**2019 TEAM MANUAL**

**Junior Highlanders**



**Track Club**





**Team Signups** are open until February 23rd (Saturday)

(or until capacity is met)

INDIVIDUAL MEMBERSHIP DUES: $200

Checks payable to: Junior Highlanders Track Club

Mail to: 38c Lexington Lane, West Milford, NJ 07480

(Please include: Photo Release Form, USATF Registration and Check)

JUNIOR HIGHLANDERS TRACK CLUB, 2019 SEASON

Dear Parents and Athletes,

Welcome to the Junior Highlander Track Club. Our mission is to nurture and develop track, running, race-walking, jumping & throwing skills in a competitive environment and to promote team spirit and respect of others on and off the track. We will be competing within the New Jersey Striders Track & Field Club (NJS), which consists of 16 Teams. Our meets are contested in April, May & June, and are developmental in nature. We compete in New Jersey because of easy accessibility, and it offers a program that is second to none.

We are also members of USA Track & Field (USATF), and we will be participating in their National Junior Olympic Track & Field Program, which is contested in June & July. The mission of USATF is to foster sustained competitive excellence, interest, and participation in the sports of track & field, long distance running and race walking. The USATF has 61 associations around the country.

**Goals**

The number one goal of this program is to make the sport of track & field enjoyable for the athletes and their parents. We will encourage the athletes to learn to appreciate their individual effort, and their measure of success.

Our secondary goal is to teach them the fundamentals of the sport, to develop specific skills, and give them a chance to learn to compete in all events or specialize in one or more.

We hope to encourage each athlete to adopt a fitness regimen, and to enjoy a sport they can compete in throughout their lives.

Coaches will teach the athletes the basics in whichever event(s) they decide to participate in. Each coach participating in our program has been selected according to their skill, or prior experience, in the events they will be coaching. We will also have several assistant coaches on hand to assist our coaching staff. This will help provide each athlete with as much individual attention as possible. To further support our efforts, the High School track coaches, or athletes, will provide technical advice or demonstrations when needed.

**Benefits**

• Cardiovascular conditioning, muscle strengthening and development.

• Helps condition the athlete for other competitive sports.

• Teaches discipline, good sportsmanship and personal achievement.

ATHLETES GET TO PARTICIPATE, LEARN AND IMPROVE!!!!!

***DID YOU KNOW?***

Track & field is one of the only sports where EVERYONE competes in every meet. Unlike other sports, where only a certain number of players can participate at one time (usually the most talented athletes). There are no such restrictions in track & field.

How will I succeed at Track & Field (and many other things I do?)

Use the 3 – D Philosophy:

DESIRE - “How badly do you want something?”

DEDICATION - “What price are you willing to pay?”

DETERMINATION - “If at first you don’t succeed, will you keep on trying until you do?”

**JUNIOR OLYMPIC TRACK & FIELD PROGRAM**

With roots tracing back to ancient Greece, track & field is the centerpiece of the Olympic Games. From the 100 meter dash to the discus throw, athletes set new standards for excellence in sport. USATF’s Junior Olympic Track & field program is a wellspring of this excellence. America’s next generation of track & field stars compete throughout the summer – and over 6,000 of these athletes will qualify for the USATF National Junior Olympic Track & Field Championships held during the last week of July. Entry for the National Championship is based on athlete performances at preliminary, association, and regional levels.

To understand more about the National organization, or the Junior Olympic program visit USATF online at www.usatf.org. You can also call the National office at 317-261-0500, or the New Jersey Association office at 973-334-8900.

**THE NEW JERSEY STRIDERS TRACK CLUB, INC.**

The New Jersey Striders Track Club, Inc. has been in existence since 1978. It is considered to be one of the largest clubs in New Jersey. They have organized many regional & state events over the years, and have been organizing the youth spring track program since 1980. When athletes sign up for their National membership card, which is included in their Jr. Highlander Track Club membership dues, they will be signing up as a member of the New Jersey Striders Track Club, Inc., but will run in developmental meets in the MWJT uniform. NJStriders.com has results on Monday after the meet.

