

2019-20

Track and Field

Registration

Packet

Website: havelockheat.wixsite.com/havelock-track-club

Registration Form

Please print

Athlete's name_____

D.O.B_____

**Street
address**_____

City_____ **State**_____ **Zip**

Gender: F M **current age**_____

**Parent's Guardian
name(s)**_____

Phone number_____ **cell**_____

Email:_____

**Emergency Contact
info**_____

Medical conditions/allergies_____

_____ ******PHOTOS WILL BE TAKEN AND SHARED ON OUR SOCIAL MEDIA SITES UNLESS WE ARE TOLD OTHERWISE.*******

Havelock Track & Field Club (HTC) is a non-profit organization established to provide T&F opportunities to all athletes' ages 6-18 located in the Eastern North Carolina region. HTC holds active memberships in USATF Association & AAU. We compete year round in both indoor and outdoor track & field events. Competing with our club provides an opportunity for all our athletes to learn the advance stages of Track & Field. We are a traveling club that competes against all levels of competition in the region 3 area and National levels.

HTC is governed by a volunteer Board of parents, coaches and T&F lovers from our area.

Tryout dates for the 2019-20 Indoor season

Athletes wanting to participate and compete with HTC will need to Participate for at least 2 weeks of practice so that the coaching staff can properly evaluate, train and assists the talent level for our club. Tryouts are open to all parents and guardians that want to observe the work out and meet the coaches. All athletes will be paired up by registered times and ability. The trial period will be very competitive and every athlete will be trained and pushed to their maximum ability. T&F at this level will require a commitment and may not be for everyone.

Practices: practices will be held 3 days per week. The selected days may change due to track meets, weather, holidays ect. As of now the practice days will be Sunday, Tuesday, and Thursday. Our main practice location is at Havelock HS. West Craven High School, Havelock Rec & MCAS Cherry Point will also be an alternative practice sights in order to practice field events, weight lifting and other required training.

Cost: membership fees for the 2019-20 indoor season is \$225.00 for all new athletes competing and \$100.00 for returning athletes. There is a \$25 discount for families that have multiple athletes. This will need to be paid in full before the end of the outdoor season is complete. (**All or at least half of the payment will need to be paid before the first track meet so that the required uniform/warm up can be ordered.**) Membership fees can be paid in advance to Abby Hunter [abbygail 79@gmail.com](mailto:abbygail79@gmail.com) with cash, certified check or money order. There will be no refund since the club begins accumulating expenses immediately after the first tryout session begins. Individual sponsorship funds are available to those athletes that qualify. All request must be submitted by parent or legal guardian to havelockheat@gmail.com, it will be reviewed by HC and team Treasure for approval. Money collected from fees will pay for uniforms, equipment, spikes, and any other miscellaneous club expenses. All Athletes will need to register with AAU . The cost for the membership is \$20.00 our club #WY865T is . Athletes will need to provide a copy of there birth certificate as well as a current physical when registering. Once the season begins athletes will be responsible for paying for there events. The events range from \$3 but are never more than \$10 per event, The club will pay for relays.

Track Meets Dates: HTC will participate and compete in USATF/AAU sanctioned meets only, so the majority of our meets will be held in the NC triangle area as well as in Virgin All parents are responsible for transporting their athletes to the meets or arranging transportation for their athletes. All athletes will be required to pay for their own events and the track club will pay for all relay team entries. We encourage all parents and guardians to join and support our athletes during the entire season. The team will delegate a Team snack list before every track meet to help ensure our athletes are consuming the right foods and liquids needed to help our bodies.

