Durham Striders Youth Association

Building Character and Confidence Through Athletic Competition



Handbook

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Welcome

Dear Striders,

We would like to take this opportunity to welcome you to the Durham Strider Youth Association track and field season. Thank you for joining Strider Nation, we look forward to working with your child and watching them excel this year. This is going to be a great year filled with excitement and new memories.

We remain committed to building character and confidence for our student athletes through athletic competition. Our team has a winning tradition in track and field and our student athletes continue to display academic excellence. We expect this year to be no different.

Please review the information in this manual and do not hesitate to contact your child's coach with any questions or suggestions that will help our organization improve.

Have a wonderful season!

Sincerely,



Frank Davis
President- Co-Founder

Registration

ALL of the following are required at the time of registration:

- **Completed registration packet** requires you must complete and submit all of the registration information and payment of $200.00 online via SportsEngine's secure site.

- **Copy of the child's birth certificate** (or other acceptable proof of birth). Will need to be uploaded to the SportsEngine Portal during registration.

- **Registration Fee** - $200 fee includes a team t-shirt. Cross Country and Indoor seasons are separate fees. No Refunds. *Discounts may be available for families with multiple children; this discount is applied during the online registration. *

- **New or Renewed USATF Membership Number.** Visit https://www.usatf.org/home/top-utility-nav-content/membership. You must **associate your child with the Durham Striders Track Club (13-0618)**. Only athletes who will be 7 years old or older in the current calendar year will need a number. The cost is only $30 and comes with some great free stuff. Join or renew as early as January 1st.

- **New or Renewed AAU membership number**. Visit https://play.aausports.org/joinaau/membershipapplication to obtain your child's membership number. The cost is $20. You **must associate with the Durham Striders Track Club (use drop-down menu)** in order for them to be attached and run with us.

Which membership(s) needed each year will be advised during online registration

Contact Coach Tecla with any questions regarding obtaining membership or registration.

General Health Information

The following are general health guidelines to keep athletes and parents healthy on and off the track:

Nutrition:

- **Water, water, water -** bring to practice at least 32 oz of WATER. Please refrain from bringing Gatorade, PowerAde, or any sports drinks, soda, or juice.
- **Cut out ALL fast food**
- **Drink 64 oz of water/day**
- **CUT OUT SODA**, Punch, Kool-Aid and other sugar and high fructose corn syrup-containing drinks
- **Eat 3 nutritious meals/day** containing 2 portions of vegetables, LEAN cuts of meat-baked, broiled but NOT FRIED
- **Avoid fatty foods**, fast foods, breads, high sugar containing desserts (use fresh fruits for desserts)

Sleep: The kids will need to sleep at least 6-8 hours/night **every night** to be able to support exercise that will be increasingly more rigorous.

Parent's Exercise: Parents are encouraged to walk/jog during practices—it's healthy for them and it's a great model for the kids.

Track Meet Information

- **Team Sponsored Optional Meets -** Participation in optional meets is not required, however, they are team-sponsored meets, and the Striders will pay the registration fee in most cases. If additional fees are required, parents will be notified immediately.

- **Non-Team Sponsored Optional Meets** - There are meets throughout the season in which we, as a club, do not participate. Durham Striders sanctioned meets are only those on our posted schedule and any additional ones that our coaching leadership may add. Athletes who want to participate in optional meets **not listed on our schedule** are free to do so but **must register as unattached.** Participants cannot run in a non-team sponsored optional meet as a Durham Striders athlete, and therefore cannot wear Durham Striders gear. Parents are solely responsible for all fees associated with these meets. Our club only covers fees for our sanctioned meets. Your Durham Striders age group coach must be notified in advance of your participation in an optional meet if you want your results/times from those meets considered for qualifying standards purposes elsewhere in the season.

- **Additional Fees -** Parents are responsible for at least one night's hotel stay for travel meets. Rates do vary, but we will provide as much advanced notice as possible. Please consider this as our written fundraising notice. The way to limit additional fee assessments is to materially participate in or contribute to our fundraising efforts and/or establish your own. We are a non-profit organization with limited and diminishing municipal funding. Consequently, our coaches often personally incur costs/expenses to make sure all athletes who want to participate can participate. Some of these coaches' kids have aged out and are no longer even in the club. That said, parents/families must provide their financial support as well. We will communicate with you as the season progresses about what additional fees will be required.

  One ongoing fundraising effort is to donate directly to the club. Please share the following link with your friends or family:

https:// www.durhamstriders.com/donation/.

Remember all donations are tax- deductible.

- **Meet Locations and Directions -** Information regarding the meet location and directions to the venue will be provided at team meetings prior to the meet and will also be communicated via email through SportsEngine and the Team Reach App.