**NJ Striders team members:**

Dumont - East Rutherford  - Englewood - Fair Lawn - Hackensack - Hasbrouck Heights - Mahwah - Monroe-Woodbury - Paramus - Ridgefield - Rutherford - Saddle Brook - Wayne Valley - Westwood - Wood-Ridge - Woodcliff Lake - River Dell – West Milford

**UNDERSTANDING OUR MISSION:**

The commitment can be very demanding for the athletes. Practice requires hard work, and a desire to improve; NJS meets are team events.

Here are some ways to help the athletes achieve those goals:

1. Get to know the coaches. Feel free to discuss any problems, or bring up any suggestions.
2. Understand that competition can be thrilling and enjoyable. It does not always mean winning. Improving on skills, times and attitudes are equally important goals.
3. Understand the courage required when an athlete competes. When they are competing they are taking a risk. Competition and risk taking require courage and develops strength and character.
4. It helps to remember the competition is for the athlete, not the parent.

**Track Practice: begins on Monday, March 4th, 2019.**

Practice is held at Macopin Gym and the West Milford High School Track and baseball field. Practice dates are TBD and will start at 5:30 - 7:30. We suggest that your child attend all practices each week. (However they are not mandatory)

5:30 - 5:45- Warm-ups and stretching

The remainder of the practice will be multiple 30 minute sessions based on volunteer coaching schedules. Our goal is for all athletes to practice each and every event.

Come the day of competition the athlete and parent will have final say in what your child will compete in. If you are curious on what they should compete in you are more than welcome to ask a coach.

If you are interested in coaching, please contact the board by e-mail at

jrhighlanderstrack@gmail.com prior to the first practice.

Come to practice prepared!

It can be windy and cold at the track, so have your athlete dress in layers. Running shorts and a t-shirt with sweats on top. Bring gloves and a hat in the beginning of the season. Bring a bottle of water or Gatorade for your child at practice, and label it with his or her name. Please be sure they take them back home at the end of practice!

As for membership refunds, if your child decides after two weeks he/she does not like the program, we will refund you half of your membership. This MUST be decided by **March 30th**.THAT IS FINAL!

When athletes compete in the first 6 meets the membership dues covers their entry fee.

At the Junior Olympic Association meet, parents start to pay. The coaches will help decide on what events an athlete will compete in. If you cannot attend a meet, please tell the coaches the Monday before the scheduled event.

Coaches will be planning workouts for your athlete based on which events they will be competing in that week, and possibly recruiting them as a relay member. Meets are held on Sundays in Northern NJ

We will notify everyone via e-mail and Remind of any changes and other information. If you have changed your e-mail address, please provide Coach Leslie with the new one on a piece of paper at the end of a practice.

Every member will receive a USATF membership card in the mail before practice begins. Do not lose it. When attending a meet, it is vital that the athlete’s membership card be carried by their parent or guardian. If your athlete gets injured, this is their secondary insurance card. The Jr. Highlander Track Club will provide the necessary forms needed to be filled out either at the meet where the injury occurred, or at practice the following day.

**Competition Information**:

Your athlete will be given one bib with a number on it, along with four pins to wear on the front of his/her uniform at the meets. This bib will be worn for the first six meets we are contesting in. Do not throw it away and do not wash it. ***If you lose it you can get another bib at the meet press box for $5 AT YOUR EXPENSE***. This must be done prior to 12 noon. There is a color-coded dot on the bib that tells the officials on the field what age group your athlete is competing in. Please check the color-coded dot on your athlete’s bib to be sure it is correct. If not, bring it to a coaches’ attention so it can be fixed before the start of the meet.

During the first two weeks of practice we have color coded name tags we would like your athlete to wear at practice to help the coaches learn your child’s name. See the coaches when you arrive and get your nametag.

