



Viper TC is dedicated to promoting a positive experience for all cross country and track & field athletes and parents.

Viper Track Club Member Handbook

Viper TC is a member of USA Track and Field and AAU



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MEMBERSHIP

The membership fee will be determined prior to Cross Country (Fall), Winter, Spring/Summer Seasons respectively.

Each membership fee includes:

- Entry fees to club-scheduled meets. There may be optional meets (identified on the meet schedule) that will require payment of additional entry fees by the athlete.
- AAU and USATF cards.
- Viper TC Club uniform. The athlete must also have a Viper TC sweat suit, and T-shirt that are in good condition. If the athlete does not have one, one must be purchased separately.
- Administrative Expenses.

Membership fees are not refundable or transferable. Athletes will not be allowed to run in any meet until all membership fees, which are due at that time including past due fees for returning members, are paid in full and paperwork is complete.

EQUIPMENT

Club Uniforms

An authorized Viper TC Uniform must be worn at each meet.

Shoes for training

The most important piece of equipment needed is a good pair of training shoes. Running shoes (not basketball, court or cross-training shoes) are required for all athletes for practice sessions. These shoes should have good support, be relatively lightweight and be comfortable. Waffles and other shoes providing inadequate cushion or support are not allowed.

Shoes for Competitive Events

Spikes are encouraged for all competitions (unless otherwise noted or prohibited by the facility).

Sweats and other athletic wear

Sweats for warming up are recommended for all practices and the designated Viper TC sweats are required for all meets. Other athletic wear, such as cold weather tights, sports bras, athletic supports, etc. may be recommended by the coaching staff.

Track Bag

Each athlete should have a track bag at each meet, containing the following: track shoes, towel, and water bottle (with water or sports drink).

CODE OF CONDUCT

Conduct which is not in compliance with this Code of Conduct and/or which is detrimental to the Club may result in an athlete's dismissal from the club.

Fees will not be refunded in the event of dismissal.

Parents

- Encourage good sportsmanship.
- Demonstrate good sportsmanship toward all athletes, coaches and officials at every practice and meet.
- Support the club by volunteering to help at a meet, with transportation, and in fundraising events.
- Support the coaches and officials. Coaches and officials are volunteers giving their personal time and money – show respect and appreciation for that. Parental interference with coaching will not be tolerated. Parents may discuss the training/coaching program with coaches following practice, time permitting, but not immediately preceding. Appointments with the athlete's coach are highly recommended.
- Athletes are required to participate in or be available for (i.e. relays) all scheduled meet events. This includes alternatives on relays.
- Arrive at all meets 1 hour prior to your athlete's first scheduled event and check-in with the designated parent or appropriate Viper TC coach.
- Place the physical and emotional well being of your child above any personal desire that he or she wins.
- Demand a drug, alcohol and tobacco free environment for your child.
- Remember, children are involved in organized sports for their enjoyment, not ours. Children need role models, not criticism.
- Should conduct themselves in a manner that promotes harmony among team members.

Athletes

- Do your best to be at every scheduled practice on time and prepared. No athlete will be allowed to participate in training activities without completing the team warm-up routines. Coaches will not delay scheduled activities or extend practice to accommodate late arrivals.
- Arrive at practice ready to listen, work hard and learn.
- Be respectful to coaches, officials, teammates and competitors on other teams.
- Use only appropriate language.
- Older athletes should be mindful of the example they are setting for young athletes.
- No one person is bigger than the team

General

Any complaints or disagreements with the coaches or the Club shall be communicated through a designated officer of the Club. Speaking ill of the Club and/or creating dissension among Club members will not be tolerated. Violation of this rule will result in immediate dismissal from the Club.

No athlete may enter into an unsanctioned meet or road race during the season unless the coaching staff has given prior consent. Violation of this rule will result in immediately dismissal from the Club.

PRACTICES

The Club schedules regular practices sessions that each athlete must attend. The practice schedule will be provided by the coaches. Supplemental, unauthorized workouts outside the Viper TC workout structure are prohibited, unless authorized by a Viper TC coach. Violation of this rule will result in immediate dismissal from the Club.

