



Website: www.cedarrapidstrackclub.org

E-Mail: cedarrapidstc@gmail.com

Parent and Athlete Handbook

1. Vision Statement

To educate young individuals about the sport of Track and Field and teach them essential lifelong social skills in the areas of leadership, responsibility, citizenship and fairness.

2. Who We Are

We are the Cedar Rapids Track Club (CRTC), affiliated with USA Track and Field (USATF), and were established in 1995 for the benefit of youth in the Cedar Rapids Metro area between the ages of 4-18 years of age. Children that are 4-years old may participate in our developmental group if they have siblings that are also in our club.

We offer two divisions of our club. Our Developmental division is for athlete(s) ages 5-years to 8-years to explore track and field. Our Competitive division is for athlete(s) of any age that have decided they truly love the sport of track and field and would like to compete on a higher level.

All our club athlete(s) of both divisions will be allowed to participate in our home track meet. This meet is held on Sunday, May 29th at MMU Robert Plaster Athletic Complex. For more information see the section on the Home Meet or talk with one of our Coaching Staff.



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3. USA Track and Field Iowa (USATF-Iowa)

USATF-Iowa offers several developmental meets each year beginning in May and lasting through the end of July. In mid-June, USATF-Iowa hosts a Junior Olympics State Meet at Iowa State University. The meet is open to all CRTCC athletes who have done the following three steps.

- a) Athlete(s) must have paid club fees.
- b) Athlete(s) must have a membership with USATF. This is a small fee] is not covered in your CRTCC member dues.
- c) A **copy** of the athlete's birth certificate is required to get a membership.

This is required by USATF prior to being allowed to registration for the meet as verification of age must be completed by our club and USATF-Iowa officials. \

**The club suggests that only those wanting to compete at the state meet pay for a USATF membership as this will be the only meet for which it is required.

4. Practice Location and Times

Wednesdays 6-7:30p.m. & Sundays 4-5:30p.m.

***All practices are at MMU Athletic Facility unless communicate differently**

It is the responsibility of the parents and athletes to plan for transportation to and from practice sessions. Coaches are not allowed by USATF recommendation to transport athletes that are not their children.



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5. Practice Cancellation Policy

Practice cancellations will be sent out via text message and e-mail. Please sign up for GameChanger alert text messages on the website.

Weather related cancellations are as follows:

- a) Severe weather (We will practice during weather watches but not warnings that have been issued for Linn, Iowa, Johnson and Benton counties).
- b) Practice may be cancelled for temperatures below 50 degrees

6. Practice Items Required

The following items are recommended for athletes at all practices and meets.

- Warm Ups (warm sweatshirt & sweatpants)
- Running Shorts & Top/T-Shirt
- Running Shoes (spikes are optional)
- Water Bottle

It is the responsibility of the athletes and parents to make sure shoes are in good condition as this is one of the main sources of running related injuries. Please pay attention to the weather conditions for dress attire, especially in April when it is still cold outside. Hydration is a must during the warmer, more humid conditions of summer so please bring water bottles with ice in them.



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7. Practice Rules and Expectations

The practice rules exist for the safety and enjoyment of all athletes and coaches affiliated with our club. Any disregard for these rules will not be tolerated.

- a. On the track and ready to go 5-minutes prior to the start
- b. No horseplay
- c. No inappropriate language
- d. No bullying
- e. Follow coaches instructions
- f. It will be the coaches' decision as to what training groups the athletes will be placed in considering their natural skill, abilities, fitness level and interest. Athletes may occasionally change groups based on their training needs at any point in time.
- g. There will be restrooms open to use during practice. Athletes should use restroom appropriately and return quickly to practice.

8. Meet Rules and Expectations

The CRTTC will assign uniforms to competitive division athletes whom compete in meets. The club requires a \$40 deposit check, to be collected by the designated club member, at the time the uniforms are assigned, no exceptions. The deposit check will be returned to the parent/athlete at the conclusion of their last meet when the uniform is returned to the club. All developmental athletes will wear the club registration shirt for meets.



