



Parent Handbook 2017

David Searcy, Head Coach

618-445-8171

Welcome to the Dashers Track Club!

The purpose of the Dashers Track and Sports Organization is to assist children ages 6-18 who are interested in improving their physical fitness, mental stamina, and team-building skills through organized training, community involvement, and competition. Enrolled in our training program, your child will become more focused, self-motivated, learning citizenship and sportsmanship that can be carried through all aspects of life. Our positive coaching philosophy is designed to bring out the best in our athletes. By teaching life lessons and various disciplines of track and field with event specific skill training, every athlete from beginner to the elite will maximize his/her potential. Every child will not become an Olympic athlete or Division I standout but every child enrolled in Dashers Track and Sports Organization will benefit from our well designed program. We provide a healthy learning atmosphere that stresses every athlete to apply themselves intelligently and consistently in order to reach their full potential. The Dashers Track and Sports program has a proven “track” record on the success of helping student-athletes further their careers beyond high school athletics. Many of our athletes earn college scholarships through participating and completing our program. We work with our athletes and parents to “Building Strong Communities through Developing Our Youth”.

This handbook will hopefully answer some of the most frequently asked questions that most parents have. If you have any other questions, please contact:

Parent Coordinator: Theresa Ridley at coachridley@DashersTrackClub.org or text 618-696-7302

Parent Liaison: Kristina Anderson at kneanderson@gmail.com or by text 618-335-0448.

- Parent Volunteer Requirement

All parents are required to volunteer with the organization as parent support is critical to the success of our student athletes. Here are the volunteer positions we currently need your support in:

Position	Number Needed	Time Commitment
Volunteer coordinator – helps secure volunteers for all positions and communicates any changes/instructions with them	1	Year-long
Tent set up crew – sets up team tents the night before track meets to keep our team cool in the sun	4	Spring/summer

Fundraising coordinator – organizes fundraisers to help reach team fundraising goals, collects funds and return them to the head coach	2	Year-long
Website manager – works with head coach to help him manage the website each week	1	Spring/summer
Sponsorship coordinator – works with current sponsors and works to solicit new sponsors for our team	1	Year-long
Alumni engagement coordinator – works to re-engage former Dashers as volunteer coaches and/or donors	1	Year-long
Uniform distribution team – distributes uniforms in both the winter and the spring as directed by head coach, coordinates shoe swap in the spring and the end of the summer	3	Winter/spring/summer
Year-end banquet coordinator - orders trophies, coordinates food, secures location, decorates room and takes pictures for year-end banquet	2	Summer
Registration coordinator – makes sure student registration runs smoothly, collects all birth certificates and collects report card copies each quarter in the spring.	1	Spring

- AAU and USATF

Parents will need to register their students for memberships for AAU(\$14) and the USATF(\$20) Organizations. Parents can find the links to respective websites at www.DashersTrackClub.org/resources. Find the appropriate logo and click. You'll be directed to the membership page. There are a few items that you must make note of when doing your membership registration for the Organizations mentioned above. You will need to select the Ozark and select Dashers Track and Sports Organization for AAU. For the USATF membership, make sure you input the Team Code(85) on the USATF registration form.

- Shoe Swap

We may have some spikes that your athlete may be able to fit! At the beginning of the season, we will bring the spikes to practice so you can see if we have a pair that will work for your child. At the end of the season, please return the shoes so they can be available for the next season. If your athlete has spikes that he/she has grown out of, you can donate them to the shoe swap to help your fellow team parent next season.

- What to bring to a track meet

Track meets in the summer are HOT! Please bring water for your athlete to drink, a snack for them to eat that will not weigh them down. Good choices are fruits, veggies, chicken breast sandwiches, peanut butter, etc. You may want to bring a cooler to keep your food cool. Most parents find it more comfortable to bring a tent/stadium umbrella and chairs/bleacher seats. Meets are also very long. Plan to be at the track from approx.. 7am to 3 or 4pm. Some meets will last longer pending your child's event, so be prepared with enough snacks to last all day.

- Entry Fees

Each track meet has an entry fee (usually between \$10-12) that is required for each student athlete. The entry fee is to be paid on our website the before Wednesday before the meet at 11p unless otherwise noted. Championship meets cost slightly more than the Invitational Meets. If your entry fee is not paid by then, your student athlete **WILL NOT BE ABLE TO COMPETE IN THE UPCOMING MEET.**

- Events Chosen – How and Why

The Dashers Track Coaching Staff are looking at natural athletic characteristics and abilities in your student athlete. When they see certain un-coached characteristics such as length of stride, height/speed achieved in warm up exercises, foot speed and placement, etc. The coach may put your child in an event that enhances and/or promote that natural ability to occur as a trained movement. Your child doesn't necessarily have to be coached in any particular event before any meet. The Coaching Staff is looking to develop your student-athlete so this may require athletes to participate in events that may not be your student-athlete's normal events. In late May, the Coaching Staff will have a more specialized approach and methods for your student-athlete's training program. The goal is to have your child to progress at a gradual rate to maximize their potential. Rushing and over-training a developing athletes tend to shorten the developmental stage and lowers the potential ceiling. A great analogy: A child learning math has to go through each process and learn that process and its properties before moving to a new step/stage. Teaching Algebra at

this stage of development could be potentially detrimental to the student's present and future performances. So Please Be Patient

