**  
**NOTE: To compete in the indoor track meet registration fee in the amount of \$66.00 must be paid on this date.**
- **5<sup>th</sup> Installment: February 1, 2018 - \$65.14**
- **6<sup>th</sup> Installment: March 1, 2018 - \$65.14**
- **7<sup>th</sup> Installment: April 1, 2018 - \$65.14**  
**NOTE: Total Budget in the amount of \$456.00 must be paid on this date.**

### MTC Forms of Payments

- PayPal: [metropolitantrackclub@gmail.com](mailto:metropolitantrackclub@gmail.com)

### Additional Information

Any questions regarding registration and budget payments or other monetary transactions please contact Calvin Philips, Treasurer via phone (504)782-0603 or email: [metropolitantrackclub@gmail.com](mailto:metropolitantrackclub@gmail.com) ATTN: Treasurer

Thank you!!!



P.O. Box Jefferson Davis Pkwy | New Orleans, LA 70179 | (504)234-0536 | [metropolitantrackclub@gmail.com](mailto:metropolitantrackclub@gmail.com) |



# Metropolitan Track Club

## Registration & Budget Payment Plan Option 2 – New Athlete

- **1<sup>st</sup> Installment: October 1, 2017 - \$50.86**
- **2<sup>nd</sup> Installment: November 1, 2017 - \$50.86**
- **3<sup>rd</sup> Installment: December 1, 2017 - \$50.86**
- **4<sup>th</sup> Installment: January 1, 2018 - \$50.86**  
**NOTE: To compete in the indoor track meet registration fee in the amount of \$66.00 must be paid on this date.**
- **5<sup>th</sup> Installment: February 1, 2018 - \$50.86**
- **6<sup>th</sup> Installment: March 1, 2018 - \$50.85**
- **7<sup>th</sup> Installment: April 1, 2018 - \$50.85**  
**NOTE: Total Budget in the amount of \$356.00 must be paid on this date.**

### MTC Forms of Payments

- PayPal: [metropolitantrackclub@gmail.com](mailto:metropolitantrackclub@gmail.com)

### Additional Information

Any questions regarding registration and budget payments or other monetary transactions please contact Calvin Philips, Treasurer via phone (504)782-0603 or email: [metropolitantrackclub@gmail.com](mailto:metropolitantrackclub@gmail.com) ATTN: Treasurer

Thank you!!!



P.O. Box Jefferson Davis Pkwy | New Orleans, LA 70179 | (504)234-0536 | [metropolitantrackclub@gmail.com](mailto:metropolitantrackclub@gmail.com) |

# AUTHORIZATION AND CONSENT TO TREAT AND TRANSPORT

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I, the undersigned parent of a minor, do hereby authorize Metropolitan Track Club as agent for the undersigned consent to transport said minor for medical purpose, as well as any x-ray examination, anesthetic, medical and/or surgical diagnosis or treatment and hospital care which is deemed advisable by, and to be rendered under the general supervision of any physician and surgeon licensed under the Medical Practice Act, whether such diagnosis or treatment is rendered at hospital, office or in transport.

It is understood this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power on the part of Metropolitan Track Club and it's agents to give specific consent to any and all such transportation, diagnosis, treatment or hospital care which the aforementioned physician may deem advisable.

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

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

Legal Parent/Guardian: \_\_\_\_\_ Phone: \_\_\_\_\_

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

Home Email Address: \_\_\_\_\_

Mother Cell: \_\_\_\_\_ Father Cell: \_\_\_\_\_

Mother Work: \_\_\_\_\_ Father Work: \_\_\_\_\_

Additional Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Insurance Company: \_\_\_\_\_ Policy/Group #: \_\_\_\_\_

Social Security Number: \_\_\_\_\_ Employer: \_\_\_\_\_

Physician Name: \_\_\_\_\_ Physician Phone: \_\_\_\_\_

Allergies: \_\_\_\_\_

Current Medications: \_\_\_\_\_

Other Medical History or Conditions: \_\_\_\_\_

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

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



## PARENT HANDBOOK ACKNOWLEDGEMENT

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I, \_\_\_\_\_ have read the Metropolitan Track Club Parent Handbook. By signing this handbook, I am stating that I fully understand the rules, policies and commitment of being a part of Metropolitan Track Club and I am aware that this contract will be enforced.

