



Team & Parent Handbook

To all members of the Manhattan Track & Field Club Family,

Track and Field at Manhattan Track Club has enjoyed many levels of success since beginning in 1963. Track and field offers a great deal of opportunity to all children in grades K-12 to develop their speed, strength, endurance, and competitive character. These skills, among others, such as teamwork and communication are the basis for all other sports as well as personal characteristics needed for success in life.

Specific track and field events include sprinting, hurdling, middle and long distance running, jumping, throwing and relays. Manhattan Track Club will have ample opportunities to test your child's strengths and improve on their weaknesses to become well rounded, physically fit individuals. Naturally, an opportunity to make friends and have fun come along with the hard work that track and field requires.

Some people consider track & field to be an individual sport as it allows participants to excel at their own event specialty. This is true to some degree. However, it remains the philosophy of the Manhattan Track Club coaching staff that the sum of each individual effort is equally important to the program/team goals. Each individual athlete on the Manhattan Track Club will be given the attention and training needed to improve their skills and be placed in appropriate, competitive situations that will challenge them on a daily basis. The coaching staff will help the athletes set individual goals while incorporating them with select team goals so each athlete can clearly see their progress throughout the season.

This handbook has been prepared specifically for you, the athlete, and the parent to understand more about our track and field club, with what is expected from athlete, parent, and coaches. It is the hope of the coaching staff that the parent will help accentuate the total track & field club by working with the coaches. In doing so, the athlete will be better able to reach their potential and also enjoy the track & field experience to its fullest. It is our belief that the parent/guardian is the most critical link in a child's athletic experience.

We give thanks to you in advance for your support of the Manhattan Track Club.

Sincerely,



Thesiaus K. Robinson
Manhattan Track Club
Head Coach
coacht@manhattantrackclub.com

Mission Statement

Manhattan Track Club strives to provide athletes with the opportunity to reach their fullest potential by developing speed, endurance, and strength while promoting high self-esteem, personal accountability, self-discipline, goal setting and achievement; the key components necessary for success both on and off the track. Manhattan Track Club offers positive, dedicated role models who are caring, encouraging, and knowledgeable in order to teach the fundamentals of track & field to young athletes, while also providing guidance to sustain a healthy and productive lifestyle.

Manhattan Track Club seeks to develop well-rounded youth who will learn not only the fundamentals of athletic training but also the importance of education and a positive attitude in an atmosphere conducive to developing sound character.

Club Size	Approx. 55 for 2021 Season (K-12)
Affiliations:	Amateur Athletic Union (AAU), Region 16, Missouri Valley
Club Colors:	Red & Black
MTC Website:	www.manhattantrackclub.com
AAU Website:	http://aausports.org/

Meet Schedule (Refer to club website)

NOTE: Athletes must obtain a qualifying mark in the AAU Association Qualifier to participate in the AAU Regional Qualifier. Must then complete at AAU Regional Qualifier to advance to the AAU Nationals.

Club Membership Fees

I. Registration Fees / Register: MTC Website www.manhattantrackclub.com

K-6 Grades (or not participating in their local school track and field program)

First Athlete: \$215
Two Athletes : \$365
Three Athletes : \$500

...additional children, please speak to Thesiaus Robinson coacht@manhattantrackclub.com

Middle School/High School

Can join the club following the completion of your middle school or high school season.

Fist Athlete: \$160
Two Athletes : \$300
Three Athletes : \$425

...additional children, please speak to Thesiaus Robinson - coacht@manhattantrackclub.com

**** Membership Fees Cover:** Coaching salaries, facility usage fees, and equipment costs.

II. Uniform Fees

Loose Singlet: \$36

Loose Shorts: On your own (BLACK)

Team merchandise store details will be posted on our website homepage.

Practice Schedule (Refer to club website)

*** Refer to the website for the most recent and up to date information. ALL practice times are tentative and subject to change, weather depending, coach and facility availability. If practice is something different then what is listed above, a text will be sent out via TeamSnap to notify you of the change.

Team Rules & Expectations

During the season, the Club will be adhering to the COVID-19 policy found [HERE](#).

