



# **2025 Creekview Youth Track and Field Team Information**

# 2025 Coaching Staff and Contact Information

## Team Manager:

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*USATF Level 1 Coach, USATF Cross Country Specialist*

## Head Coach:

Scott Fath [sfath@etcmail.com](mailto:sfath@etcmail.com) 404-798-5568  
*USATF Level 2 Coach & USATF Cross Country Specialist*

## Coaches:

Andy Baker  
Joe Ball, USATF Registered Coach  
Debbie Hendrix, USATF Level 1 Coach, USATF Cross Country Specialist, USATF Official  
Joleen Manning  
Charlie McKinney  
Steven Owens, USATF Level 1 Coach  
Kevin Parker, USATF Level 1 Coach  
Jordan Turner

*All coaching staff has passed background screening by USATF and the USATF Safe Sport Training offered by the USA Olympic Committee.*

## Our Team

Creekview Youth Track and Cross Country is a non-profit USATF track and cross country club. Our mission is to motivate young athletes to aspire to achieve leadership, self-discipline, sportsmanship, and a sense of community through the sports of track and field and cross country. Our programs are not just about running and athletic conditioning; moreover, it's a training ground where team members are encouraged to master lessons of competition and challenge themselves mentally and physically. We have athletes on our team that range from beginners, to recreational runners, to athletes that compete on a national level. We are proudly affiliated with Creekview High School; therefore, we have access to their track and facilities for our training needs.

## Communication

All team communications are done via Remind

**Creekview Youth Track & Field Team Remind Sign Up:** Send a text to 81010 with the message [@ckvwythtrk](https://www.remind101.com/join/@ckvwythtrk)

**Website:** [www.creekviewyouthtrack.org/home](http://www.creekviewyouthtrack.org/home)

**Facebook:** Creekview Grizzly Youth Track and XC

# USATF Age Divisions

USATF age is determined by your age on December 31<sup>st</sup> of the current year. For example, if an athlete is 8 years old but turns 9 on December 31<sup>st</sup>, they will compete in the 9-10 year old division.

## Competition Year 2025

Age Division	Year Born
8 & Under	2017-2019*
9-10	2015-2016
11-12	2013-2014
13-14	2011-2012
15-16	2009-2010
17-18	2007-2008**

\* Athletes must be at least 7 years of age on December 31st of the current year to compete in the Hershey National Junior Olympic Championships

\*\* Athletes born in 2007 are eligible to compete in the Hershey National Junior Olympic Championships if they do not turn 19 prior to the start of the meet

## Developmental Season Track and Field Events

	8 & under	9 & 10	11 & 12	13 & 14		15/16/17/18	
				Girls	Boys	Girls	Boys
<b>Field Events</b>							
Shot Put	2k	6lb	6lb	6lb	4kg	4kg	12lb
Javelin	300g	300g	450g	600g	600g	600g	800g
Long Jump	Yes	Yes	Yes	Yes	Yes	Yes	Yes
High Jump	No	Yes	Yes	Yes	Yes	Yes	Yes
Discus (post season only)	No	No	1kg	1kg	1kg	1kg	1.6kg
<b>Track Events</b>							
100M	Yes	Yes	Yes	Yes	Yes	Yes	Yes
200M	Yes	Yes	Yes	Yes	Yes	Yes	Yes
400M	Yes	Yes	Yes	Yes	Yes	Yes	Yes
800M	Yes	Yes	Yes	Yes	Yes	Yes	Yes
1500M	Yes	Yes	Yes	Yes	Yes	Yes	Yes
3000M	No	*Yes/No	Yes	Yes	Yes	Yes	Yes
4x100M Relay	Yes	Yes	Yes	Yes	Yes	Yes	Yes
4x400M Relay	Yes	Yes	Yes	Yes	Yes	Yes	Yes
80M Hurdles	No	No	Yes (30")	No	No	No	No
100M Hurdles	No	No	No	Yes (30")	Yes (33")	Yes (33")	No
110M Hurdles	No	No	No	No	No	No	Yes (39")

\* 9-10 Athletes can compete in the 3000m in some developmental meets but cannot compete at this distance in the USATF post season

## Practice Information

**Location:** Creekview High School

**Time and Days:** See the practice schedule at the end of the document for specific dates, times, and locations

High School teams have priority on use of the track. Our practices must work around their schedule. If they have games or meets that are rained out, our practices and meets are subject to being moved or cancelled.

