



2018

**Track & Field and Cross Country Membership Handbook
&
Registration Information**



**Mailing Address:
Jackrabbit Running Club LLC
2090A Hwy 317 #422 Suwanee, GA. 30024**

www.jackrabbittrack.com
info@jackrabbitclub.com
678-294-7448

Dear Parents & Supporters,

Thank you all for your interest in Jackrabbit Running Club LLC. One of the top youth programs in the Country. We are entering our 10 Year Anniversary Season of track & field. The success of this organization has been due to the fact of some very hard working student/athletes, a dedicated coaching staff and a supportive community. Our club trains and competes on a national level. We are members of USATF (United States of America Track & Field)

Jackrabbit members have qualified for the Junior Olympics for the past 8 seasons and we ended our 2013 season with 2 National Records, 6 National Titles and 23 All Americans. Our 2014 season ended with 1 National record and 2 National titles along with 40 All Americans at the USATF National Championships. 2015 season ended with 4 National Champions 9 Individual All-Americans and 7 All American Relay Teams. 2016 Nationals we had the pleasure of breaking 2 National records, 3 National Champions and 14 All Americans. 2017 we finished the season with 3 National titles and 12 Individual All Americans. We also had 3 New Balance National Titles and a NB Indoor National Record. Our club policy is education first, training second. We instill discipline and focus into our student/athletes. Our primary goal is the development of your child.

***The 2018 USATF Junior Olympics is in Greensboro, NC at NC A&T University**

"The team mission is to produce quality youth through the promotion of fitness, sportsmanship, and the encouragement for high academic achievement. We will build confidence, instill drive and give comfort to every child. Jackrabbit Running Club goals are to encourage and help young people to develop physically, emotionally, educationally and socially through their involvement in track and field."

Goals for this 2018 is to continue the development of our student/athletes. One Team. One Vision, Plenty of Goals. We have a great group of kids that have grown within the Jackrabbit program and are currently in High School. Also a 23 student/athletes from Jackrabbit has received DI & D2 College Scholarships from UGA, University of Tennessee, Xavier, UWG, Liberty & Troy University to name a few. From the 7 year old to the 18 year old, we will continue to develop the mind and the heart will follow.

Once again thank you and we look forward to seeing you on the track

Boys and Girls Ages 7-18

USATF Age Divisions:

8 & Under: 2010& After

9&10: 2008 – 2009

11 & 12: 2006 – 2007

13 & 14: 2004 -2005

15 & 16: 2002 -2003

17 & 18: 2000-2001



Our track season consist of Spring and Summer competition. We start training in January and the season does not end until the Nationals (Junior Olympics) in July.

Months of March & April- Developmental 5-7 Track Meets

Month of May- Invitational's 3 Track Meets

Months of June & July-Qualifying meets and Nationals Junior Olympics 3-4 Meets

We allow new members to register each season. The number of spots available depends on how many members return from the previous season and/or are invited to return.

We do have an off season training program strength & conditioning (Indoor Season) that starts in October. The cost is \$300.00 that is separate from regular track season registration cost. You may also use this time to decide if you want to become a member of Jackrabbit.

Other Sports:

If you are participating in other sports, you need to consider if Spring/Summer track and field is going to work for you. AAU basketball and travel baseball will not work.

We compete in the following events with 15 individual Coaches.

Running:

100 Meters
200 Meters
400 Meters
800 Meters
1500 Meters
3200 Meters
80 Meter Hurdles
100 Meter Hurdles
200 Meter Hurdles
400 Meter Hurdles
All Relays

Field Events:

Long Jump
Triple Jump
High Jump
Javelin
Turbo-Javelin
Shot Put
Discus

Multiple-Events

Triathlon
Pentathlon
Heptathlon

Cross Country Events

1K
2K
3K
4K
5K



Membership Cost

New Member Registration Cost:

\$490.00

Returning Member Registration Cost:

\$390.00

Membership Handbook Mandatory Review

Membership cost includes: Speed Suit Top & Bottom, Warm up Top, bottoms & T- Shirts, Administration Fee, Registration Fee, and Operational Cost.

