



# Triangle Champions Track Club

Welcome to the Triangle Champions Track Club (TCTC)! We are a self-governing, non-profit organization (501C3), and a member of the USA Track & Field, North Carolina (USATF-NC).

Our Mission is based on Christian values; comprised of a diverse group of athletes, coaches, parents, and volunteers. Our objective is to build a strong and positive self-image in each participating athlete, teaching them to respect themselves and others, while preparing them to become champions in life and in competition. TCTC has some of the areas most highly trained track & field coaches of staff. "Athletes First, Winning Second" summarizes our approach in training and coaching. While receiving top-notch training, also expect to gain new friends while sharing fun together in a positive environment.

## TCTC Membership/Registration Fees

Club membership pays Entry Fees for all of the Developmental and Junior Olympic (JO) Meets; however, State Games are not included. The fees also pay for the track equipment; first aid supplies; copies/printing/mailling; and the use of the track.

**The 2010 OUTDOOR REGISTRATION FEE IS \$75 FOR ALL ATHLETES!** The fee is \$65 for each additional child. This fee does not include uniforms. Uniforms are mandatory for each athlete (see Uniform & Fees Form).

Club membership fees are **non-refundable** after participation in the first practice. We will accept Cash, Money Order, or Check. There will be a fee for all returned checks.

TCTC generates revenue from contributions and fundraisings to cover operating expenses, the purchase of field equipment, and rental equipment. There are no salaries for the coaches, officials, or any member of the club. All funds are used entirely for the operation of the club.

## Attire for Practice & Track Meets

We ask that each athlete dress properly for each practice. For the Winter Pre-Season, dress warm: toboggan, fitted gloves, cotton sweat suit, long-johns, running shoes, etc. Stay layered up top. Uniforms should be worn at each track meet. Club t-shirt can be worn over or under singlet during early Spring Season. See attached Uniform Sheet.

## Practice Times\*\*

Practice starts promptly at 5:45pm on Mondays, Tuesdays, & Thursdays! We will start each practice with Prayer. We ask that you make every effort to be on time. This will allow your child to benefit from a complete workout and it shows respect for the coaches' freely given time. Warm-up time is team-time, where learning, building, and bonding between the coach and athlete take place. Make sure that your child signs in at the beginning of each practice for accountability. Parents, make arrangements for your child to get home if you are not there after practice. No child will be left unattended. Please respect the coaches' schedule!

## **\*\*VOICE MESSAGE LINE: 919-287-2245:**

This message line is used for important messages to the athletes and/or parents concerning matters of the club. For example, if practice has been cancelled due to a sudden change in weather, you can call this number to confirm cancellation. Also, you are able to leave a message after the conclusion of each recorded message.

## Weather Policy\*\*

There is **NO PRACTICE** if the weather is **below 40 degrees**. In the case of lightening or the sound of thunder, practice will be suspended until the coaches decide to continue or cancel practice. During Spring and Summer seasons, there are thunderstorms regularly and the athlete must dress accordingly: water repellant warm-up or wind suit, extra t-shirt, and extra socks. This is to ensure that the athletes doesn't get too wet or cold and possibly strain or pull muscles. If the temperature is hotter than 95 degrees, coaches will determine the cancellation of practice. Athletes need to come prepared for the heat: adequate water, towel, sunscreen, warm-up, etc. Use your best judgment in regards to the weather conditions. Plan Safe, Be Safe!!!

## Travel to Track Meets

**All travel expenses are the responsibility of the athletes and parents/guardians.** The club will provide information and directions to events. Car pools, meeting times and places, will be coordinated informally at Parent's Meetings before each meet. Most in-state travel will not require over-night stay. Longer distances and out-of-state travel may require over-night stay. If the club secures a reserved block of rooms for team members and families, **the cost is still the responsibility of the athlete and parent.** If you would like to sponsor another athlete or contribute to the club, donations are always appreciated and are tax deductible.

## Volunteers

We welcome all volunteers! We believe that the combined efforts of the parents and friends of TCTC determine the success of our program. Committees will be forming in early March to assist in a variety of areas that need coverage. **ALL PARENTS ARE EXPECTED TO SERVE ON AT LEAST 1 COMMITTEE.** These committees include: Administration, Fundraising, Meet Logistics, Attendance & Records, Health & Wellness, Community Service, Awards & Recognition, and Academic Assistance. **Volunteer Parent Coaches are needed immediately!** To help in any capacity, see Tim Thorpe or Jan Powell. Thank You for your Support!