- **Arrival Times -** Please arrive at the meet on time or early (the arrival time will be announced in advance of each meet). Arrival times are typically 2 hours before the start of the first event. Parents and athletes need time to arrive at the track, set up in the stands, use the restroom, locate the check-in area, warm-up (athletes), and otherwise get settled before the events begin. Therefore, it is imperative that athletes are not delayed or late arriving to the meet venue.

- **Team Seating -** Please locate the team tent in the stands and, ideally, sit in close proximity to the team. We typically reserve a section in the stands for our team. This location will be communicated via Team Reach. Maintaining a team area creates a sense of support and allows the kids (and parents) to form bonds while they wait for their events. Coaches will also be located in the team area when they are not working the track meets. They can ensure that all athletes warm up and check in at the appropriate times. If you choose to pitch your tent away from the team area, please check in with the team to alert the coaches that you have arrived and where to locate you if necessary. The team is always looking for volunteers to help with transporting, setting up and chaperoning the team tents. Please consider volunteering to help with this major task.

- **Bib Numbers -** Most meets require athletes to wear bib numbers. The bib numbers will be distributed from the team tent. *Please ask for the bib number as soon as you arrive at the meet.*

- **Warm-up -** Athletes must warm-up prior to each of their events. Doing so helps to improve performance and decrease chance for injury. Coaches will be available to tell athletes when to warm-up (as long as athletes are

located in the team tent). Parents may be asked to take groups to warm-up.

The warmup should not be strenuous, as to avoid causing fatigue before the event (no hills or long sprints, etc.)—it should be similar to the warm up kids complete during practice. Children should achieve a light sweat during the warmup, but they should not be exhausted.

- **Rolling Schedule/ Check-in -** Most youth track meets operate on a rolling schedule—this means that the schedule includes an order of events and a time to begin the first event. After the first event, all other events will follow in order, but they won't begin at any particular time—simply, when one event ends, the next one will begin. Because there is no timetable for events, parents and athletes are responsible for recognizing the pace of the meet and ensuring that athletes check-in for their events on time (some meets move along quickly, others move slowly). Coaches will also assist with this but can only do so for those athletes that are under the team tent. ***When the first call is made for an event (ex. "first call, 400m dash"), athletes should check-in.***

- **Field Events & Running Events -** Several of our athletes will be involved in field events that occur at the same time as their running events. Athletes must communicate with the field event judges for instructions about how to complete both events. In most cases, the athlete will be allowed to remain at the field event until the running event begins (only leaving, briefly, to check-in for the running event). Every meet is different—if your child will need to be in two events simultaneously, communicate with the field event judge for instructions. If your child must leave the long jump, triple jump, or throwing events to run, they will likely be allowed to complete their throws/jumps when they return to the field.

  ** In the high jump, the bar keeps rising once the event has started and officials will not lower the bar for an athlete who leaves to compete elsewhere. If your child leaves the high jump, she/he will be able to return to the high jump and resume competition but, if the bar height increases during his/her absence, the athlete must jump at that height. So, be sure to stay at the high jump as long as possible—and return as quickly as possible.**

- **Communication -** Please save coaches' phone numbers into your phone prior to traveling to the meet as well be sure you are on Team Reach (coaches who serve as point people for the meets will post their information on Team Reach). If you have questions, please call them. If they don't answer the phone, please send a text. If they don't answer the text (track meets can be loud, and they may not receive the alert right away), please be patient, they will return your call. Please check your Team Reach App for updates during the meet.

- **Code of Conduct**- Young men and women who participate as part of the Durham Striders Youth Association as well as their parents represent the Strider organization, the community, and most importantly their families. We expect Striders to demonstrate character, high moral standards, leadership, responsibility for one another, and to serve as role models for other youth in the community. We accept nothing less that the best standards of behavior on and off the field, during trips and competition. We must be gracious in both victory and defeat. In addition, for the safety of everyone, we must always look out for one another.

- **Keeping Children Safe** - Younger children (12 & under) are not to walk alone They should only go to the restroom, concession stand and check-in area in the company of an adult or older team member. Track meets are safe places, but there are thousands of people in attendance. We want to keep a close eye on every one of our athletes at all times.

- **Meet Entries -** Track meets are not free. The Durham Striders pays an entry fee for each athlete to compete in each event. Prior to each meet, coaches ask that parents confirm that their child(ren) will compete in the upcoming meet via Google spreadsheet. If you say your child will compete, the team will enter the athlete into the meet and pay her/his entry fee. If the team enters your child in a meet and she/he does not compete, you are responsible for refunding the entry fees – and **must refund those fees to the team before your child is entered into another meet.** For this same reason, athletes are expected to participate in every event in which they are entered. ***The Durham Striders pay thousands of dollars in entry fees each season. Please only confirm your child's intent to participate if she/he will be able to attend the meet.