Fees Breakdown:

Athlete Apparel

Speed Suit Top & Bottom \$90.00

Warm Up Top \$45.00

Warm up Bottom \$35.00

T-Shirt \$20.00

\$190.00

Registration Cost 2018 Season

\$100.00

(Returning Members Fee Waived)

Administration Fee

\$110.00

Operational Cost (Track Rental, Equipment, Supplies, Coaches Apparel etc.)

\$90.00

*Multi-child discount: 5% for 1st additional child. 5% for 2nd additional child. Members must live in the same household.

*Registration does not cover end of season rewards banquet, USATF Membership, Track Meet Entry Fees (Estimated \$10-\$15.00 per Meet) , travel, hotel & food.

*Any reimbursement funds from meet entries issued to Jackrabbit will be applied towards cost for end of season party. Anyone not in agreement, please notify Jackrabbit Administration.

Registration on line at www.jackrabbittrack.com **All Monies Paid Is Non-Refundable! There Are Absolutely No Refunds Under Any Circumstances!**

Additional Cost:

Running Shoes \$50-75.00

Running Spikes \$45-75.00

Meet Entry Fees Average \$10.00-\$15.00 per meet

January 22nd First day of practice. (All Balances Paid in Full) ***No one will be allowed to attend practice unless their registration balance is paid in full. If a payment plan has been arranged and balance is not paid in full by 1/22 an 5% late fee will apply.**

Practice & Track Meet Policies

The Club schedules regular practices sessions that each athlete must attend. The practice schedule will be provided by the coaching staff. Supplemental, unauthorized workouts outside the Jackrabbit workout structure are prohibited, unless authorized by a Jackrabbit coach.

Practice Regulations for Athletes

- Athletes must attend all scheduled practices. Roll call will be taken at each practice. You are not allowed to miss more than 5 unexcused practices. More than 5 absences is grounds for termination or other disciplinary actions.
- Athletes must arrive on time and ready to workout.
- Athletes must have the following at each practice:
 - Water bottle
 - Shorts and T-shirt
 - Sweats pants and top
 - Running shoes (no basketball 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 Jackrabbit coaching staff.
- Coaches are available to answer questions before and after practice or during scheduled appointments.
- Please notify the coaching staff 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 schedule practices. Email info@jackrabbitclub.com or text at 404-919-7788

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 inform the members by email, text or posting on Jackrabbits' website 30 Minutes prior to practice start time.

Track Meet Policies

Meet information will be provided prior to each meet. This will be in paper form, email, and/or on the web site (www.jackrabbittrack.com). Jackrabbit parents and athletes are responsible for knowing the athlete's meet events and times. All meet entries fees are due the Sunday prior to the upcoming weekend track meet. Each meet is registered on line at www.jackrabbittrack.com

- All Athletes Must Register For Each Meet
- Registration Is Due The Sunday Prior by 5P.M.
- After That Late Fee **\$5.00** Will Be Accessed
- After Tuesday by 8P.M. Registration Will Close Completely

Jackrabbit 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.

If an athlete will not be competing at a meet, this must be communicated to the coaches 1 week prior to the start of the meet. All track club members are not allowed to miss more than 2 scheduled track meets.

The Club will have a designated area for Jackrabbit athletes to stay during the meet. All athletes must sit together in this area. Parents will have a separate sitting area.

Athletes' Responsibilities

Check in with the Club. Upon arrive 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 club 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. There are to be absolutely no flip flops of any kind worn to a track meet.

Warm-up. Warm-up with your team mates. Arrive in time to get prepared physically and mentally for your events.

Bring food. Bring plenty of healthy food. See the Nutrition section of this handbook for ideas.

Concession Stands. Concession Stands are off limits during the meet for all Jackrabbit athletes.

Nutrition

Snack Hints

These high-carbohydrate foods can be packed and taken along for midday snacks, long workouts, or competitions:

- Breads, bagels and muffin
- Crackers and pretzels
- Fig Newtons, oatmeal-raisin cookies
- Fruit yogurt
- Bananas, grapes, & melon
- Fruit roll ups
- Sports drink & water
- Chocolate Milk (soy or almond great for recovery)

Pre-competition Meals

The night before a track meet Eat pasta, pizza, vegetables, brown rice etc. The day of a track meet Eat 2-3 hours prior to your event starting...oat meal, eggs, wheat toast etc.