**\*Cancellation or changes to meets or practice due to weather or changes in track availability will be communicated via Remind**

We ask that a parent remain present for the full practice, in the event that medical treatment becomes necessary or in case practice ends early due to weather. **Parents cannot enter the track, in-field, or any of the field event venues during practice for liability and safety reasons. This is a rule mandated by USATF.**

### Practice Format

Practice starts with a short warm up-run, followed by dynamic stretches, and then running and field event sessions. Your athlete chooses which run session (sprints, mid-distance, or distance) or field event session they attend.

Practice closes with stretching and strength/core exercises. Your athlete should bring plenty of water. They may also want to bring a towel or yoga mat to sit on during cool down stretches and strength/core.

### Practice Attendance

Athletes are not required to attend all practices, though it is encouraged. We do not require you tell us in advance if you cannot attend a practice. We understand that some athletes may have scheduling conflicts during the season or that some athletes may need additional rest between practices.

## Meet Information

### Development Meets (April – May):

Prior to the USATF Junior Olympic competition season, we hold local developmental meets with the other USATF Youth Track and Field clubs in Cherokee County. These meets may also include other clubs from the surrounding areas and are run by parent volunteers from the host club. The development meets give our athletes competitive experience in a relaxed environment.

### USATF Junior Olympic Competition (June – July) - *Requires a USATF Membership:*

The Junior Olympic competitive season begins with the Georgia Association Preliminaries and is composed of four meets. Advancement to Association, Regions and Nationals is based on performance in the prior meet.

USATF Georgia Association Area A Junior Olympic Outdoor Track & Field Preliminaries (not a qualifying meet)

USATF Georgia Association Junior Olympic Outdoor Track & Field Championships (top 12 advance)

USATF Region 4 Junior Olympic Outdoor Track & Field Championships (top 5 advance)

USATF National Junior Olympic Outdoor Track & Field Championships

During the USATF Junior Olympic Competition season the following event limits apply:

8 & under, 9-10, and 11-12: Maximum of three events.

13-14, 15-16, and 17-18: Maximum of four events.

The multi/combined events are not considered in the maximum count.

## **Meet Registration**

The weekend prior to the meet you will receive the meet information and a link to the registration form via Remind. It is your responsibility to complete the form to register your athlete for the meet and for the specific events they want to compete in during the meet. The athlete will only be able to participate in the events you select during registration for the meet. There will not be any late registrations, changes on meet day, or exceptions. Failure to complete the registration form will result in your athlete not being able to participate in the meet.

## **Meet Format**

Meets are held on a rolling schedule, meaning that only the first race and first field events of the day have a published start time. For both running events and field events, once all the heats in an age division for an event are complete, the next age group starts. For running events, the first age division is always the 8 and under girls division, followed by the 8 and under boys division. The running event then progresses through the age divisions from youngest to oldest, with the girl's race coming before the boys.

Field Events are scheduled differently by the meet host to ensure each field event is not hosting the same age division concurrently. For instance, the 8 & under boys long jump would not be contested at the same time as the 8 & under boys shot put.

The pace and length of the meet depends on the number of athletes competing, the number of heats required, and the ability of the meet hosts to keep things running quickly.

## **Calls for Events**

Meet announcers will always give a first call for each. Usually, a second call and final call for each event are also provided. Prior to the first call, athletes should start their warm-up. At the first call, the athletes need to go to the check-in table to check-in for the event. Between the 2nd and final call they need to report to the staging area on the infield. Athletes should have time to put on their spikes and do their final warm-up sprints during this time. Most of the coaches will be on the field, monitoring the athletes as they prepare, race and finish their events. Though parents are not allowed on the field, we ask that they help get the athletes to their events by listening for the announcements.

## **Events occurring at the same time**

Running events always take precedence over field events. Athletes can check in at their field event and then tell the volunteer official that they need to leave for their running event. The field event official should allow this, but be sure to let them know.

## **Team Mom/Dad Program**

During development meets, our volunteer Team Moms/Dads are on the in-field to assist the athletes in their assigned age group. They will help the athletes get to their events on time and help when certain situations arise, for instance when an athlete is competing in a running event and their age group is called for a field event. Parents are still responsible for listening for the calls for events and for supervising their athlete when they are not competing. All our Team Moms/Dads have passed a background check and completed the SafeSport training offered by the USA Olympic Committee.

## **Arrival**

You should plan to arrive at the meet 1 hour prior to your athlete's first race or field event to ensure you have time to park, check in at our team tent to receive and attach your bib, and warm-up. Make sure you arrive in your uniform. If you do not have your uniform, you will not be able to compete.

