



PURE Athletics NTC Membership Handbook

purentc@gmail.com

PURE ATHLETICS NATIONAL TRACK CLUB (NTC) offers Track & Field and Cross Country training and competitive opportunities for youth athletes, ages 7-18, with the mission to empower athletes to reach their full potential by developing self-confidence, leadership skills, sportsmanship, self-discipline, teamwork, and integrity through athletics. The program will promote athletic development by teaching fundamental skills in speed development, biomechanics, field events, and distance running.

Training takes place at the National Training Center Track & Field Complex. All levels are welcome, from beginners to competitive athletes.

Thank you for your interest in our program and we look forward to seeing you on the track!

PURE SPEED, PURE DISTANCE, PURE FUN!

PURE Athletics NTC is a registered CLUB WITH THE AAU AND USATF. The staff is comprised of volunteer coaches, assistants, and parents, all with the mutual goal to provide a safe and positive atmosphere for athletic training for youth athletes. Participation is open to children from the ages of 7 to 18 years old.

PURE Athletics NTC Track Club Coaches

PURE Athletics Track Club coaches have a wide range of experience in the event specialties and have coached Olympic medalists and elite, collegiate, high school, and youth athletes. This diverse mix of knowledge and experience provides a great learning opportunity for your child. Coaches are all USATF and/or AAU certified coaches and have passed background checks. We also have volunteer coaches from Lake Sumter State College Cross Country and Track Team.

Cristy Snellgroves –Director

USATF Level 3 Elite Coach/IAAF Level V Elite Coach

Cell/Text 941-320-6607 Email: purentc@gmail.com

Karen LaRosa- Head Coach

USATF Level 1 Coach

Email: kamacg@aol.com

Gabriella Briones – Coach

USATF Level 1 Coach/PURE Athletics Alumni

Email: ellaruns@gmail.com

Parent Volunteers

Parent volunteers are always welcome. We can always use your help! You can sign up to volunteer when you register your child and/or coaches will send out emails throughout the season requesting assistance from parents. We can also provide community service hours for youth volunteers.

If you are interested in coaching, we have a mentorship/education program to get you involved. Contact Coach Snellgroves for more info.

We do ask each family to volunteer for our home meets. We can't do it without you!

Team Policies

Policies are included in this package and acceptance of these policies is acknowledged when signing the registration waiver.

Program Eligibility

The PURE Athletics NTC program welcomes youth athletes aged 7 to 18. Please note that the minimum age for participation is 7 years old by August 31.

Enrollment & Costs

The cost for the track club training is \$320 per season, due at registration. An additional AAU registration membership is also required and available during the registration process. Payment can be made by credit card online at www.purentc.com. **IMPORTANT: Please make sure when you fill out the registration form and when the site directs you to get your child's AAU membership that you select the club PURE Athletics.**

After you get your child's AAU membership they will send you their membership number, which is what you put on the registration form under AAU membership number and put in your zip code.

Athletes will not be allowed to participate in any practice after the first week of practice until all membership fees are arranged in full and paperwork is complete.

Uniforms

All PURE Athletics team members are required to compete in our current team uniform. Uniforms will be an additional cost in addition to the registration fee and will be available to order on the website.

Practices

The club hosts regular practice sessions, and we strongly encourage every athlete's attendance. Practices are scheduled for Tuesday and Thursday evenings from 6:00 pm to 7:30 pm. It is essential not to drop off your child early or arrive late for pick-up. For the safety of all athletes, it is imperative that they remain in their cars until a coach arrives. This measure ensures a secure and organized environment while waiting for the coaching team to be present. Your cooperation in adhering to this guideline is greatly appreciated and contributes to the overall well-being and safety of every participant in our program.

In the event of inclement weather or the presence of lightning, practices will be canceled. If a practice needs to be canceled in advance due to weather conditions, members will be notified via the email address provided during registration. Please regularly check your email or don't hesitate to contact coaches directly if weather conditions are uncertain.

If lightning occurs during a practice session, it will be immediately canceled, and parents must promptly pick up their children for everyone's safety. On practice days, please stay updated by checking your email or texts for any schedule changes. Feel free to contact Coach Snellgroves for verification, and ensure that your contact information is always up to date. Your cooperation ensures a safe and organized practice environment for all participants.

For the safety of all athletes, it is imperative that they remain in their cars until a coach arrives. This measure ensures a secure and organized environment while waiting for the coaching team to be present. Your cooperation in adhering to this guideline is greatly appreciated and contributes to the overall well-being and safety of every participant in our program.