All Day Events

Athletes should consider the amount of time between eating and performance when choosing foods at all-day events. Suggested pre-event foods include the following:

One hour before competition:

fruit and vegetable juices such as tomato juices, and/or fresh fruit such as bananas, raisins, grapes, oranges, peaches, or watermelon

Two to three hours before competition:

fruit juices and fresh fruit, and/or breads, bagels or muffins, with a small amount of cream cheese, Sandwich w/wheat bread.

Three to four hours before competition: fruit juices and fresh fruit, and breads, bagels or muffins and a light spread of peanut butter or 1 slice of cheese for breads, or a light spread of cream cheese for bagels, and or a bowl of cereal, with milk or yogurt.

Relay Team Policies: 4x100, 4x200, 4x400, 4x800, Sprint & Distance Medley

Being a member of a relay team is a privilege. It takes 4 individual athletes and families to work together and be on the same page with practice attendance, performance, traveling and cost.

Jackrabbit coaching staff has full authority to decide which athletes will be members of a relay team. A relay team consist of 4 members and in some cases up to 6 members with alternates.

***Head coach approves all relay team members!**

1.) Relay teams can and will change from week to week from the Spring season to Nationals. That means no one has a confirmed spot on a relay team at anytime no matter how many times they've run on the relay in previous meets.

2.) Alternates are in place in the event that another member can not fulfill their relay responsibilities due to: injuries, vacation, school/education, sickness, religion and personal family issues. Your relay spot is not guaranteed when you return.

***You cannot lose your relay spot due to injury. You have at least 1 meet to prove you are healthy and can hold your spot.**

3.) In the event that a alternate fills in for a member during the prelims of a meet. The individual that they filled in for, must give them their medal from the finals of that relay event.

***Use of alternates has to approved by head coach!**

4.) Relay team are comprised of performance, practice attendance, competition attendance, attitude/behavior and commitment!

5.) If you leave a competition meet early and you were scheduled to participate on a relay. You will be removed from the relay team as a member and only the head coach can approve your return to the relay line up.

Travel Policies:

Traveling to out of town meets. Everyone traveling to out of town meets, that require an overnight stay of one or more days. You must register 10 days prior to the start of event date and all hotel, flight and travel arrangements must be submitted along with meet registration. Failure to do so will result in athlete being scratched from individual events and/or removed from relay teams and replaced by alternate!

Fund Raising, Sponsorships & Donations

Fund Raising

Everyone is encouraged to participate in fund raising. All fund raising activities will be coordinated by Administration Staff .

Donations & Sponsorships

Donations and sponsors will be coordinated through Administration Staff. No one other than Administration Staff is allowed to collect donations or sponsors. If you know of an individual or organization, that wants to make a donation or become a sponsor. It must be coordinated through the Administration Staff.

All donations and sponsors go towards the overall operations of Jackrabbit Track Club. Website, operating cost, advertising, additional apparel, transportation, certification etc.

It is the Administration Staffs desecration as to where and when fund raising, sponsorship & donation monies are spent and allocated.



Membership Handbook Agreement

I have read the 2018 Jackrabbit Track and Running Club membership handbook and agree to abide by the policies set fourth by Jackrabbit Running Club LLC. I understand the clubs concept, vision, mission & philosophy.

Parent or Guardian _____ Date _____

Athlete: _____ Date: _____

Athlete: _____ Date: _____

Athlete: _____ Date: _____

Jackrabbit Running Club LLC agrees to provide facilities, a safe environment, coaching, training & instructions for all 2018 club members.

Your child/children will go through our program and given the proper tools, guidance, confidence and discipline to be able to compete on a national level in the world of track & field.

Welcome to Jackrabbit!