## What to Bring

Parents and athletes may want to bring their own camp chairs, tent, coolers, water, and snacks. Concessions and t-shirt sales are available at some, but not all meets. There is not a spectator charge for the developmental meets. There is an entrance fee for all USATF Junior Olympic Outdoor Track & Field meets.

## Awards

The goal for each athlete is to improve their time, distance, or height throughout the season, which we refer to as a PR=personal record. We also track our past champions, finalists, and overall club records set for each age division for each event. These are posted on our team website.

During developmental season, ribbons are presented to the top five individual finishers of each event in each age division. The top 3 teams in the 4x100 relay and top 2 teams in the 4x400 relay in each age division also receive ribbons. All ribbons are presented during the Team Awards Night at the end of the season.

During USATF post season, medals are typically presented to the top 8 finishers at the Association Championships and to the top 5 finishers at the Regional Championships. Athletes must personally collect these at the meet on the day they compete.

## Results

Meet results are available once the results are marked final on the Creekview Youth Track Club page located on [www.athletic.net](http://www.athletic.net)

## Great Grizzly Challenge

The Great Grizzly Challenge is an excellent opportunity for your athlete to experience all that Track and Field offers. To complete the challenge, the athlete must compete at least once in each running and field event that is offered for their age group during the developmental meet season. Please refer to the Developmental Season Track and Field Events chart in this packet.

## Hydration, Nutrition, and Rest

### General Guidelines:

Hydration needs to start two days prior to practices and meets. Athletes should take water bottles to school to ensure they can hydrate throughout the day. Ideally you should consume 50-64 ounces per day based on age. Remember, you wake up in the morning dehydrated, so it is important to drink water the morning of a meet. You should avoid milk/dairy the morning of a meet or directly prior to practice.

Nutrition is critical for performance, recovery, and muscle growth in the first 30 minutes following practices and races. Chocolate milk and a banana are quick, affordable, and effective recovery snacks that will not disrupt dinner consumption. Chicken and complex carbohydrates are ideal for dinner the two days before a race. Eat a light breakfast on race day, but do not consume any food 1.5 to 2 hours prior to a race. In general, steer away from sugar.

Try to get at least 8 hours of sleep the previous two nights prior to a meet.

Parents of athletes can support their athletes by helping them to achieve their best performance by supervising their diet, hydration, and sleeping habits.

# Shoes

## Running Shoes

Good running shoes are critical to preventing injuries and protecting developing feet and legs. Worn out tennis shoes and minimalist shoes are not ideal, as our athletes are running more than the average athlete. Big Peach Running located in Alpharetta and Kennesaw will fit your athlete at no additional charge. They also provide discounts for any Creekview Youth Track & XC athlete. Eastbay (online) is also a good source for saving money, if you know what shoe and size you want to purchase.

## Track and Field Spikes

Track and Field spikes are not necessary to compete in track and field. If your athlete is enjoying the track and field season and is considering competing in the USATF Junior Olympic Outdoor T&F Season Track season, you may want to consider the purchase. Generally, because of their "glove-like" fit, most youth athletes only get one season out of their spikes.

Track and Field spikes are generally only used for competition. They can enhance performance due to their minimal weight and aggressive traction. They can also prevent injuries due to wet and poor traction. The trade-off is that they offer little support for the developing foot, which is why they should not be used regularly in practice. If you choose to purchase spikes, it will be important for your athlete to wear the spikes at least once in a practice to get comfortable running in them.

# Injuries

Track and Field athletes occasionally experience nagging pains and/or discomfort which happen from time to time for all athletes. **Any pain should be communicated to a coach.** This allows the coaching staff to adjust the workout for the athlete if necessary or determine if they need rest.

### Keys to preventing injuries:

1. **Warm-up properly:** Many injuries occur because the athlete's body is not properly prepared for the physical strain it will endure during practice/races. A light warm-up run and dynamic stretches can loosen muscle fibers, allowing blood to flow more freely and prepares you for practice and competition.
2. **Follow your training program given to you by your coach:** Each workout is designed to build upon the one that went before. Altering the workouts hurts recovery time and can prevent continued improvement.
3. **Wear proper footwear and monitor it closely:** Old worn-down running shoes are the easiest way to get an injury. Generally, you can get 300 miles out of a pair of shoes, but some athletes wear down shoes faster than others. It is important to monitor the state of your shoes.
4. **Report any injury to the coach.** If you as a parent of the athlete believe that the injury is severe enough to see a doctor, seek medical help promptly.
5. **Create your own ice bath:** Soaking in an ice bath for 8-10 minutes after practice or a meet can reduce inflammation and prevent injuries from occurring. An ideal temperature is between 50-58 degrees.
6. **Stretch after your cool down run.** This includes normal stretching and the use of muscle rollers.