Athlete's Full Name: \_\_\_\_\_

Athlete's signature: \_\_\_\_\_

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

Parent/Guardian signature: \_\_\_\_\_

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

Club Witness: \_\_\_\_\_

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



# METROPOLITAN TRACK CLUB "ACCOUNTABILITY" POLICY

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The purpose of the athletes (Accountability) program is to provide an environment that encourages everyone to participate in learning the fundamentals of *TRACK & FIELD*, and having fun while doing so. Sportsmanship is essential in our entire area program. Sportsmanship includes positive behavior and attitudes from members, coaches, parents and athletes. In an effort to encourage a positive support base for everyone, MTC Board of Directors has adopted an Accountability Policy. The goal of this policy is not only to promote sportsmanship, but to also encourage positive and effective communication between boards, coaches, members, officials, parents and athletes. Therefore, the aforementioned groups that demonstrate behavior that is detrimental to any area program or policy may be removed from MTC program. Detrimental behavior is defined, but not limited to, as physical and/or verbal abuse toward any participant, coach or official at any time. Vulgar language or gestures will not be tolerated. All persons associated with MTC are expected to conduct themselves in a manner consistent with good sportsmanship. Violators during functions will be asked to relinquish membership.

I hereby pledge to provide positive support, care and encouragement toward all members, coaches, the board, and officials, remembering that the sport is for the children and not the adults.

I have read the MTC Accountability Policy, and will do everything in my power to implement and abide by these rules at all time.

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

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



# METROPOLITAN TRACK CLUB "ATHLETE/PARENT CODE OF CONDUCT" POLICY

## ATHLETES/PARENT(S) HAVE THE RESPONSIBILITY TO:

- Treat everyone fairly within the context of their activity, regardless of gender, place of origin, color, sexual orientation, religion, political belief or economic status.
- Consistently display high personal standards and project a favorable image of their sport.
- Refrain from public criticism of other athletes, coaches or officials.
- Uphold the rules of the sport, spirit of such rules and encourage other athletes to do the same.
- Treat opponents and officials with due respect both in victory and defeat. Encourage other athletes to do the same.
- To take care of their own personal belongings. A Coach and or Officials will not be held responsible.

## ATHLETES/PARENT(S) MUST:

- Participate in a manner that insures the safety of fans, athletes, coaches and officials also participating in the meet.
- Respect other athlete's dignity: verbal or physical behavior that constitutes harassment or abuse is totally unacceptable.
- Where there has been a request for sexual favors or use of threats of reprisal for rejection, it must be reported to the Parent Advocate who will then report to the Board of Directors.

## UNACCEPTABLE BEHAVIOR

- The following are some examples of unacceptable behavior that could involve suspension or other disciplinary action from the team. Please be aware that these are merely examples and other forms of unacceptable behavior not on this list could be subject to disciplinary action.
- Any vulgarity, profanity or intimidation directed to fellow team mates, other opponents, coaches, officials, or minor officials.
- Any unacceptable behavior while being transported to and from the event (not picking up garbage, swearing, disobedience to a coach or parents, disrespect to other athletes).
- Any unacceptable behavior in a motel/hotel and/or restaurant while on travel to a meet (unnecessary mess, failure to pay phone bills or other payments).
- Any vandalism or theft when traveling to and from meets (includes leaving showers plugged or water running, theft of any item belonging to another athlete or the team).
- The consumption of any drugs not prescribed by a doctor (this includes alcohol).
- Negative cheering from the stands (instead of calling the other team down, boost your team up!).
- Any form of hazing or other initiation activities will not be tolerated.
- Any action or behavior which would bring discredit to your team.

I have read and understand the statements in the Code of Conduct for Athletes and agree to conduct myself in a manner that demonstrates the established standards established in the Code. I was also in attendance at the meeting at which the code of conduct was reviewed. I have read and understand the statements in MTC Parent Handbook and agree to adhere to the policies laid out in this document.

Athlete Name (Print): \_\_\_\_\_ Date: \_\_\_\_\_

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

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