- **Event Selections -** The Durham Striders focuses on development, especially for athletes in the younger age groups. Therefore, we are happy to receive suggestions from children and parents regarding their preferences for events. However, our coaches are very knowledgeable and experienced, and they (coaches) will make all final decisions about what events athletes will contest. Athletes are expected to compete in every event in which they are entered (see prior bullet)—if they don't compete in an event and haven't received clearance from a coach to drop an event, parents are responsible for refunding the team. If you have a question about your child's events, please ask a coach from the site where your child practices.

- **Leaving a Meet -** We hope you will stay at the meet to cheer on the team even after your child's events are complete. If, however, you must leave before the conclusion of the meet, please tell a coach that you and your child are leaving. The team must account for every child. Your communication helps to ensure that we know where every athlete is at all times.

- **Results -** Information, including meet location, schedules and results from most track meets will be provided by Coach Frank and Coach Tecla. Live results are also provided at most track meets and can usually be accessed using any mobile device with web access. Generally, the meet host will announce where the link to results can be found (e.g., Live Results will be posted on the Durham Strider website). During a track meet, if you discover there is an error with your child's time or distance, please let Coach Tecla know as soon as possible so that she can discuss the error with the meet director. The coaches will review the performance of each athlete in comparison to the performances of other athletes across the state to make decisions regarding events in which your child has the potential to be most successful for the next track meet and/or qualifying meets.

- **Goals -** We expect each athlete to set realistic goals for each of their events and monitor their progress after each track meet. It is our goal to have each athlete demonstrate growth in each of their events from the beginning of the season to the end of the season. Parents, please review and discuss your child's results with them in a positive manner and encourage them to continue progressing towards his/her goals. Each coach will <u>try</u> to discuss results individually or as a group after each meet and determine what the athlete needs to work on prior to the next track meet. However, if this does not happen, please do not hesitate to talk with your child's coach either at the beginning or end of practice to obtain feedback on your child's performance. While winning a medal or ribbon is exciting, we are happy if the athlete is showing improvement and having fun in the process.

- **Awards -** Athletes may earn medals or ribbons at various track meets, but not all (e.g., sometimes medals are awarded to the top 3 individuals in each event and ribbons to places 4-6). Most meets will only allow coaches or a designee to pick up awards for the team. Because our team is so large, the host track team may wait until the end of the meet to package our awards, or they will be mailed. Once the awards are received, the coaches or designee will distribute the awards to our athletes usually after practice. If your child is not present during the award distribution, it is the responsibility of the parent or athlete to pick up the award from the coach.

- **Food -** Pack a cooler that includes water, fruit, vegetables, granola bars, PB&J sandwiches on wheat bread, and light meals. Pasta salad is great! It's light, tasty, and can be eaten cold from the cooler. Lean protein is good (shaved turkey/chicken). Avoid sugary drinks (Gatorade, juice, soda). Avoid dairy. Plan enough food to last all day—athletes and parents require good calories and hydration in order to perform well throughout the meet. Please feel free to share on the Strider FB page any ideas or recipes you have that may benefit others.

  Recipe for Holland's pasta salad*:*

  - 1 box tri-colored Rotini Pasta (any brand is fine) 2-3 boneless, skinless chicken breasts
  - Kosher salt
  - 1-2 bottles of balsamic vinaigrette dressing (Kraft preferred)
  - ** Multi-colored bell peppers** Directions:
  - Boil pasta until tender, then drain.
  - Season the chicken breasts to your liking, then bake or grill them. Let cool, then cut into cubes.
  - In a large bowl, add cooked and cubed chicken to cooked pasta, and add a couple of shakes of kosher salt (careful, don't need a lot, much saltier than regular table salt).
  - Add a bottle of balsamic vinaigrette dressing. Mix all and refrigerate. ENJOY!!
  - **Kick it up a notch by also adding chopped bell pepper - red, green, yellow, orange (adds nice flavor, lots of color and added nutrition) Please note: If prepared the night before, pasta will absorb a lot of the dressing. Bring another bottle to the track to add as needed so the pasta isn't dry when served.