## Practice Schedule - Development Season

The High School teams have priority on use of the track and field facility. If they have games or meets that are rained out, our practices and meets are subject to being moved or cancelled. **\*Cancellation or changes to meets or practice due to weather or changes in track availability will be communicated via Remind**

### All athletes - 6:00pm – 8:00pm at Creekview Stadium

#### March

March 2 - Sunday  
March 3 - Monday  
March 5 - Wednesday  
March 9 – Sunday (make-up practice if needed)  
March 10 - Monday  
March 13 - Thursday  
March 16 – Sunday (make-up practice if needed)  
March 17 - Monday @ Boling Park  
March 19 - Wednesday @ Boling Park  
March 23 - Sunday  
March 26 - Wednesday  
March 31 – Monday

#### April

April 2 - Wednesday  
April 6 - Sunday  
April 9 - Wednesday  
April 13 - Sunday  
April 14 - Monday @ Boling Park  
April 16 - Wednesday @ Boling Park  
April 21 - Monday @ Boling Park  
April 23 - Wednesday  
April 28 - Monday  
April 30 - Wednesday

#### May

May 5 - Monday  
May 7 - Wednesday  
May 12 - Monday  
May 14 - Wednesday

#### June

June 1 – Sunday – TEAM AWARDS NIGHT

### Additional Practices for Distance Runners – 6:00pm – 7:30pm at Cherokee Veterans Park

Distance Runners are any athletes committed to competing in the 800m, 1500m, or 3000m & are attending the distance session at all athletes practices

Practices take place every Thursday starting March 6<sup>th</sup> except for March 13<sup>th</sup>. Distance practice that week is on March 12<sup>th</sup>.



## Practice Schedule - USATF Junior Olympic Outdoor T&F Season

USATF JO athletes will continue to practice until they fail to advance through the USATF Junior Olympic meets.

Practices for all athletes begin May 19<sup>th</sup> and end July 16<sup>th</sup>

6:00pm to 8:00pm Monday and Wednesday

Distance practice 6:00pm-7:30 pm on Thursdays

## Required for Participation in the USATF Junior Olympic Outdoor T&F Season

Participation in the USATF Junior Olympic Championship Season requires a **USATF Youth Membership**. USATF Youth membership is \$25 per year plus service charges and transaction fees

- It is the responsibility of the parent/guardian to purchase and manage memberships for their athlete.
- The parent/guardian creates an account for themselves on [USA Track & Field | Login \(sport80.com\)](https://sport80.com) (this step is free). You do not need to buy a membership for yourself.
- Add your athlete to your account via the "Add New Member" button. Under this option, you can create a new membership or attach an existing membership for your athlete to your account for management purposes.
- You will also need to affiliate/attach your membership to **Creekview Youth Track and Cross Country, #45-0628 in the Membership section.**
- Participation in the USATF Junior Olympic Championship Season also requires **age-verification**. **Age verification** documents are uploaded by the parent in the **Athlete Verification** section of the athlete profile – **Select Date of Birth Verification** and upload the athlete's birth certificate. Once USATF validates the age verification, it is good for all years moving forward and you will not have to do the Age Verification again

### Renewing an existing USATF Membership

- Memberships can be renewed at [USA Track & Field | Login \(sport80.com\)](https://sport80.com)
- If your athlete had a membership in the old USATF system (prior to March 2020) and you have never logged into USATF Connect since, use the "Recover Account from Previous System" on the login page. You enter the membership number, password on the previous account, and the current email you wish to associate with this athlete.

# 2025 Creekview Youth Track and Field Meet Schedule



## **Development Meet Schedule**

4/19 @ Sequoyah HS hosted by Sequoyah Youth Track

4/26 @ Creekview HS hosted by Creekview Youth Track & Cherokee Youth Track

5/3 @ Etowah HS hosted by Etowah Youth Track

5/10 @ Cambridge hosted by Cambridge & Alpha Crush

5/18 (Sunday) @ Walton HS hosted by Walton Youth Track

## **USATF Junior Olympic Competition Meet Schedule**

6/12-6/15 USATF Association JO Championships – Morrow HS, Ellenwood, GA

7/3-7/6 USATF Region 4 JO Championships – Florence Sports Complex, Florence, SC

7/21-7/27 USATF National Junior Olympic T&F Championships – Savannah State University