\*Please note: We will have practice during the spring break at regular times.

An important reminder to parents: Please do not drop children off at practice and leave. We are not responsible for your children after practice is over. Practice can end unexpectedly, especially in the event of sudden inclement weather. We have no place to go if it rains, or if there is the threat of lightning.

DO NOT DROP OFF YOUR CHILD!!

**TERMINOLOGY YOU MAY NEED TO KNOW:**

***Track***: a surface made of rubber and is usually 400 meters long.

***Track* *lanes*:** boundaries marked with white lines that range from 36” wide, to 48” wide, depending on the facility.

*(The following races are run in lanes for our developmental series, and the athlete must stay in their lane at all times. If they take three steps in a row outside of their lane, they can be disqualified.)*

***100M*** (meters): a sprint down a straightaway of the track

***200M***: ½ of a lap

***400M***: one lap

*(The following races do not have a lane assignment. The athletes line up on the starting line, and are then allowed to cut over to the inside lanes designated by the official, and when they have achieved a one-stride lead.)*

***800M***: two laps

***1500M***: 3.75 laps, and is known as the metric mile. A mile is actually 1609 meters, or four full laps.

***3000M***: 7 ½ laps

***Race-walk:*** a fast walking race where the athlete must keep one foot on the ground at all times and also straighten their leg upon impact to the ground each time. (This race is judged.)

***Relays:*** four athletes run a percentage of the race and hand a 1-foot long aluminum tube (baton) to each other.

**Field Events:**

***Shot put***: a round steel ball that weighs 2 kg. for 7-8 yr. olds, 6 lbs. for 9-12 yr. olds & 13-14 yr. old girls the 13-14 yr. old boys use a 4kg (8.8lbs)

***Discus:*** like a weighted Frisbee

***Turbo javelin:*** a developmental level spear training tool plastic modified (for safety) that is made especially for young competitors.

***High jump***: a parallel crossbar that is jumped over from one foot, landing on three foam mats placed behind the stance.

***Long Jump:*** a sprint down a straightaway jumping off a white board into a sandpit.

\*Who wins a race: torso first! Arms or feet do not count.

\*\*Starting commands in races of 400M or less: On your marks, set, slight pause, then the gun sound.

\*\*Starting commands in races of 800M or longer: On your marks, slight pause, then the gun sound.

\*\*\*The age group your athlete competes in is based on his/her year of birth. If he/she is 8 years old today, but turns nine prior to December 31, 2017, he/she would compete as a 9-10 year old age group.

AGE GROUPS / TRACK & FIELD EVENTS

|  |  |  |  |
| --- | --- | --- | --- |
| Age 7-8 | Age 9-10 | Age 11-12 | Age 13-14 (15) |
| 100 Meter Dash | 100 Meter Dash | 100 Meter Dash | 100 Meter Dash |
| 200 Meter Dash | 200 Meter Dash | 200 Meter Dash | 200 Meter Dash |
| 400 Meter Dash | 400 Meter Dash | 80 Meter Hurdles | 100 Meter Hurdles |
| 800 Meter Run | 800 Meter Run | 400 Meter Dash | 400 Meter Dash |
| 1500 Meter Run | 1500 Meter Run | 800 Meter Run | 800 Meter Run |
| 800 Meter Race-walk | 1500 Meter Race-walk | 1500 Meter Run | 1500 Meter Run |
| Long Jump | Long Jump | 1500 Meter Race-walk | 3000 Meter Race-walk |
| Turbo Javelin 300g | High Jump | 3000 Meter Run | 3000 Meter Run |
| Shot Put 2 kg. | Turbo Javelin 300g | Long Jump | Long Jump |
|  | Shot Put 6lbs | High Jump | High Jump |
|  |  | Shot Put 6lbs | Triple Jump |
|  |  | Discus | Shot Put 4kg. boys/ 6lbs girls |
|  |  | Javelin 300g | Discus |
|  |  |  | Turbo Javelin 600g |

Competition sites: Parents be aware some of the sites parking lots will fill up by 12:15 pm.

