



# Triangle Champions Track Club

## **FAMILY APPROACH**

Triangle Champions Track Club (TCTC) is not just a track and field organization. We believe that building a strong partnership between athletes, coaches, parents, volunteers, and sponsors is critical to our success. These groups combine to make up **“THE FAMILY”**.

## **SERVICES FOR ATHLETES**

- **OUTDOOR SEASON:** This is a season for developmental and competitive events. We encourage all parents and athletes (ages 6 & up) to become a registered member with USATF (visit [www.usatf.org](http://www.usatf.org)). This give parents voting privileges in USATF – NC wide mtgs.
  - Practice days will be held on Mon, Tues, & Thurs
  - Each practice will start promptly on time with the Lord’s Prayer (Matt 6:9-13)
  - Each practice will end with a thanksgiving prayer, parents invited
  - Certified and experienced coaches on board
  - Developmental Season: March to July of each year
  - State Games are usually in June, open for all ages (fee not incl)
  - Competitive Season: March to July – must be a registered member w/USATF (\$20 for athletes/\$30 OPTIONAL for adults)
  - We offer Tutoring; Inspirational Teachings; Health Education; & Community Service
  
- **CROSS COUNTRY RUNNING:**
  - Season Schedule: September– December of each year
  - Training days are Tues, Thurs, & Sat
  - Registration deadline TBD
  
- **INDOOR SEASON:**
  - Season Schedule: December – March of each year
  - Training days are Tues & Thurs
  - Registration deadline TBD

**PERSONALIZED GOALS:** We believe that each athlete will perform at their best! Coaches will help each participating athlete determine and meet their personal goal.

TUTORIAL SERVICES: This is a free voluntary service to the track club members as well as the community, offered by our staff to help children achieve academically. Age ranges from 6-18. Our staff is coordinated with local libraries; however, we are not Certified Licensed Tutors.

### **SERVICES FOR PARENTS & ATHLETES**

PARENT BOOSTER CLUB: This is where every parent can actively participate by promoting TCTC to the community. These services will consist of travel, club activities, volunteering, and fund raising projects.

COMMITTEE ASSIGNMENTS: These assignments are voluntary services that the parents can participate in areas such as: Tutoring; Devotions (upon request); Health Education; Community Service; Reward & Recognition; and Medical Staff.

INSPIRATION/DEVOTION: This is a voluntary service that is available to every member of 'The Family'. We encourage each 'family' member to attend their own church for bible study; however, TCTC offers this service upon the request of the parent and/or athlete.

WELLNESS COORDINATORS: TCTC proclaims healthy living! This class is offered upon request to 'The Family' and to the community on a year-round basis. We have Certified Health Ministers & Physical Trainers, and others speakers that will be able to inform and encourage a healthy life-style. We promote health from a biblical perspective; however, we are not doctors. We do not diagnose or prescribe treatments for specific physical problems.

COMMUNITY SERVICE: We extend this service to promote the well-rounded athlete of all ages. This is an opportunity to get the kids and parents involved into the community. We recognize that we are blessed and this service will allow us to give back to the community. Club t-shirts will be worn to show uniformity (included in registration fee).

REWARD & RECOGNITION: Our desire is to recognize all our participating athletes for their dedication and hard work. This will be an 'End-of-the-Year' activity.

\*\*All extended services and activities other than track & field, running, race walking, and cross country, are not a USATF Insurance Coverage.

## **TCTC OPTIONAL TRACK & FIELD GEAR** (Athletes and Parents)

**PLEASE CIRCLE THE ITEMS OF INTEREST YOU MAY PURCHASE AT THE START OF THE SEASON:** (prices are estimated)

Wind Suit (Jacket & Pants)	\$80.00 (youth sizes)
(purple & white w/emb'rd logo)	\$85.00 (adult sizes)
Parent Club T-Shirts	\$15.00
Sweat Top w/hood & logo	\$35.00
Long Sleeve Tee w/logo	\$25.00
Cap w/logo	\$15.00
Spike Bags	\$10.00

The above items are club approved and to be worn to represent the club. Please check with the TCTC Staff if there are other items that you would like to order with the TCTC's logo.

TCTC athletes are allowed to wear spandex bikers (short or long) under team shorts; spandex body shirts under team shirt; and club t-shirt as an under garment. These items must be coordinated with our team colors: white, gray, black, or purple.

We ask that no jewelry be worn during practices and meets. **NO** cell phones, mp3 players, iPods', PSP's, radios, and the like, are allowed at practices. TCTC will not be responsible for any personal items lost!