Regards,
JackRabbit Staff

Please Provide:

**Copy of Physical Taken in last 6 Months
Report Card (All Athletes Must Have a GPA of 2.8 or Higher)**

Parent Consent

Athlete: _____ Age: _____

Athlete: _____ Age: _____

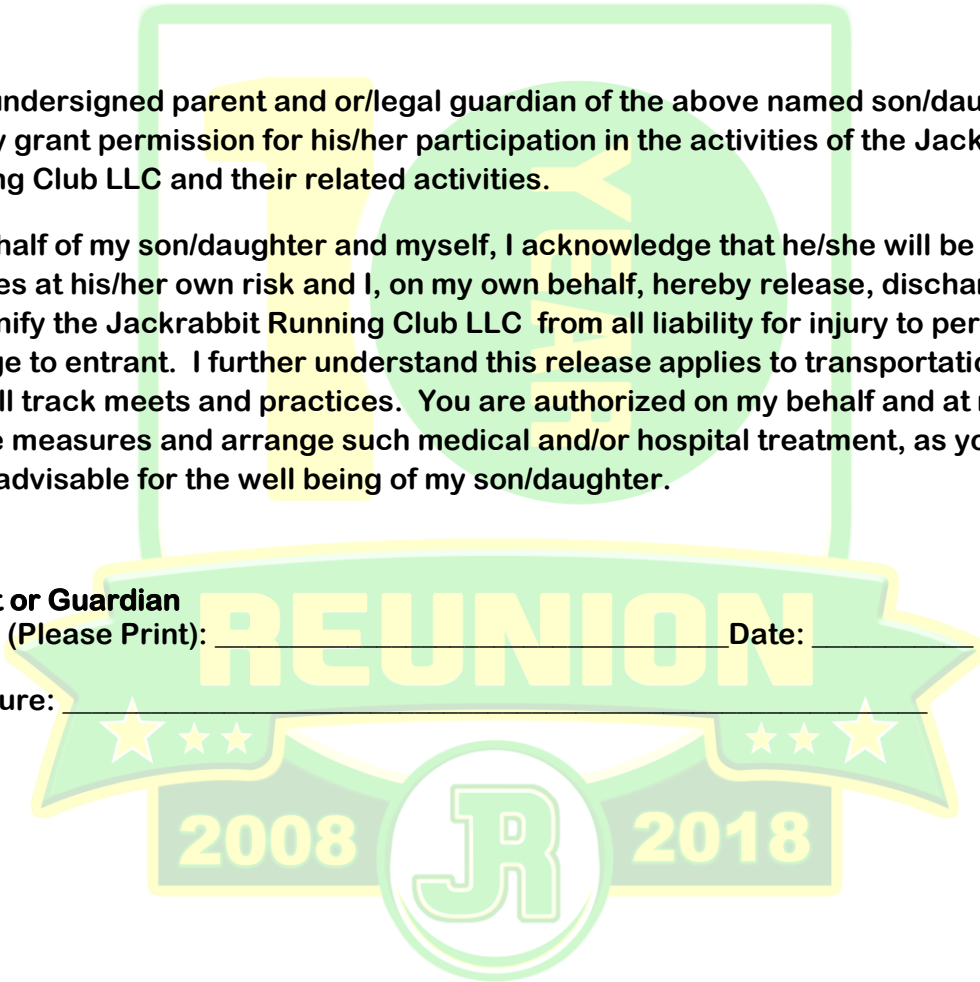
Athlete: _____ Age: _____

I, the undersigned parent and or/legal guardian of the above named son/daughter hereby grant permission for his/her participation in the activities of the Jackrabbit Running Club LLC and their related activities.

On Behalf of my son/daughter and myself, I acknowledge that he/she will be using facilities at his/her own risk and I, on my own behalf, hereby release, discharge and indemnify the Jackrabbit Running Club LLC from all liability for injury to person of damage to entrant. I further understand this release applies to transportation to and from all track meets and practices. You are authorized on my behalf and at my account to take measures and arrange such medical and/or hospital treatment, as you may deem advisable for the well being of my son/daughter.

