



What WE Are:

Victory Track and Field Club was formed in the fall of 2014 to serve student-athletes grades 2-12 in the Northeast Twin City Metropolitan area.

We strive to promote health, fitness, self-awareness, confidence and teamwork in an engaging, supportive environment while inspiring athletes to strive to reach and attain personal goals and thus achieving *Victory*.

We also strive to offer a competitive environment and training that will allow athletes to excel in both AAU and USATF Track and Field meets at the Local, Regional, and National level.

What WE Do:

Coaches will reinforce life skill lessons, building bonds and friendships that will transcend zip codes. Coaches will teach characteristics unique to the sport of track and field such as personal bests, breaking barriers, both real and imaginary, and the ability to compete individually while simultaneously competing for a team.

Experienced coaches will teach basic track and field skills to beginners introducing them to a variety of events including Sprints, Mid-Distance, Distance, Hurdles, Jumps, and Throws.

For the Elite/Competitive athletes, experienced coaches will teach skills and advanced techniques allowing athletes to continue to pursue excellence in their respective discipline.

Who Are WE:

We are athletes of all ages, backgrounds, with abilities Beginner to Elite.

Victory Track and Field Club is represented by boys and girls ages 7-18.

We are athletes who have never seen a track meet or who have never competed on a track before ranging to student-athletes who participated in their respective school districts' track programs.

We are also high school athletes who have represented North Metro High Schools competing in the MSHSL Cross Country and Track and Field Meets. We have high school athletes who were/will be All-Conference, All-State and All-American as well as students looking to make the step up to Varsity athletics

We have participants who will compete in local meets only if at all and we have members who will compete at a National Level with the best in the Country.

We are athletes excited about the opportunity to **RUN, JUMP, and THROW**

Where Are We:

We will be training at Mounds View High School beginning in June.

When do We do this?

Official practices will not begin until Late May/Early June. By Mid June we plan on hosting practice 2-3 days a week in the evening.

However, if need arises to offer Winter/Spring training we will explore the option with local facilities and coaches.



PRACTICE/TRAINING SCHEDULE
Training Schedule

Day	Date	School	Space	Time
Mon.	6/5	MVHS	Stadium	6-7:30
Wed	6/7	MVHS	Stadium	6-7:30
Mon.	6/12	MVHS	Stadium	6-7:30
Wed.	6/14	MVHS	Stadium	4:30-6
Thur.	6/15	MVHS	Stadium	6-7:30
Mon.	6/19	MVHS	Stadium	6-7:30
Thur.	6/22	MVHS	Stadium	6-7:30
Mon.	6/26	MVHS	Stadium	4:30-6
Thur.	6/29	MVHS	Stadium	6-7:30
Wed.	7/5	MVHS	Stadium	4:30-6
Mon.	7/10	MVHS	Stadium	4:30-6
Wed.	7/12	MVHS	Stadium	4:30-6
Thur.	7/13	MVHS	Stadium	6-7:30
Mon.	7/17	MVHS	Stadium	4:30-6
Wed.	7/19	MVHS	Stadium	4:30-6
Mon.	7/24	MVHS	Stadium	6-7:30
Wed.	7/26	MVHS	Stadium	4:30-6

We appreciate Multi-Sport, Multi-interest athletes. Still join your soccer, baseball, etc. teams. Perform in the Community Play. Come and go as you can. We will be there when we say we will be. We hope you are there. This will not limit your participation in meets.

Summer Schedule

Practice Schedule is listed above. Come as often as you would like but when you do attend expect to work.

All participants will practice during the same training time. However, once practice begins, we will divide up into two training groups. During our longer practices, our younger athletes may not be willing to be practice 1.5 hours. Parents may be asked to pick up younger athletes sooner than the posted time.

Our Grade School/Middle School (2nd-6th grade) *- This group will focus on learning the fundamentals of Track and Field. Athletes in this group will be exposed to all disciplines until potentially settling on a specific event(s). However, the focus for

this group will be more general track and field training and exposure to proper techniques

Our Middle School*/High School Group (7-12th Grade) - The Focus of this program will be to offer both exposure to multiple disciplines/events but also allow individual training time allowing athletes/coaches to specialize and customize workouts. Discipline specific coaching will be a part of this program. Athletes will be able to choose their specific events with recommendations from the coaching staff as necessary.

Because we are not sure of enrollment at this time, we may have to modify workouts as space allows.

AAU and USATF are the governing track organizations

Athletes wishing to participate in AAU and USATF junior Olympic programs must participate in the following qualifying meets: State meet, Regional meet and AAU/USATF Junior Olympics

AAU Meet Qualification Procedure

Top 16 kids in each event at state meet qualifies to regional meet

All kids who finish in the top 6 at Regional advance to National Junior Olympics

Junior Olympics will involve competition against the top kids from all 50 states

Kids run in single age groups up to 15 years old then ages are combined (15-16 and 17-18)

District Qualifier –June 23rd-24th, Brooklyn Center HS

Regional Qualifier- June 29th-July 2nd (multi's th/fri) Park Center HS

National Junior Olympics- Houston, TX July 30th-August 6th

USATF Meet Qualification Procedure

Top 8 kids in each event at state meet qualifies to regional meet.

Top 5 finishers will have the opportunity to advance to USATF National Junior Olympics

Kids participate in double age groups starting with 8 & under after that they are grouped in 2 ages (ex. 9 & 10yrs)

State Meet- Location TBD, June 16-19th (multi-June16/17)

Region VIII Meet- LaCrosse, Wisconsin, July 6-9th

National Junior Olympics- Lawrence, KS July 23rd- July 30th

Relays- Relays must be formed within the age group. There is no “grabbing” younger age kids to fill out older relay. Example: must have four 13-14 year olds of same gender to compete in relay.

