

GENERAL INFORMATION ABOUT SOUTH JERSEY RISING STARS

ABOUT US: SJ Rising Stars Track Club is a non-profit, volunteer based organization. Our goal is to help local kids develop as athletes, develop as good citizens of our community and provide a positive competitive experience. We earn majority of our operating revenue from fundraising and other activities.

USATF/AAU CARD: All Officers, elected board members, athletes and coaches must obtain a current USATF card for insurance purposes. Your USATF membership form is required with your registration form. A copy of birth certificate is also required.

UNIFORMS: Uniforms are provided by the Club, however, if it is damaged or lost the parent is responsible for the cost of the uniform (the amount will be on uniform pick-up sheet). We will also be offering the athletes, parents and other the chance to purchase T-shirts, etc..

CONDUCT: Officers, board members, volunteers, committee members, coaches, parents and athletes conduct sets the tone for the entire Club. Our Club's reputation depends upon all athletes, volunteers and spectators to demonstrate a positive attitude and set a good example of sportsmanship and teamwork.

POSTINGS: Posting of information is time consuming and practically impossible process, we do the best we can to get the information and post it for your convenience. If you see errors or omissions, kindly send an email to the track club secretary and we will fix any mistakes. Your patience and understanding is appreciated.

TRACK AND FIELD

PRACTICE INFORMATION: Track practice schedules will be handed out to everyone. Parents are welcome to come and support their children. We ask that if a parent has questions or concerns about the practices, please do not bring them up at practice. **Call or email a board member and the concern will be addressed in a timely manner.**

ARRIVING AND LEAVING PRACTICES: For your child's safety, before and after practice, parents should approach a coach and let them know that they have picked up their child. **Please be sure to read any information sent home with your child it may pertain to a parent meeting being held that you should attend.**

TRACK and FIELD CLOTHING: Athletes should be properly prepared for the training session. This includes appropriate clothing for the existing weather conditions. Cool comfortable clothing is recommended.

SHOES: All athletes need sturdy running shoes. Court shoes will not provide the proper support and could cause injury or damage to growing feet, **ankles, etc.** **See one of the coaches if you need assistance with choosing the correct shoe.**

TRACK SPIKES: Spikes are not always appropriate for practices. **Spikes are not a requirement for the Meets, however, track spikes provide better traction and an athlete will benefit from having spikes.**

NUTRITION and HYDRATION: We cannot stress enough the importance of adequate amounts of water every day! Especially in HOT weather. **Each athlete should bring a bottle of water to practice.** Balanced nutrition is of the utmost importance, please try to eat healthy.

WHAT TO EXPECT AT MEETS: A schedule of track events and driving directions will be **provided on our track club website and handed out at practice weekly.** Arrive early, all events may begin up to one hour earlier than scheduled. Meets can last several hours, we hope you will commit yourself to stay and support other teammates as often as possible. Many of the facilities offer food and drinks, but we strongly recommend that you bring a cooler with enough additional food and water to last for the day. **Other items recommended for a meet include... sunscreen, umbrellas, chairs, blankets, a poncho for athlete in rainy conditions.**

DEVELOPMENTAL TRACK MEETS: Track meets are usually held on Saturdays. These meets are an opportunity to gain experience and confidence with a variety of track and field events. Sub-Bantam, Bantams & Midgets may choose a maximum of 3 events per Meet. Youth, Intermediate, Young Men & Women may select a maximum of 4 events per Meet. These Meets are hosted by different track club's each week. Events generally start in a successive order from youngest to oldest age groups.

Below is a breakdown of ages groups:

Sub-Bantam	Bantam	Midget	Youth	Intermediate	Young M/W
8 & under	9 & 10	11 & 12	13 & 14	15 & 16	17 & 18

BOARD POSITION DESCRIPTIONS

President:

- Plan & Coordinate Club Administrative Functions
- Plan & Coordinate Club Events
- Represent Club at USAFT Meetings
- Handle Club Issues/Complaints
- Conduct Monthly Board Meetings

Vice President:

- Obtain Meet Permits
- Obtain Meet Insurance/Sanctions From USATF
- Represents Club at USATF Meetings
- Work with President to Maintain Club Issues
- Assist President with Coordination of Club Functions and Events

Treasurer:

- Accounts receivables/payables
- Income & Expense Account Allocation
- Profit & Loss Analysis
- Club Membership Dues Tracking
- Make Bank Deposits
- Manage Club's Overall Finances
- Report Club's Financial Position at Board Meetings as Needed

Secretary:

- Prepare Board Meeting Minutes
- Club Correspondence
- Maintain Club Parent Handbook as Directed by the Board
- Prepare Club Newsletter
- Coordinate Club Communications Between Board Member, Coaches & Parents

Head Coach:

- Oversee Track Club Practices & Provide Support to Coaches
- Conduct Coaching Meetings
- Handle Coaching Issues/Complaints
- Attend Board Meetings

Equipment Manager:

- Purchase Club Implements and Equipment as Approved by the Board & Track
- Equipment Inventory
- Maintain & Organize Equipment Storage