Plan to arrive early. The team will warm-up as a group at 12:20 pm on the field with the coaches.

Please, no parents on the field. The team has a tent that will be set up near the finish area and/or by the stands. You are welcome to bring your own seat. (The stands are all metal.) The meets run from 1 to 5 pm.

When your child is done competing, he/she may leave after checking in at the tent.

Please keep your children from playing under the stands. Bring a book or electronic device, Frisbee, etc... for them to keep busy.

Be sure your child’s shoelaces are tight & double knotted. They cannot be touching the ground.

Don’t forget your sunscreen, snacks, and water/Gatorade for all attending.

Try not to let them eat anything too fatty or heavy before their race. Low-fat, low-sugar snacks like whole-grain food bars and nuts are recommended. They provide a good source of energy. Fruit, or raw vegetables, are also a good alternative to sugary snacks, and can help replace lost minerals and help balance electrolytes. Better nutrition, better performance! Limit or eliminate the junk!

**Weather:**

If practice is ever cancelled you will get an email and Remind message on your phone.

If it rains the day of a meet you will be notified by 11 am race day if it is cancelled. (Meets are only cancelled under severe conditions.)

Facility: Is the property of West Milford School District and Town Residents. Please take home everything you came in with, including garbage. We do not have a lost and found. Please try to keep your athlete and/or other children off the pole vault mats. They are very entertaining for the children, but should not be jumped on risking injury or damage to the mats. Remind your children that the sand in the long jump pits is not for playing in.

\*The coaches will appreciate any help keeping your children focused on practice.

\*\*Our team has a medical kit at practice to cover the basics that may occur.

\*\*\*The school has first rights to use their facilities without notice to us, so sometimes our practice may be retrofitted. On those days we will run on the soccer/baseball fields, and practice in the field event areas.

***Track & Field ATHLETES Code of Conduct***

1. Listen to your Coaches – they will help you to learn.

2. Attend all practices – Work hard to improve your skills

3. Be a Team Player – get along and support your teammates.

4. No cursing – No FIGHTING - No taunting.

5. Learn teamwork, sportsmanship and discipline.

6. Be on time for all team events – practices and meets

7. Learn the rules and follow them.

8. Win or lose, always be a “good sport”

9. Respect your coach, your teammates, your parents, competitors and Meet Officials.

10. NEVER ARGUE WITH A MEET OFFICIAL’S DECISIONS

***PARENT/SPECTATOR Code of Conduct***

1. Display, at all times, good sportsmanship.
2. ALWAYS respect competitors, coaches and Meet Officials.
3. Act appropriately – DO NOT taunt, boo or in any way disturb other spectators
4. Cheer in a positive manner and encourage fair play
5. NO PROFANITY OR OBJECTIONABLE GESTURES!
6. At Track Meets, STAY – AT ALL TIMES IN THE GRANDSTAND
7. Encourage your child to play by the rules. Remember, the children learn best by example, so applaud the performances of ALL athletes.
8. Applaud good performances and reinforce the positive points at all times.
9. Never yell or berate your child after a game or practice session – it is very destructive.
10. Be a “good neighbor” at Track Meets – don’t leave a mess behind in the grandstands.
11. Recognize the importance of volunteer coaches. They are very important to the development of your child and the support.
12. Communicate with them and support their efforts



**Junior Highlanders**

**ATHLETE REGISTRATION, PAYMENT, & MEDICAL RELEASE FORM**

2018 Age Groups

SUB-BANTAM 7-8 YEARS Born 2010-2011

BANTAM 9-10 YEARS BORN 2008-2009

MIDGET 11-12 YEARS BORN 2006-2007

**Track Club**

YOUTH 13-14 YEARS BORN 2004-2005

8TH GRADERS ONLY 15 YEARS BORN 2003

*INDIVIDUAL MEMBERSHIP DUES: $200 (*This fee covers entry fees to all developmental meets, team uniform & t-shirt, USATF membership, practice insurance, team picture and team equipment.)