Other Summer Meets

Typically there are 4-6 all-ages meets that are offered throughout the summer. Cost is small (\$10) and participants will compete in open format. Typically mixed age groups. Not all events are run at each meet. Check USATFMN website for details

Check the USATFMN website for details/updates

Traveling to Regional/National Meets

We will not have coaches traveling to regional/national meets. This could change depending on coaches schedules. We plan on having a Club Representative at both AAU and USATF regional meets but that also is TBD. We will certainly help with registration for families that are interested in taking on this opportunity. Much of it will be determined by location of meets and numbers of participants from Victory TFC that qualify and chose to participate

Insurance

All Team AAU and USATF registered athlete receive Participant Accident coverage and Liability coverage through the AAU and USATF during practices and sanctioned meets. This coverage does require a deductible to be paid by the parent or guardian per occurrence. (For more detailed information on coverage check the following websites www.aausports.org and www.usatf.org).

Drugs and Alcohol Policy

The use of alcohol and drugs is strictly prohibited. Any violation of this policy will result in immediate and permanent dismissal from Victory Track and Field Club

Expectations of Parents

- Deliver your child to practices and meets on time.
- To lead or be involved in 1 or more committees/fundraising
- Respect and support the coaching staff. (They all are unpaid volunteers)
- Participate in at least one fundraising events.
- Provide a copy of birth certificates
- Ensure that your comments to your child are consistent with the coaching staff.
- Communicate with the coaching staff/Registrar if your child is planning on participating in meets locally, regionally, and nationally
- Provide your child with nutritious meals the day before and day of track meets/practices. Encourage proper sleeping habits

- Pay fees in a timely manner.
- Parents who are disrespectful to coaches or other parents – kids will be subject to dismissal from team (No fees will be refunded)
- Coaches/Athletes and parents collectively will help pick athletes events for me

Expectations of Student – Athletes

- Athletes are expected to Respect
 - Themselves
 - Teammates
 - Coaches/Team Personnel
 - Community and Facilities
 - Their Family
 - Their Faith
- All athletes are expected to attend practices and give 110% effort consistently. Work to get better everyday.
- Any athlete that is disruptive at practice and/or is causing others to lose the quality of their workout may be excused from practice that day.
- Athletes representing Victory Track and Field Club will be expected to compete wearing our uniform.
- **Athletes will be expected to help support Victory TFC teammates in other age groups and events.**

REGISTRATION – STEPS

Step One- Go to USATFMN and register for an individual membership (you can choose the length of membership you wish). Please select Club Affiliation to be Club #465 Victory Track and Field. First time registrants will be asked to submit a copy of Birth Certificate to the USATF MN office.

We will register families for AAU membership. That is included in your registration cost.

Step Two-Complete Form and submit fee (checks made out to Victory TFC) and mail to :

Victory TFC. 8171 Red Oak Court. Mounds View. MN 55112

Step Three: Due by June 1st: you will be asked to submit remaining balance
(Elementary-\$195, MS/HS-\$260)

REGISTRATION FEE INCLUDES

AAU Membership

Club Membership

Facility Usage/Equipment Usage (hurdles, throwing implements)

Coaches

T-Shirt

REGISTRATION DOES NOT INCLUDE

**Team Uniform (appx \$65) For those wishing to have uniform by the
USATF State Meet, need to have uniform ordered by 5/5/2017**

Entry fees to state, regional, national meets

Travel costs to regional, national meets

Additional training (preseason, winter)

Training Shoes/Track Spikes

Entry Fees to all-comer, all-ages meets

Victory Track and Field Club
REGISTRATION FORM

YOUTH INFORMATION

Name: _____ Gender _____

Date of Birth: _____

School and Grade (2015 school year) _____ / _____

Address _____

City: _____ Zip: _____

Home Phone _____

If Middle School/High School group, Events/Disciplines:

USATF # _____

PARENTS INFORMATION

Parent/Guardian Name #1: _____

Home # _____ Cell # _____

Email: _____

Parent/Guardian Name #2: _____

Home # _____ Cell # _____

How did you hear about Victory TFC?

In an emergency, when parent/guardian cannot be reached, please contact

Name: _____

Relationship _____

Home # _____ Cell # _____

PARENT/GUARDIAN AGREEMENT I, the parent/guardian of the registered, minor participant agree to abide by the rules stated in the parent information packet and pay participation fees for the Victory TFC . Recognizing the possibility of physical injury associated with the fitness and track & field components activities, I hereby release, discharge and/or otherwise indemnify Victory TFC and its affiliated organizations, partners and sponsors, their employees and associated personnel, including the owners of fields and facilities utilized for the programs, against any claim by or on behalf of the registrant as a result of the registrant’s participation in the program and/or being transported to or from the same, which transportation I hereby authorize. I also understand that that my child once registered with the AAU & USATF by will be covered by these membership liability coverage’s during track practices and meets.

Parent/Legal Guardian (Print): _____

Signature: _____ Date: _____

CONSENT FOR MEDICAL TREATMENT

As the parent/legal guardian of a minor participant in the Victory TFC program, I hereby give my consent for emergency medical care prescribed by a duly licensed Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever conditions are necessary to preserve the life, limb or well-being of the participant.

Signed: _____

CONSENT FOR MARKETING (Optional)

I understand that Victory TFC would like to feature photos of its participating youth in upcoming marketing projects, such as its website, brochures, social media, and flyers. I give Victory TFC my consent to use photos, video, images and testimonies from me and my children. I understand that Victory TFC does not make any commitment to provide any type of monetary compensation for the use of these photos, images and/or testimonies.

Signed: _____