2019-20 Indoor Schedule

- * Nov 23, 2019-JDL November Tune up Meet (**ages 11-18**) Winston-Salem, NC
- * Dec 14, 2019-JDL Highschool Kickoff Classic (HS Only) Winston-Salem, NC
- * Jan 4, 2020-JDL Winston-Salem NC United Youth Classic (**ages 6-18**) Winston-Salem, NC
- * Jan 12, 2020 BWSP Indoor Series #1 (**ages 6-18**) Hampton, VA
- * Jan 19, 2020 AAU VA Show Case (**ages 6-18**) Lynchburg, VA
- * Jan 26, 2020 BWSP Indoor Series #2 (**ages 6-18**) Hampton, VA
- * Feb 23, 2020 BWSP Indoor Series #3 (**ages 6-18**) Hampton, VA
- Notes: All HS athletes that will be competing in an unattached status will need to register themselves through the Direct athletics <https://www.directathletics.com/index.html> website. All meets that

are highlighted in red are club & open meets. Any athlete that is wanting to compete in those meets will be registered by me through the Coach O <http://coacho.com/> website.

***Note: All Track meets are subject to change due to weather and or cancellation. For athletes that are wanting to compete in AAU/USATF circuit, please read the track meet schedule to ensure you can make all required meets. The club is registered with USATF# (1027) and with AAU (WY865T) and will be competing in both conferences (should they choose too.) All athletes, coaches and board members are required to register with USATF and AAU.**

About our Coaches

Our coaches consist of present and former military members as well as parents and former T&F athletes. Each one of our coaches brings their unique qualities to the team. We fundamentally believe that hard work, dedication, and positive outlook are the keys to improve performance. Teamwork and positively supporting teammates are essential parts of HTC.

Events

Field events: Javelin, Long Jump, Shot Put, High Jump, Discus, Triple Jump

Running events: 100m, 200m, 400m, 800m, 1500m, 3,000m, 4x100m relay, 4x400m relay, 4x800m relay, 80m, 100m, 110m, 400m hurdles

*****Please note****** Positioning and chemistry are key to have a successful relay. Athletes who are a part of a relay will need to be at practice.

Multi: Triathlon, Pentathlon, Heptathlon, Decathlon,

Contact information:

Club website:<http://havelockheat.wixsite.com/havelock-track-club>
USATFNC Website: <http://northcarolina.usatf.org/Home.aspx>
AAU Website: <https://play.aausports.org/>
Instagram: havelockheat_track
Facebook page: [Havelock Heat](#)
Club email address:havelockheat@gmail.com

HTC is a traveling team and some of the meets may require an overnight stay. Track meets usually start in the morning and can sometimes go into the evening. Because of this we form a “Tent City” because the down time in between events can be long sometimes our athletes are encouraged to stay hydrated and to stay in the shade when possible. We bring everything from tents, cots, chairs, as well as hammocks for certain meets. Since we highly encourage the proper diet, each athlete will be assigned to bring a healthy snack that will go on our snack table. The snack table is available to all of our HEAT family. Many practices are hot and the athletes will constantly be reminded to stay hydrated and always have water.

Uniform

Every athlete will be required to wear the HTC uniform. Newly registered athletes will receive a jersey, t-shirt, warm up jacket and pants. All of our athletes will wear black spandex that are purchased at their own expense. If your athlete competes in an event that requires spikes, the required spike is 1/4 inch. Spikes will be provided by the club all runners should also have running shoes as spikes are not always needed for workouts ect.

Fees

Track meet fees will be collected in advance of the meet. Meet fees typically range from \$3 but are usually not more than \$10 per event. Payments can be made to the treasures/team mom or they can be made to our team account at Navy Federal Credit union. Checks can be made payable to Havelock Track Club. Our club will fundraise whenever our schedule permits us too. We ask that all athletes give at least an hour of their time as it does benefit the entire team. The money made will be used to buy

equipment, tents, snacks, ect. We will have a family day (the date will be announced later in the season and our end of the season Banquet.

Sports Liability Waiver Form

I am not aware of any injury, illness or other health related issues that would restrict or limit my child's ability to compete/practice with HTC.

I agree to assume all risks and expenses due to an injury that may occur as a result of my child's involvement in Havelock Track Club practices, meets, and/ or travel to and from said activities .

I agree to hold Havelock Track Club or anyone acting on its behalf either as a coach, coaching assistant or volunteers harmless in the event of an injury to my child while participating under the supervision of the above.

Date_____Signature of parent or guardian