Practice Regulations for Athletes

1. Athletes should arrive on time and ready to workout – this means all gear on, including shoes. Tardiness disrupts the group and the athlete misses vital warm up exercises.
2. Athletes must not come on to the track at the beginning of practice until there is a coach present.
3. Athletes must follow the directions of the coaching staff during practices. This includes doing the conditioning exercises, participating in all drills, and completing the training program. Athletes must be mature enough, regardless of age, to be able to focus and not exhibit disruptive behavior, or they will be removed from practice. If this becomes an ongoing problem athletes will not be allowed to participate in the track club.
4. The following is not allowed: profanity, horseplay, bullying, abusive language, disrespect towards other athletes or coaches, etc.
5. Athletes should have the following at each practice:

- a. Water Bottle: There are not fluids provided during practices, so please bring a water bottle to practice.
- b. Appropriate training attire.
- c. Towel, yoga mat, or blanket for core exercises if desired (we do these in the grass).

Practice Regulations for Parents

1. Parents are not permitted on the track or in training areas during practice unless invited by a PURE Athletics coach. Parents must stay OUTSIDE the fenced area. Parents shall refrain from coaching or instructing athletes during practice sessions. Parental encouragement is welcome, however, practice discipline, event selection, workouts, practice structure, and coaching are the exclusive responsibility of the PURE Athletics coaching staff. Parents that violate these rules will forfeit their child's ability to participate in our program.
2. Parents should not engage the coaching staff in conversation during practice sessions. Coaches are available to answer questions before and after practice.
3. Athletes with medical problems; inhalers, severe allergic conditions, etc., must inform the coaches.
4. Please be on time to pick up your child.
5. Any parent that transports another parent's child from the athletic venue will need to have that child's parent notify the coaches.
6. Athletes will not be able to leave the facility after practice without a parent or guardian.

TEAM POLICIES

General Athlete Conduct

1. All athletes will conduct themselves in a respectful manner. Disrespect towards teammates, parents, coaches and meet officials will not be tolerated.
2. Profanity before, during and after meets and practices will not be tolerated.
3. Failure of any athlete to respect the racial, ethnic, cultural, gender, and religious diversity of the team will not be tolerated.
4. The coaches will handle all major issues concerning the athlete's behavior and athletes will be sent home if the behavior continues.
5. Please respect your practice venue. We are fortunate to be able to utilize quality facilities. All trash should be picked up after practice and you should leave the facility clean and in good order.

Track Meets

Participation in meets is NOT mandatory. All levels and ages can participate and they are great learning opportunities, not to mention fun! Meet information and entry deadlines will be provided on the website, as well as links for the meet calendars. **Late entries will not be accepted.** The Meets usually cost around \$20-\$40 per meet, but some of the qualifying or national meets can be up to \$50-\$70. The coaches will select 3-6 area meets that will be included in the competition schedule. Athletes are permitted, with the coach's permission, to compete in meets outside of the schedule during the season. If the athlete would like to attend an alternative meet, please inform the coach and they will register the athlete.

The entry fees will be collected online on the www.parentc.com events page by credit card. The coach will complete the entry for the athlete on the registration sites. (CoachO, flrunners, etc.). If you have a preference for events your child would like to enter, please make a note of it on the entry.

Athlete's Responsibilities at Meets

Check your event time prior to the meet. Arrive at the meet at least one hour prior to your scheduled event times. Events may run up to 30 minutes early.

Check in with the coaches (if present). Upon arrival at the meet, check in with the coaches at the designated team area to get your race bib and instructions or if coaches aren't present check in at the team credential table to get your bib.

Sit with your club and teammates during the meet. If athletes are spread out at the facility, the coaches cannot keep track and assist.

Come prepared. Wear your club uniform, training shoes, and appropriate socks. Have your shoe bag containing track shoes, extra replacement spikes (1/4" pyramid spikes), spike key, small towel, and water bottle. Bring warm up clothes to every meet.

Warm up. Warm up with your teammates. Arrive in time in order to get mentally and physically prepared for your events. Warm up should start 40 minutes before your event.

Bring drinks and food. Bring plenty of water or sports drinks and healthy food.

Bring & wear sunscreen!

Pay attention to the meet announcer. The meet announcer makes the calls for each event check in. It is your responsibility to get to your check in and event on time. Athletes should be checked in before final call.

Check in at field events first. If you have a race and a field event at the same time, check in first at the field event and let them know you have a running event, then go to the running event. Running events take precedence over field events. Return immediately to your field event after your running event.

Parents Responsibilities

Make sure that your athlete is prepared, at the meet early, well rested and ready for his events.

The night before the meet: All athletes should receive 8 to 10 hours of sleep the 2 nights prior to a meet (i.e. Thursday and Friday nights if the meet is on Saturday). They should also eat a good dinner at about 5 – 7 PM that includes complex carbohydrates, such as pasta or whole grain rice along with a moderate amount of protein and lots of fruits and vegetables. Florida heat can be dangerous. Make sure they drink plenty of water!