Parent or Guardian
Name: (Please Print): _____ Date: _____

Signature: _____



Media Release Form

I understand that Jackrabbit Running Club LLC will take & use action/still photos and video of my child participating in regular scheduled Jackrabbit practices, organized meets, and functions.

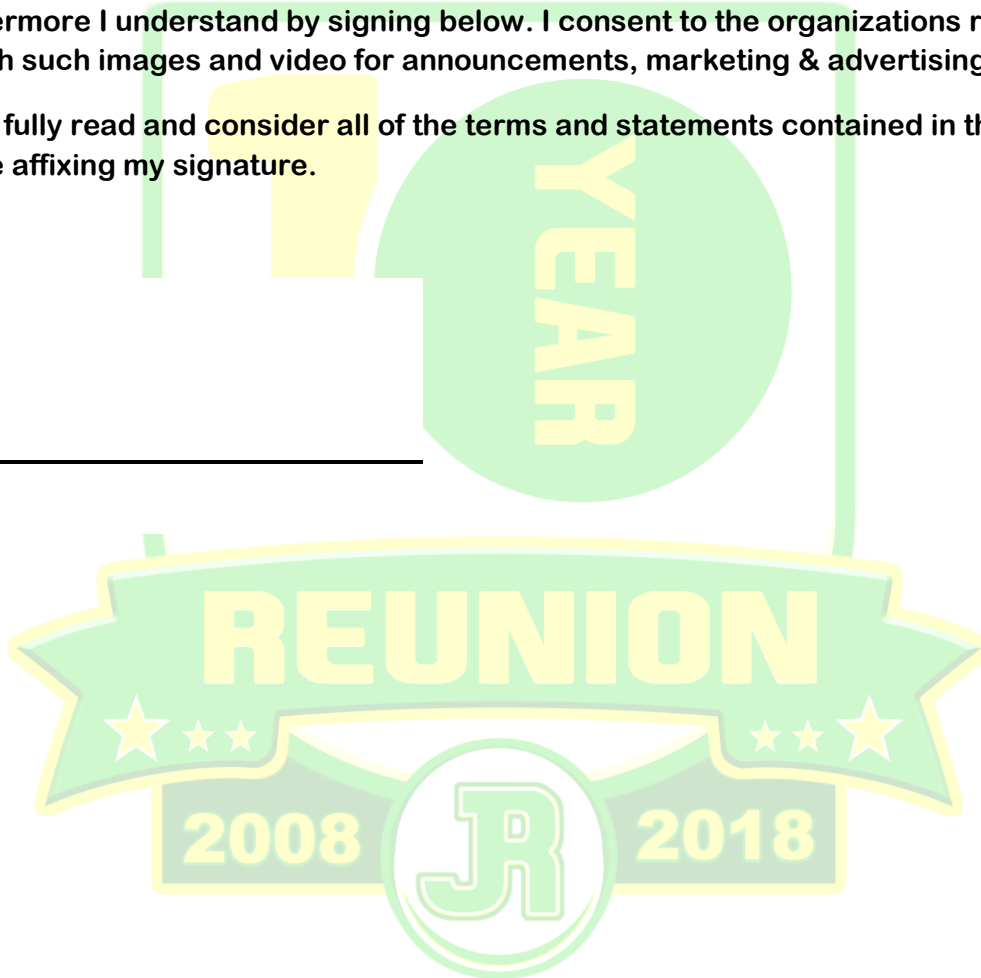
Images will be used for official club purposes such as: website, internet, social network sites, brochures, flyers, newsletters, marketing materials, media & press releases.

Furthermore I understand by signing below. I consent to the organizations right to publish such images and video for announcements, marketing & advertising.

I have fully read and consider all of the terms and statements contained in this release before affixing my signature.

X

Parent



Physical Form

Name: _____ Gender: M F Date of Birth: ___/___/___

Father's Name: _____ Daytime phone, pager, cell phone:

Mother's Name: _____ Daytime, phone, pager, cell phone:

Street address:

City: _____ State: _____ Zip Code: _____ Home phone:

Alternate Emergency Contact Person: _____ Daytime phone:

Please indicate MEDICAL ALERTS such as allergic reactions, contact lenses, etc.:

Medical History:

Athletes and parents: This health record is a critical element in the determination of an athlete's risk of injury in sports.