 NAME DATE OF BIRTH

**Clothing Sizes:**

Youth: YS, YM, YL - Adult: AS, AM, AL

Tank Top: \_\_\_\_\_\_\_\_

Shorts: \_\_\_\_\_\_\_\_\_

T-Shirt: \_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ M F
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ M F
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ M F

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Home Tel:\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell: \_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_

Father’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Work Tel: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mother’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Work Tel: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact (not self): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Telephone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The undersigned (the member) has registered participant(s) in the track and field programs of Junior Highlander Track Club. I am the Parent or Legal Guardian for any minor(s) (person under the age of 18) listed above. I acknowledge notice that the Junior Highlander Track Club is a not-for-profit organization that DOES NOT HAVE MEDICAL COVERAGE. I understand that any medical insurance expense arising from participation in the program will be mine or my individual medical insurance expense. I hereby release and waive any claims against Junior Highlander Track Club, its officers, members or volunteers working in its programs from any medical expense liability arising from participation in the programs by the above registrants. I further release and waive any claims against the West Milford School District from any medical expense liability arising from the above registrants use of the track, surrounding athletic fields, weight rooms and bathrooms.

**I certify that my child(ren) has no medical condition(s) that would prevent him/her/them from participating in competitive track and field athletics. Please note any special needs that the coaches should be aware of: Asthma, Medications, Seizures.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Initialed by: \_\_\_\_\_\_\_\_\_\_\_ Parent Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Checks made payable to **Junior Highlander Track Club**

**Reminder:** We need a copy of Birth Certificate(s) attached.

Junior Highlander Track Club

49 Navajo Trail, West Milford, NJ 07480

201-247-9125

Photo Release Form

It is the intention of the Junior Highlander Track Club and its volunteers to provide a quality program to all its members. In order to promote the program, advertise its members’ accomplishments, and create press releases and news stories, Junior Highlander Track Club may choose to post information and pictures on its website, printed materials, and provide stories to local newspapers.

Your permission is required in order to use your child’s photograph.

Athlete(s) name(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

❑ I hereby authorize Junior Highlander Track Club to use photographs of my athlete(s) for the team publications noted above, with or without their names.

Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

❑ I do not authorize Junior Highlander Track Club to use pictures of my athlete in print or online materials.

Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

------------------------------------------------------------------------------------------------------------------------------------------2018 NEW JERSEY STRIDERS SPRING YOUTH TRACK & FIELD SERIES - ATHLETES WAIVER

In consideration of my entry being accepted, I., intending to be legally bound to hereby for myself, my heirs, assigns, and representatives, waive release and forever discharge any and all rights for claims and damages which I may have, or which may hereafter accrue to me against The New Jersey Striders Inc. (a nonprofit organization), USA Track & Field / New Jersey Association, the high schools, municipalities and Boards of Education of West Milford, Saddle Brook , Hackensack, Paramus, Rutherford, Fairlawn, East Rutherford, Englewood, Mahwah or their respective officers, agents or representatives, successors and/or assigns, for any and all damages which may be sustained and suffered by me in connection with my association with or entry in and for arising out of my travel to, participation in, returning from any race of meet in this 2018 New Jersey Striders Spring Youth Track & Field Series. I certify the physical fitness necessary to compete and withdraw if there is not that level of fitness.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_ \_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Last Name First Name M F USATF No. (If Received)

**NJ STRIDERS – Jr. Highlanders Track Club** \_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Town Name or USATF Club Area Code & Phone E-mail

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mailing Address Street Include Apt. No. and/or C/O Birth Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City State Zip Code County or Residence

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Parent (Not Coach) Date