



# **TRENTON TRACK CLUB**

*Running for the fun of it*

**Parent Handbook**

**2018**

### ***Who is Trenton Track Club?***

Trenton Track Club (TTC) is a non-profit travel track club organization that focuses on the athletic, social and academic development of our Mercer County area youth. TTC is one of the premier track clubs in the area, which has nurtured many State, National and Club National Champions as well as several Junior Olympic Gold Medalists & Olympians.

The Coaches of Trenton Track Club focus on promoting positivity, nurturing the love of the sport, technique, and handing down the wisdom of racing.

### ***Who Can Join?***

ALL ARE WELCOME!

You don't have to live in Mercer County to become a part of our family. We have athletes of all ages, from all over the surrounding area, including South Jersey and Pennsylvania.

### ***Can Athletes Just Workout with the Team?***

YES! Nothing's worse than working out alone, so consider allowing the athletes of TTC to be your training partners. Several of our athletes choose to use TTC as a way to sharpen up running skills and develop stamina during the off seasons. Your level of participation is entirely up to you. We train all year around.

### **Spring Practice Schedule**

**8 & Under & Ages 9 -14**

**Begins 3/27**

Time: 6:00pm – 8:00

Days: Tuesdays & Thursdays

Location: The College of New Jersey – Track

Address: 2000 Pennington Road, Ewing NJ 08638

### **Hurdles Practice & Field Events Practice**

**Begins in April**

**Date will be announced**

Time: 6:00 – 8:00PM

Wednesdays

Location: The College of New Jersey – Track

Address: 2000 Pennington Road, Ewing NJ 08638

### **Ages 15-18**

Time: 5:00 PM– 7:30PM

Days: Mondays, Tuesday, Wednesdays, and Thursday

Address: 2000 Pennington Road, Ewing NJ 08638

**High School Athletes** start practice with TTC after their HS season to prevent over training. Please contact Coach Jennings to jump in on practice for supplemental training & off-season workouts.

## Welcome to Trenton Track Club!

We are excited to have you join our track family! Please review this packet to better understand the requirements and duties of each family to help keep our team running efficiently. Welcome to our TTC Family- where we are celebrating 40 years of "Running for the Fun of it!"



**Required documents:** The team manager must have a copy of the following on file in order for your athlete to compete or travel with the team:

Copy of Birth Certificate

Copy of medical insurance card

AAU Membership # and USTAF Membership #

Please fill out, sign, and return the Team Guidelines, the Athlete's code of Conduct and the Parent's code of conduct, the Emergency Contact Information, Medical Release form, and the Permission Slip to Travel



**team\*SNAP-** Announcements for the club are made via the app TEAMSnap, it is available on Apple and Android platforms. This is DIFFERENT from last year-this app has more features that will make membership, announcements and payments easier. Thank you for your patience as we transition from one system to the other.

**AAU membership-Mandatory-** Please sign your child up to join AAU at <http://aaathletics.org/> this is required to enter many of the races and helps adhere to insurance standards. Please make sure that Trenton Track Club gets your child's membership number as soon as you get it.



**USATF-** Membership in USATF is optional, but a temporary membership may be required for a specific race. You can sign up for a membership at **USATF.com** If you choose to join USATF, please make sure that Trenton Track Club gets your child's membership number as soon as you get it.

**Practices** are usually two evenings a week, with some specialized events practicing an additional night. You will be notified of any practice changes. Please check the schedule on the app.

**Races** are usually on Saturdays or Sundays. Carpooling arrangements are usually available leaving from Lawrenceville High School, but this will be confirmed with every event.

**Qualifying events (Districts, Regionals, etc.)** are usually 2 to 3 days long starting on Friday or Saturday

**Conduct-** Athletes and parents must adhere to the conduct as outline is the Code of Conduct agreement signed at registration, failure to do so can be grounds for disciplinary action.

**Waivers and Forms-** The Trenton Track Club must have all waivers and forms including, but not limited to, the Emergency Treatment Release, the Code of Conduct forms, Travel Permission Slip and the Photo Release form before your athlete can participate in their first race or after 3 practices, whichever is first. This protects the Club, and, more importantly, your athlete!

**Uniforms-** Uniforms need to be purchased or rented. If you choose to rent your athlete's uniform, you are required to adhere to the conditions of rental in the rental agreement.

**Fees-** In order to function, our club must have registration fees, a fundraising effort, and charge for uniforms. These fees go to the many membership requirements that we must maintain to remain a legitimate team, and the individual registrations for each race. Please note that these Track Event Fees do not include “The Road to Junior Olympics” (i.e. AAU Events, Regional & District Qualifiers, Junior Olympics, travel fees, room and board). Fundraising funds go towards equipment and rental fees, as well as other costs that we incur. We hope to increase sponsorship for our team to help offset costs.