Please take the time to read and answer all questions before seeing a physician for the athlete's physical examination.

1. Has anyone in the athlete's family (grandparents, mother, father, brother, sister, aunt, YES NO Don't Know uncle) died suddenly before age 50?
2. Has the athlete ever stopped exercising because of dizziness or passed out during exercise? YES NO Don't Know
3. Does the athlete have asthma (wheezing), hay fever, or coughing spells after exercise? YES NO Don't Know
4. Has the athlete ever had a broken bone, had to wear a cast, or had an injury to any joint? YES NO Don't Know
5. Does the athlete have a history of concussion (getting knocked out)? YES NO Don't Know
6. Has the athlete ever suffered a heat-related illness (heat stroke)? YES NO Don't Know
7. Does the athlete have a chronic illness or see a doctor regularly for any particular problem? YES NO Don't Know
8. Does the athlete take any medication(s)? YES NO Don't Know
9. Is the athlete allergic to any medications or bee stings? YES NO Don't Know
10. Does the athlete have only one of any paired organs? (Eyes, ears, kidneys, testicles, ovaries) YES NO Don't Know
11. Has the athlete had an injury in the last year that caused the athlete to miss 3 or more YES NO Don't Know consecutive days of practice or competition? YES NO Don't Know
12. Has the athlete had surgery or been hospitalized in the past year? YES NO Don't Know
13. Has the athlete missed more than 5 consecutive days of participation in usual activities YES NO Don't Know because of illness, or has the athlete had a medical illness diagnosed that has not been resolved in the past year?
14. Are you, the athlete, worried about any problem or condition at this time? YES NO Don't Know

Please give details on any "YES" answer from the above health history.

PHYSICAL EXAM – TO BE COMPLETED BY PHYSICIAN

Height _____ Weight _____ Pulse _____ Blood Pressure _____
Vision: R ____ / ____ uncorrected R ____ / ____ corrected L ____ / ____ uncorrected L ____ / ____ corrected

Normal Abnormal Findings Initials

- 1. Eyes
- 2. Ears, Nose, Throat
- 3. Mouth & Teeth
- 4. Neck
- 5. Cardiovascular
- 6. Chest & Lungs
- 7. Abdomen
- 8. Skin
- 9. Genitalia-Hernia (male)
- 10. Muskuloskeletal: ROM, strength, etc.
 - a. neck
 - b. spine
 - c. shoulders
 - d. arms/ hands
 - e. hips
 - f. thighs
 - g. knees
 - h. ankles
 - i. feet
- 11. Neuromuscular

Please Print/ Stamp

Physician’s Name _____

Street Address _____

City, State, Zip Code _____

Telephone _____

I certify that I have examined this athlete and found him/her medically qualified to participate in sports. I also certify that

I am a licensed medical physician, physician’s assistant, or family nurse practitioner. (Doctor of Chiropractic Medicine is not satisfactory.)

Physician Signature _____ Date _____

PARTICIPATION RESTRICTIONS:



REGISTRATION FORM

- Fall Cross Country
- Off Season Conditioning

- Winter Indoor Track & Field
- Spring/Summer Track & Field

Athlete's Name: _____ Male ___ Female ___ Date of Birth: ___/___/___

Street Address: _____ City: _____ Zip: _____

Name of School athlete attends _____

Parent/Guardian's Name: _____

Home Phone: _____ Cell Phone: _____

E-mail: _____

Parent/Guardian's Name: _____

Home Phone: _____ Cell Phone: _____

E-mail: _____

Emergency Contact: _____ Phone: _____

Family Physician: _____ Phone: _____

Does child have a medical condition or requires medication of which a coach should be aware, please specify;

I AGREE TO ABIDE BY THE RULES OF JACKRABBIT Running Club LLC. I UNDERSTAND THAT ALL FEES ARE NON-REFUNDABLE. I understand that, with my child's membership, I assume the responsibility of assisting with the fundraisers and the competitions that the club shall host/put on, in whatever capacity for which I am qualified and/or needed.