Practice Regulations for Athletes

- Athletes should be at all practices.
- Athletes should arrive on time and ready to workout.
- Athletes should have the following at each practice:
 - Water bottle
 - Shorts and T-shirt
 - Sweats pants and top
 - Training shoes
- Athletes must follow the directions of the coaching staff during practices. This includes doing the exercises, participating in all drills and completing the training program.
- No distractions will be tolerated.
- The following is not allowed: profanity, horseplay, abusive language, or fighting.
- Members unwilling to participate in workouts will be dismissed from the track or practice area and will not be allowed to return until coaches have spoken with the parents.
- Repeated misconduct, distractions and/or refusals to do workouts will be grounds for termination from the program. No membership fees will be refunded if a membership is terminated.

Practice Regulations for Parents

- Parents are not permitted on the track or in practice areas during practices.
- Parents shall refrain from coaching or instructing athletes during practices sessions. Coaching is the exclusive responsibility of the Viper TC coaching staff.
- Parents should not engage the coaching staff in conversation during practice sessions. Coaches are available to answer questions after practice or during scheduled appointments.
- Please notify the coach if your child will not be able to participate in a scheduled practice. This notification should be given as early as possible, and preferably prior to the scheduled practices.

Practice and Bad Weather

- The coaches will not cancel practice because of rainy weather in general. Practice will be held as scheduled except in the event of dangerous weather, such as extreme cold, heavy rain, or lightning. In the event that a scheduled practice is cancelled ahead of time due to the weather, the club will try to inform the members by email, calling post or on the club's web site.

MEET RESPONSIBILITIES & RULES

To ensure the athlete's optimum performance at meets, the Viper TC Athletic Club athletes and parents have certain responsibilities and rules to follow.

General Information

Meet information will be provided prior to each meet. This will be in paper form, email, and/or on the web site (www.vipertc.org). The Viper TC parents and athletes are responsible for knowing the athlete's meet events and times.

Viper TC Coaches determine what events the athlete will participate in for each meet. The parent may discuss this with the coaches prior to entry, but the coaches have the final say.

The club's primary mode of communication will be email and the website. Please make sure that the Club has current email and contact information for you. If you do not have web or email access, please make that known as soon as possible.

If an athlete will not be competing at a meet, this must be communicated to the coaches prior to the start of the meet, and as early as possible.

The Club will have a designated area for the Viper TC athletes to stay during the meet. All athletes must sit together in this area.

Athletes' Responsibilities

Check your event time prior to the Meet. Arrive at the meet at least one hour prior to your scheduled event times. For Spring Season meets or meets with rolling start times coaches will announce the times for athletes to arrive at the track.

Check in with the Club. Upon arriving at a meet, check in with the Club at the designated area and get your numbers and instructions.

Sit with the Club during the meet. Athletes must stay in the Club area during the meet.

Come prepared. Wear your Viper TC uniform. Have your shoe bag containing shoes and water bottle (with water or sports drink). Bring warm-up clothes to every meet – weather is unpredictable.

Warm-up. Warm-up with your teammates. Arrive in time to get prepared physically and mentally for your events. Do not get in the habit of showing up late. Others are depending on you.

Bring drinks and food. Bring plenty of water or sports drinks and healthy food. See the Nutrition section of this handbook for ideas.

Concession Stands. Concession Stands are off limits during the meet. Athletes may only approach the concession stand after the completion of the athlete's last event and/or with clearance from a Viper TC coach.

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 event.

Check in. When you check in, you should be ready to compete (with uniform, number and shoes). Take your water or sports drink with you to check in. Once you check in at your running event, you should not leave the check in area.

Parents' Responsibilities

Make sure that your athlete is prepared, at the meets early and ready for his or her events. All athletes should receive 8 to 10 hours of sleep 2 nights before a meet.

Athletes should eat a nutritious breakfast. This includes fruit, bread, cereal, water and juice. Little or no meat is best. More information is provided in the Nutrition section of this handbook.