**Fees can be paid by cash, credit or check, and a payment plan can be arranged.**

**In order to begin the qualifiers “On the Road to Junior Olympics”, all fees must be paid in full, or you have to participate in designated fundraisers.**

**Initial Club Fee - \$200** – This fee is for a full year of membership, which includes Spring/Summer Season, Cross Country Season/ Fall, and the Winter Track Season. / Indoor. The Club fees do not include the meet fees. Multi-child discounts are provided.

### **Multi-Child Discount Breakdown**

*1<sup>st</sup> Child - \$200*

*2<sup>nd</sup> Child - \$175*

*3<sup>rd</sup> Child & additional - \$150*

**Uniform Fee - \$65** – This is a mandatory purchase. The basic uniform is required for all regular track meets. This will be ordered separately, and is not included in Club Registration Fee or Track Event Fees.

**Meet Fees - \$125** – This fee will be paid at the beginning of the season, whether or not the athlete chooses to participate in all meets.

### **General Payment Plan Options Breakdown:**

#### **One Child:**

*\$200 Registration Fee*

*\$125 Meet Fee*

*\$65 Uniform Fee*

*\$390 Total*

#### **Payment Options 1**

*\$195 down and 3 payments of \$65*

*\$125 down and 4 payments of 66.25*

#### **Two Children**

*\$350 Registration Fee*

*\$250 Meet Fee*

*\$130 Uniform Fee*

*\$730 Total*

## **Payment Options 2**

\$365 down and 4 payments of \$91.25

\$250 down and 4 payments of \$120

### **Three Children**

*\$500 Registration Fee*

*\$375 Meet Fee*

*\$195 Uniform Fee*

*\$1,070 Total*

## **Payment Options 3**

\$535 down and 4 payments of \$133.75

\$350 down and 6 payments of \$120

### **Basic Payment Plan Options & Alternate Payment Plan Options Registration Process:**

Trenton Track Club is happy to provide alternate payment arrangements upon request **ONLY**. Payment schedules can be broken down on a case-by-case basis and can be monthly or biweekly, depending on the family payment schedule. Please contact Danielle Parks (609 -807-1810) to make both Basic & Alternate payment arrangements.

Note: The Spring Season lasts for 5 months, from April to August. TTC is willing to allow payments over the five-month spring season as long as families are making payments on time. Should the payment agreement be broken without a prior conversation with Danielle, the athlete's membership will be suspended until payments are brought up to date.

**Fundraising Buyout Fee - \$250** – This fee is **OPTIONAL**.

This is a one-time fee per family who chooses **NOT** to participate in our mandatory fundraising events.

### **Who's Who??**

#### **Coaches and Administration**

- Coach Jennings – Ages 15+ and Elite runners, 609-516-8014
- Coach Bing – Ages 9+ 609-271-1062
- Coach Kevin – Distance Runners
- Coach James Ford – Littles (8y/o and under)
- Coach Lisbeth Estilow – Assistant Coach, Littles
- Coaches Bing and Jennings – Field Events

**Administrator:** Danielle Parks, finances, registration 609-635-7580

**Manager:** Lisbeth Estilow, membership registration, records 609-558-9110



# Trenton Track Club Parent Board

## Mission Statement

The Mission of the Parent Board of the Trenton Track Club is to allow the athletes to enjoy the experience of running and perfecting their technique in order to provide a healthy, safe and nurturing environment to create healthy and involved members of the community.

## Vision statement

The Parent Board envisions an active track club that serves the children of the Greater Mercer County area and allows them to run, grow and learn without concerns of financial burden or limitations. We envision community involvement and investment to support and boost the athletes.

## Duties and Responsibilities

The Parent Board helps maintain the business aspects of the club and the needs of the families. The Parents Board allows for accountability, monitoring and oversight for funds raised on behalf of the club's needs, including but not limited to, fundraising events, large purchases of equipment, transportation, travel, club supplies, awards, and entry fees.

## Parent Board Steering Committee

Name	Phone/Text	Email	Responsibility
Rachael Vasquez	609-577-6333	<a href="mailto:Smilingraven22@gmail.com">Smilingraven22@gmail.com</a>	Older +elites, Team App updates, equipment
Medina Howard	609-643-2028	<a href="mailto:Medinah1202@gmail.com">Medinah1202@gmail.com</a>	Middle School, App updates
Jennifer Rodriquez	609-651-7238	<a href="mailto:Jennirod80@hotmail.com">Jennirod80@hotmail.com</a>	Middle School, App updates
Malissa Arnold	609-610-1983	<a href="mailto:mkmckayarnold@gmail.com">mkmckayarnold@gmail.com</a>	Older +elites, Fundraising, PRs, App updates
Ayanna McKay	609-751-7272	<a href="mailto:ayannajoymckay@hotmail.com">ayannajoymckay@hotmail.com</a>	Middle School, App updates
Cherika Lockhart	732-789-7665	<a href="mailto:Chericka11@gmail.com">Chericka11@gmail.com</a>	Littles App updates