I. ATTENDANCE

a. Practice

It is highly recommended that athletes come to every scheduled practice. Practice will start with a brief team meeting to provide information for practice and upcoming events, and warm up. Being on time to stay informed is critical. Carpooling to practice and events is discouraged during the on-going COVID-19 pandemic.

b. Additional / Changed Practice Times

Please pay close attention to practice times that are announced and posted on the [TeamSnap](#) calendar (mobile application or website). TeamSnap will be the main source of communication throughout the season. If inclement weather justifies practice cancellation, you will be notified through a TeamSnap ALERT, 45 minutes before practice starts. We will do our best to make realistic and reasonable decisions.

II. COMMUNICATION

a. Primary Channel of Communication

[TeamSnap](#) will be the primary channel of communication throughout the season. An invitation should have been received shortly after athlete registration and payment of fees received by the Club.

b. Multi Sport Athlete

It is not uncommon that children in grades K-12 are involved in more than one sport. Giving a child many opportunities to experience different sports is important in their development as an athlete. We understand that this might be the case for your athlete, and know that practice/competitions might conflict with their other sport. We ask that you prioritize these as you and your athlete sees fit. It is the strong belief of coaching staff that track and field helps develop a variety of skills and strengths across a variety of sports.

c. Questions or Concerns

If your athlete or you as a parent have questions or concerns regarding the Manhattan Track Club please communicate those questions or concerns with [Head Coach Thesiaus Robinson](#) or [MTC President \(VACANT\)](#). Also, an [MTC board member](#) will be represented at each MTC practice if you have questions.

III. PERSONAL HEALTH / NUTRITION

a. First Days of Practice

As you work through the first couple of weeks of practice, it is normal to expect some muscle soreness and feeling tired if you haven't done much preparation for the season.

This will pass with time so don't use it as an excuse to quit the team, fail to do your homework or other chores around the house.

b. Injuries

Any athlete that is involved in an athletic program/club is subject to an athletic injury. It is not the goal of this program to "Feel the Pain". If an athlete claims they cannot participate in practice due to an injury, they will be held from regular practice and placed on a recovery plan or referred to their physician for further evaluation. The coaches and athlete will follow the physician's recommendations until the athlete is cleared to participate. The coach will then determine when the athlete is adequately prepared for his next competition. While the athlete is injured, it is recommended that they still attend practice as frequently as possible.

c. Take Care of Your Body

In today's world of young children participating in multiple sports simultaneously, holding a job and being involved in other various activities, not to mention keeping up with their homework can be very overwhelming. This behavior can and will increase the chances of injury and fatigue. Obviously this will affect the quality of practice and individual performances. Adequate sleep and diet are crucial to the success of an athlete. All concerns should be directed to the coaching staff or a physician. Just use common sense and you will succeed.

d. Nutrition

A well balanced diet is an asset for any individual and especially an athlete. On meet days, high fat and fried foods, along with carbonated and acidic beverages should be avoided. Instead consume easily digestible foods in low quantities. Water intake should not be limited. Generally, you should eat your last meal 2-3 hours before the start of your race, and make sure you eat a snack or small meal before each practice. You are encouraged to keep something in your bag that can replenish your energy immediately after practice or competition. This will help your body recover from the hard work quicker. Don't wait a few hours before eating.

IV. BEHAVIOR

a. Athlete Code of Conduct

1. Be supportive of your teammates regardless of skill and ability.
2. Show respect to all athletes, coaches, officials, parents, and volunteers. Treat others the way you wish to be treated.
3. Learn the rules! Be a student of the sport and always compete by the rules.
4. Say the right thing and display encouragement and respect to the other competitors.
5. If you have felt you gave your best effort, you should be pleased! Don't cheat yourself!
6. Smile often and have FUN!

b. Parent Code of Conduct

We humbly request all parents and guardians to respect and support all coaching decisions and training programs created for the benefit of the athlete. Every athlete will be able to try particular events but that doesn't mean they will get to compete in those areas.