Overnight meets entail additional Parent responsibilities, see the Travel Section. Parents and athletes are responsible for listening for the call of their events and for being prepared and warmed up.

Pre-Competition Sleep

- Athletes should receive 8 to 10 hours of sleep 2 nights before & the night before a meet.

Pre-Competition Meals 3 – 4 hours before the event

- High in complex carbohydrates, such as bread, fruit and vegetables
- Moderate in protein
- Low in fat
- Plenty of Fluids
- Athletes should eat a nutritious breakfast before a meet, including fruit, bread, cereal, water and juice.
Little or no meat is best.

Snack Hints – For All Day Meets

- WATER
- Fresh Fruit – bananas, raisins, grapes, oranges, peaches, watermelon
- Bread, bagels, muffins. With peanuts butter, cheese or cream cheese if within 3 to 4 hours before competition.
- Crackers and pretzels
- Fig Newtons, oatmeal-raisin cookies
- Fruit and Vegetable Juice – orange, tomato
- Cereal – With milk if 3 to 4 hours before competition.
- Fruit yogurt – if 3 or 4 hours prior competition

Post-Competition

- Athletes should always do their cool-down runs after race events.
- Sports drink, energy bars, fruit and plenty of rest should be a consistent part of your post-race activities.

CLUB TRAVEL

All athletes are expected to attend all meets for which they qualify (relays included). This includes out-of-town meets. A list of all meets and their locations will be provided in advance. If there are extenuating circumstances, they should be discussed with your coach way in advance. Violation of this rule will result in immediate dismissal from the Club.

Travel to out-of-town meets entails additional costs not included in the fee.

The Club arranges hotel accommodations for out-of-town meets. Payment for individual rooms is the responsibility of the parent. The Club will try to have all members stay at the same location, but this not always possible. If the member does not desire to stay at the Club's hotel, then the member is responsible for making his/her own accommodations.

While out-of-town meets are often viewed as opportunities for family vacation time, these meets are "business trips" for the athletes.

Children are influenced by parent behavior. Parents should acknowledge this impact and refrain from adult activities (late nights, alcohol consumption, etc.) in the presence of the children.

If the parent or legal guardian cannot travel with the child, a guardian can be appointed. The athlete's coach must be advised of this and a proper waiver must be signed. It is the parent's responsibility to provide for the athlete's need for the trip. The guardian is expected to fulfill the responsibilities of the parent.

GENERAL

Club Meetings. Regular club meetings will be called as needed.

Fundraisers. The Club will have several fundraising events throughout the year. All families are highly encouraged to participate in funding efforts.

Viper TC Web Site. Keep up to date with the latest club information at
<http://www.vipertc.org>

Volunteer Commitment. At least one adult representative for each athlete/family will be required to volunteer a minimum of ____ hours throughout the Spring and Summer track seasons. (see separate Volunteer Form for complete details).

Viper TC Logo. The Viper TC Logo, mark and design are the exclusive property of the Viper TC Athletic Club. Usage of the name, logo, marks or designs is prohibited in any form without the expressed written consent of the Board of Directors. Violation of this rule will result in immediate dismissal from the Club.

CLUB CONTACTS

Coaches

Maurice Bell

Founder & Head Coach for Sprints & Jumps
coachbell@viperc.org

Kaci Redding

Club Assistant Coach & Head Distance Coach
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John Key

Club Assistant & Head Throws Coach
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ACKNOWLEDGEMENT

I have received and read the Viper TC Athletic Club Member Handbook. I understand the rules and regulations contained therein will comply with them. Non-compliance may subject the athlete to dismissal from the Club, without refund.

I am also acknowledging the following:

- That if my child qualifies for a meet, I am obligated to ensure my child's participation. Out-of town travel will entail additional costs.
- That my child has a Viper TC authorized sweat suit that is in good condition; otherwise, I will have to purchase one at additional cost.
- That my child has sufficient medical insurance coverage. I am providing the requested information below.

Date: _____

Athlete Signature: _____

Parent Signature: _____

Insurance Company: _____ Policy Number: _____

Doctor's Name: _____

Doctor's Phone: _____