- **Track Meet Essentials (Recommended)**
  - Tent (10x10), Sportsbrella or Umbrellas – although the team will set up team tents for the team, you may wish to bring your own personal tent. The team tents are primarily for the athletes and since our team has over 200 athletes, space will be limited.
  - Stakes and Mallet -used to secure tent to ground
  - Foldable Wagon – Carry all track items to and from meet
  - Bungee cords for tying down tents
  - Cooler with Ice (with wheels) for food/beverages
  - Tarps- for ground covering and/or side shade for tents
  - Folding chairs or blankets to place on the ground for sitting
  - Baby wipes
  - Portable fan
  - Sunscreen
  - White towel to dampen with cold water to help cool athletes when over-heated
  - A change of clothes, socks and shoes in case of rain
  - Warm-up jacket and pants -Must be worn when not on the track
  - Long sleeve shirts and tights to run in when the weather is cold
  - Books, games & cards (for both parents & kids)
  - Electronic devices with earbuds (good for older athletes while waiting for their event – but they ***CANNOT*** be taken to competition areas so will not be allowed past the check-in gate).
    Note: Durham Striders is not responsible for any lost or stolen items.
  - Please keep your kids out of the sun between events and provide an area for them to recover, relax and even take naps.
  - Patience, support and a sense of humor!!!
  - Good sportsmanship!!

Uniforms and Footwear

Uniforms - Purchase required through the team

- Every athlete should purchase a white uniform shirt and navy shorts or long brief. This is the standard uniform for 1-day meets. On 2 or 3-day meets, the standard uniform is white uniform shirt/navy shorts for the initial days, but athletes wear the navy uniform shirt/navy shorts on the final day of competition (generally on Sunday). If your child will compete later in the season when we have 2-3-day meets, please purchase both a white and navy uniform top. Athletes should wear a Durham Striders t-shirt, sweatshirt and sweatpants over their uniforms at track meets. Sweatpants are needed to keep the body warm during warm-ups and between running events.

- **Sneakers-**Please be sure the kids have decent practice running shoes. It is imperative that they have shoes that fit. Saucony, Brooks, Adidas, OnCloud and Hoka's appear to be the most popular. You can find affordable shoes at Ross, but if you can't I suggest Bull City Running or Nordstrom Rack. Please purchase and practice in new spikes several days before wearing them in a meet. Athletes should wear sneakers to the meet and wear them during warmups -- only put spikes on when it's time to compete. Slides and flip flops are not safe to wear around a track meet. Please leave them at home.

- **Spikes -** Check with your child's coach regarding the type of spikes needed prior to purchasing spikes as they may not benefit all children. Pyramid ¼-inch spikes generally come with the purchase of each running spike and are permitted at most meets. Please check your child's spike shoes and replace the individual spikes as necessary. Remember to bring replacement spikes and a spike wrench to each track meet.

- **Donation of gently worn spikes and/or uniforms -** As your child outgrows their spikes and/or uniforms, please consider donating them to other athletes on the team who may benefit. Feel free to discuss with one of the coaches if you have some items you want to donate.

Volunteering

- **Coaching -** If you or anyone you know is interested in working with the team, please talk with Coach Frank, Coach Donnie or Coach Tecla about your area of expertise (e.g., sprints, mid/long distance, field events, etc.). They will then consider the needs of the team and follow up with you. All of our coaches are volunteers and many of our coaches don't have children on the team. There is always a need for extra support and expertise in some areas. Please note that the AAU and USATF bylaws stipulate that all coaches have an AAU or USATF number and pass a background check before having contact with any athlete. This rule is **strictly enforced** by the Durham Striders for all coaches.

- **Assisting athletes during track meets -** We rely heavily on the volunteerism of parents to ensure the safety and success of every athlete. Please pitch in to help whenever you can. There will be opportunities to help distribute bib numbers, take younger athletes to warm-up, check-in, bathroom, set-up tents, etc. If you can help, please do so.

- **Assisting during Durham Strider hosted meets -** Our team hosts several meets during the season. Proceeds from Durham Striders hosted meets serve as a major source of funding for the team (and allow us to keep registration costs lower than those of most other teams in the region)! We expect every one of our parents will volunteer for these meets. Coach Tecla will provide information on how you can help.

- **Team Tent Set-Up -** Depending on the number of athletes signed up to participate in a meet, the Durham Striders could set up as many as six team tents for our athletes to provide a shaded area for them to rest between events. The coaches are always in need of parents to assist with the transporting, setting up/taking down and chaperoning the tent area. Your assistance is greatly appreciated.

Contact Us

For general information:

www.durhamstriders.com
Durham Striders Parents Group on Facebook
(this is a closed group; request access)

TeamReach App Group Code: DSYA75

Coach Tecla McFadden-Carter (919)308-9852 teclamcfadden@gmail.com

General questions (Burlington)
Alayna Moore (alyanamoore@yahoo.com)
Coach DeAnne Brooks (336)512-1840 (deannedbrooks@gmail.com)