_____ Dated this _____ day of _____, 201__

Signature of Parent or Legal Guardian

For more info, contact Jackrabbit Running Club at 678-294-7448 or info@jackrabbitclub.com

Payment Options

- Check
- Credit Card
- Paypal

Practice Locations

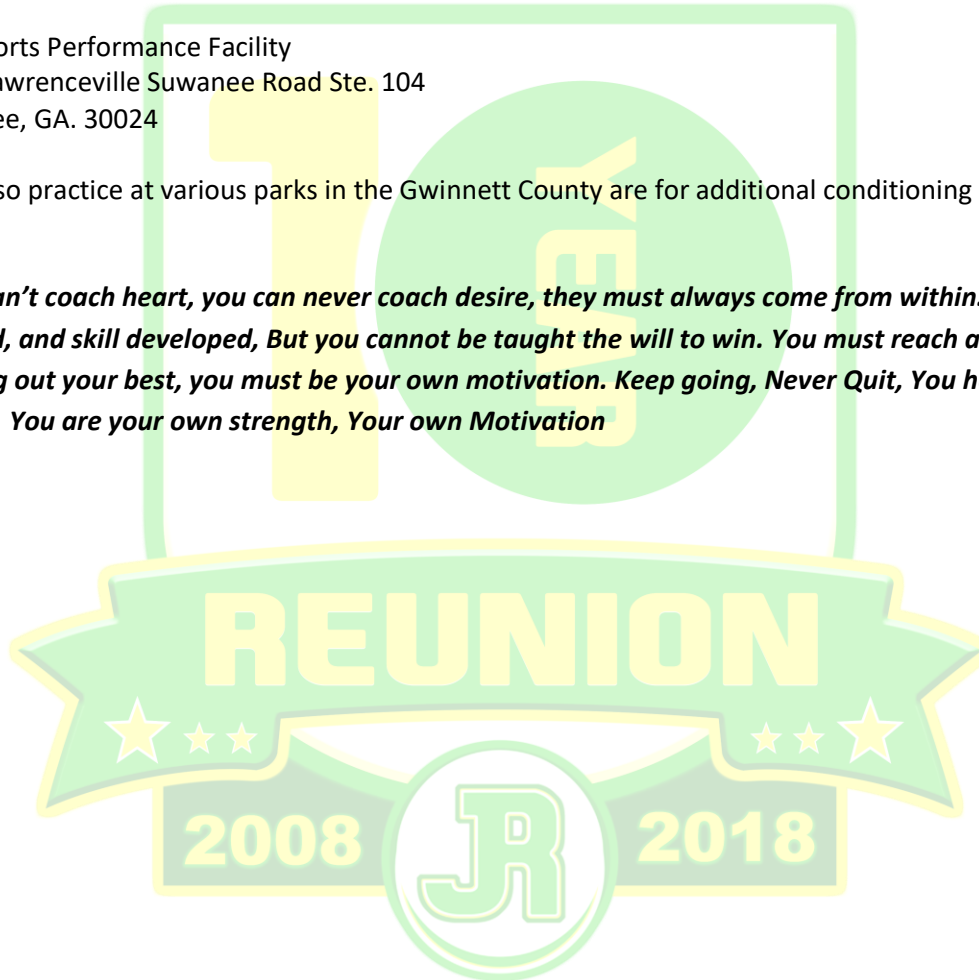
Primary Practice Locations:

Mountain View High School
2351 Sunny Hill Road
Lawrenceville, Ga. 30043

VEX Sports Performance Facility
3550 Lawrenceville Suwanee Road Ste. 104
Suwanee, GA. 30024

*We also practice at various parks in the Gwinnett County are for additional conditioning and hill work.

“You can’t coach heart, you can never coach desire, they must always come from within. Rules may be learned, and skill developed, But you cannot be taught the will to win. You must reach a little deeper to bring out your best, you must be your own motivation. Keep going, Never Quit, You have to find a reason. You are your own strength, Your own Motivation





We Will Continue To Make History!