The morning of the meet: Athletes should eat a nutritious breakfast. This includes fruit, bread, cereal, water and juices. Little or no meat/protein/dairy is best.

Parents are encouraged to bring chairs and a tent, if you have one, or sit with one of our families that does.

It is the parent's and/or athlete's responsibility to make sure the athlete goes to the check in tent when their event is called. Coaches are often on the track and may not be there to make sure you heard your call.

Pick up your race bib. Upon arrival at the meet, check in with the coaches or designated team representative to get your race bib. Many times you must have this to enter the meet. Make sure you have the phone number of the responsible person on site (coach, parent, etc) to contact when you arrive.

Parents need to bring a copy of your child's birth certificate to every meet. These are sometimes required by AAU in order to verify entries and receive awards.

If there is a question regarding rules, athletic infractions, athlete's conduct, or meet protests, contact your coach. Your coach will handle addressing these issues.

Track meets don't always have a time schedule-most operate on a rolling schedule. It is very difficult to guess times. Coaches can give an idea, but meets can run slow or fast so better to arrive early and hang out with the team.

If you have commitments in the morning or afternoon make a note on your entry form and we will try to schedule your events to accommodate.

MEET INFORMATION

Make sure the athlete is prepared, at the meet early, well rested and ready for the meet

The night before the meet: All athletes should receive 8 to 10 hours of sleep the 2 nights prior to a meet (i.e. Thursday and Friday nights if the meet is on Saturday). Eat a healthy dinner between 5-7pm. Florida heat can be dangerous. Make sure they drink plenty of water!

The morning of the meet: Athletes should eat a nutritious breakfast. This includes fruit, bread, cereal, water and juices. Little or no meat/protein/dairy is best before they compete.

What to Bring:

1. A copy of the athlete's birth certificate. These are sometimes required by AAU in order to verify entries and receive awards.
2. Running Shoes & appropriate running socks
3. Track Spikes, Spike Key, & extra spikes (1/4" pyramid spikes are what should be used in spike shoes)
4. Uniform
5. T-Shirt and Warm-ups
6. Weather Appropriate Gear – Check the forecast and be prepared. If it is going to be chilly, bring layers and blanket. If there is a chance of rain bring rain jacket and umbrella. Be prepared!
7. Chairs & Tent (if you have one) – Track meets can be long!
8. Sunscreen for lips and skin
9. Drinks and snacks that are healthy in a cooler such as:
 - a. WATER!! Sports Drinks or Juice
 - b. Fruit, Veggies & Dip
 - c. Sandwiches
 - d. Granola Bars, Peanut Butter & Crackers

Reminders:

1. Bring Coach's Contact Information
2. Print meet schedule
3. Arrive at the meet at least one hour before your event in order to collect your bib and get mentally and physically prepared for your events.
4. Upon arrival you will need to find coach or meet parent to collect your child's bib for admittance to the meet. There is usually a charge for spectators.
5. Check in with the coach upon arrival.
6. Set up your tent in our team area or (if you don't have a tent) join in with another team member that has one.
7. Put your bib number and chip on immediately.
8. Locate the Check In tent so that you will know where to go.
9. Hydrate often! Heat illness can be serious.
10. Athletes compete in the age that they will be on December 31, 2019.
11. Watch the schedule for the order of events and keep track of where we are in the schedule.
12. Warm up with your teammates. Start your warm up 40 minutes before the anticipated start of your event. Check with a coach regarding timing of the warm-up.
13. Listen for "First Call" announcements for your event. Check in at the clerk's tent at "Second Call"
14. Be on time for your event-they will not wait on you and coaches may be at another event or working the meet.
15. Try to stay in the shade while waiting and out of the sun as much as possible.
16. If you are competing in a field event and a running event that are happening close to the same time, report to your field event first and listen for the calls for your running event. Once the call is made, tell the field event staff you are going to your running event, then return to your field event after your race. Running events take precedence. Check in for field events are usually at the location of the event.
17. After competing, eat a snack containing proteins and carbohydrates within 40 minutes.
18. Be positive and supportive of your teammates. Try to cheer them on!
19. Remember you are representing yourself, your family, teammates, coaches, and club. ALWAYS be polite and respectful towards your teammates, coaches, officials, and competitors. We want to be known as the friendliest and most respectful club!
20. If there is a question regarding rules, athletic infractions, athlete's conduct, or meet protests, contact your coach. Your coach will handle addressing these issues.
21. Clean up your area completely before you leave the meet.

22. Thank the head Official and Meet Host before you leave.
23. Above all, Do your best, have fun, and be proud of your accomplishments!!