1. Be a good example through sportsmanship.
2. Child's wellbeing is always first and foremost over the desire to win.

3. Show respect and courtesy to all athletes, coaches, volunteers, officials, etc.. regardless of circumstance or situation. Let the coaches handle any problem that may arise at meets.

c. Zero Tolerance Policy

We are a family first team. We will not allow any behavior to come in between what we are trying to create within Manhattan Track Club. We have enforced a strict zero tolerance policy towards any conflict or issues not suitable for our program. It is the responsibility of the coaching staff to teach and supervise practices and activities. Ultimately we are responsible for having safe and appropriate measures in place for the success of all involved. We desire for all athletes when they step foot on the track to come with a willingness to listen, give their best efforts and bring a positive attitude. If an incident occurs contrary to what we desire, the athlete will be asked to have a conversation with the coach and their parents as a first step. Athlete will be reinstated to practice with an attempt to correct the behavior. In case of another incident it is understood coaches have the authority to dismiss any athlete for inappropriate behavior by either the athlete or anyone related to the athlete. All our coaches are AAU certified members and a background check has been completed through AAU. All coaches have also gone through a training session on how to handle themselves verbally and physically in various scenarios they might find themselves in.

d. Travel

When traveling to and from competition, you are always representing the Manhattan Track Club and our community. Please conduct yourself with maturity, dignity and good sportsmanship. Be a positive role model for others that are not displaying these behaviors and monitor your own teammates. Remember: Pride is who you think you are while your Reputation is how other people perceive you. Before, during and after competition, good sportsmanship always wins! Manhattan Track Club always does our talking with our feet. We will have an informational meeting at the end of practice, the last practice before most meets so parents and athletes both understand what to expect, and what happens at track & field meets.

V. ROAD TO AAU JUNIOR OLYMPIC GAMES

- a. **District Qualifier** (Location, will be posted via Team Snap Top sixteen (16) in each individual, relay, and multi-event)
- b. **Regional Qualifier** (Location, will be posted via Team Snap)
 1. Running Events - Top six (5)
 2. Field Events - Top six (5)
 3. Relays - Top six (5)
 4. Multi-Events – Top four (3)
- c. **AAU Junior Olympic Games** (Location, will be posted via Team Snap)

Goal Setting

Goals are a very important aspect and the foundation of track & field. At the beginning of the season we will discuss and set numerous short term, long term, outcome,

performance, and process goals. These goals will be the blueprints our club will use to stay motivated and help with our training cycles.

Equipment

Track & Field events require a variety of gear, and equipment to be used during each meet. The club will provide equipment such as shot puts, discus, batons, jump bars, hurdles, etc. However, the athlete is responsible for their own training and competition shoes. The athlete should consult with their coach for recommendations if they aren't sure before making a purchase.

I. SHOES

a. Training shoes

All Athletes on the track & field team need to have a pair of running shoes for daily training. They should have good heel and arch support and be designed specifically for running to help prevent injury. There are many different makes and models. The most expensive or coolest looking pair isn't always the proper/best shoe for an individual's foot.

b. Competition shoes

All athletes need the proper competition shoe for the events they participate in. Spiked shoes are lighter in weight and allow for better contact with the running surface for optimum performance. However, one needs to pay attention to the differences in the heel and toe plate for distance spikes vs. sprinter spikes before purchase. Special spikes/competition shoes are available for long jump and high jump as well as for shot put and discus events. (*Competition shoes are optional*)

II. CLOTHING

a. Practice

Since practice starts in April and the Kansas spring is unpredictable, a stocking hat, gloves, tights, windbreakers, and rain gear are going to be necessary. Please pay attention to the weather before practice so you know what items you will need, to be properly covered in all weather conditions.

b. Competition

Meet uniforms are available for purchase through Manhattan Track Club. It is your responsibility to wash and clean your uniforms. **DO NOT** leave the uniform wet and wadded up in a ball on the floor or in your bag!

c. Other

For all runners I would recommend having a wristwatch for practice to keep track of your times (especially distance) but would prefer not using them in meets.

Manhattan Running Company is offering 20% off purchases at their store for Manhattan Track Club members.

Parents

Things to Expect from the coaching staff:

1. Clear & Open communication with you and your athlete
2. Display passion for the sport
3. Exercise a positive attitude
4. Show expertise in their respective area of coaching, and educate
5. Active listening
6. Equitable treatment to everyone
7. Be the role model

What the coaches expect from the parents:

1. Help enforce training rules/nutrition/sleep/attentiveness/goals
2. Respect the coaches decision
3. If have a problem, listen to both sides
4. Volunteer at home meets
5. Don't allow your child to quit
6. Let the coaches coach as much as possible
7. Attend track & field meets & practices
8. Compliance with COVID-19 protocols described [HERE](#)