- Practice Schedule

Practices are typically held at Belleville West and Wolf Branch Middle School. The schedule will be put online so that you will know the location of your student-athlete's practice site would be held. Should you forget where practice is on a given night, please refer to the website: www.DashersTrackClub.org/practice-schedule

- Parent Meetings

Second Sunday of each month from 4-5pm, we will have a parent meeting to make sure information is distributed to all parents. PLEASE BRING YOUR QUESTIONS!!! You will get them answered from the Dashers Track Administration. We will meet at Belleville West. Please be prompt. We will start on time and we will end on time.

- Academic/Behavior Policy

Please submit your student's grades upon request. If a student does not have satisfactory grades, they will not be allowed to compete until grades meet the Dashers Track and Sports Organization grade requirement. We monitor for behavior/character as well in our student-athletes. If a student is suspended/given detention, they will not be allowed to compete. The coach will discuss with the parent if any course of disciplinary action that may be given as a consequence to the student-athlete's behavior. Our goal is to work with you to grow well-rounded student-athletes.

- Jr. Olympics (USATF)
 - Performance Standards

The Dashers Track and Sports Coaching Staff assembles the season's performance standards in the fall for the following year. These Standards are Performance marks that each student-athlete will have to meet in order to Qualify for the Junior Olympics and any other National Championship meet(USATF Hershey Indoor and Outdoor, Great Southwest T&F Classic, USATF Junior Nationals). It will provide the qualifying standards for each event in each age bracket at the start of each season. This way, you can see if your child is hitting the numbers to successfully compete in the Jr. Olympics or any National caliber Championship meet. Also, it gives you and your student-athlete an idea in terms of what the Top 25 Athletic Performances in any given event and age group.

- o No minimum number of meets needed

There is no minimum number of meets your student athlete must compete in in order to qualify for the Jr. Olympics. The more meets your student athlete competes in, the more comfortable and better prepared they will be. Please note, in the Jr. Olympics, the coaches will not be near the athlete while they compete. The athlete will need to know how to check in and how to compete in their event on their own, so exercising this independency at the developmental meets will help them get ready for this at the National level.

- Fundraising and Sponsorship

Funds from the fundraisers are used to pay for regional and national completion travel. The funds help lower the out of pocket price for each student, so we need you to sell, sell, sell! **The more we raise, the less you pay for out of town events!** Our fundraising goals for each fundraiser will be given to you when the fundraiser is distributed to you.

Currently, we are the soliciting sponsors to offset cost of travel. We are looking to travel to more larger meets to prepare our athletes for the big stage meets.

If you know of any business/organization that would be a good sponsor for us, please tell Coach Searcy and our fundraising coordinator: ____

- FAQ's and Coach Biographies

There are FAQ's on our website: www.DashersTrackClub.org/purpose/faq Please check the website for updates regularly, and most of your questions will be answered for you!! Also, our amazing coaches are on our website, along with their coaching bios. We have highly trained coaches in our organization which has led to our seniors receiving scholarships literally every year we have been in existence. Let's be proud to be a part of such a dynamic organization!!

- Brag On Our Babies!

Take pictures at track meets!! Upload those pictures to FaceBook and tag the Dashers Track Club so that we can put those pictures on our website. We love celebrating our student athlete's efforts! Every Monday during the school year, we will celebrate a student-athlete for the success in the classroom. Please share report cards, pictures, a brief write-up about the student-athlete including academic success, community interest and accomplishments, and hobbies.

- Sportsmanship

We all treasure our student-athletes and hold them dear to our hearts. We will not tolerate ANY mistreatment of any member by any parent, coach, administrator, volunteer, and/or official. Our goal is to nurture ALL student-athletes as if he/she is your own child. Molding each child is something that is achieved directly and indirectly, whether you are intentionally or unintentionally purposely being an influence. Our student-athletes are very impressionable and easily influenced so we have to watch our conversations at all times. Please police yourselves and help provide the most pleasant, motivating atmosphere possible.

- Coaches and Administration

Our coaches and administration is currently 100% Volunteer and has been since our program been in existence. We do our very best to provide the necessary foundation, information, motivation, and dedication for you and your family. At times, we get caught up with the idea that the program isn't doing enough or the staff, whether it be coaches or administration can do more. Our number one goal in this organization is to introduce Track and Field to the Metropolitan St. Louis Area to curb the negativity of the urban community. Secondly, we have athletes that may find the love for our sport and then our energies are geared to help them excel in various areas. Third, we are looking to create an awareness for our middle and high schoolers to pursue higher education whether it be using track and field as a vehicle or just as regular student. Thus, visiting our Network Page on the website at:

<http://www.DashersTrackClub.org/network/>

Showing our links to the governing bodies of Collegiate Sports.