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- a. A CRTC Meet Google Form will be sent out to parents to communicate if their child/children will be competing in meets. This way coaches know what athletes are attending the meets. Instructions to do this will be provided to parents prior to the first meet.
- b. The coaches will communicate the athlete's event sign up for the weekends meet to the parents via e-mail prior to the meet. This will also be discussed at practice with the athlete(s).
- c. Coaches will communicate two times to arrive at the meets. One will be for field events and the other time will be for athletes only in running events. Please arrive at the appropriate time for your child to have enough time to warm up with the club and be ready for their event.
- d. CRTC President Katie Gaffney will register each athlete for meets. It is crucial for parents to communicate prior to the deadline if their child will be competing at the next meet. Clubs do not allow day of registrations.
- e. When you get to the meet, please locate the CRTC tents and banner. It is not the coach's responsibility to look for athletes, but rather the athlete(s) to find their coach for instructions.
- f. Athlete(s) will perform their warm ups as a team with the club volunteer coaches assigned for the meet. We will also remind athlete(s) when the proper time to begin their pre-race warm-up.



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- g. The athlete(s) should listen for the first call of their event and proceed to the designated area to get ready to perform their event. Parents, please help out with this to be sure your child does not miss their event.
- h. Athlete(s) can leave immediately following their last event even though we encourage them to stay and cheer for their teammates.
- i. Please remember to apply good sportsmanship at the meets as everyone is representing our club and we want to reflect a positive image.

9. Home Meet

Each year the Cedar Rapids Track Club hosts a USATF sanctioned home meet to serve as the club fundraiser. This meet is held on May 29, 2022 at MMU Robert Plaster Athletic Complex.

Volunteers are an important part of the success of the club home meet. Ami Wagner and Katie Gaffney will post a link on the club website for volunteer sign up in the areas such as concessions and event assistance. Please contact Ami Wagner or Katie Gaffney with questions you may have concerning the home meet.

10. Parent Code of Conduct

Parents: please respect the coaches and do not to disturb the practice sessions. If you wish to communicate with a coach, do so after practice, by e-mail or phone.



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Please be prompt in picking the athletes up from practice.

- Remain in the spectator area and clean up after yourself
- Let the coach be the coach
- Provide only supportive comments to coaches, officials, and athletes
- Avoid derogatory comments
- Cheer for everyone in the club!
- Show interest, enthusiasm, and support for your athlete
- Help when asked by coaches or officials.

11. Athlete Code of Conduct

T - Trust

R - Respect

A - Accountability

C - Commitment

K – Kindness

- I will be respectful by using appropriate language in appropriate tones when interacting with other athletes, coaches, officials, parents, and spectators. I will not taunt, use obscene gestures, or engage in boastful celebrations that demean fellow athletes.
- I will treat everyone fairly regardless of gender, ethnic origin, race, religion, or sexual orientation.
- I will treat all athletes, coaches, officials, parents, and spectators with dignity and respect.
- I will arrive on time for all practices, meetings, and contests, with only emergencies and illnesses being acceptable reasons for tardiness or absence.
- I will seek to become the best athlete I can be by practicing appropriately and eating right.



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- I will play by the rules of the sport, demonstrating and encouraging good sportsmanship both in victory and defeat.
 - I will be honest. I will not lie, cheat, or steal.
 - I will be respectful by not fighting or damaging the property of others.
 - I will do my best to play safely so as not to injure myself or anyone else.
 - I will respect my teammates by not bullying them or engaging in hazing activities.
 - I will encourage and assist my teammates in becoming better athletes and human beings.
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Welcome to the 2022 CRTC! We are so excited for you to be involved with our club year. The club has 150 members and fourteen volunteer coaches.

Practices: Practices are Sundays 4-5:30p.m. and Wednesdays 6-7:30p.m.

All practices are at Robert Plaster Athletic Complex unless communicated differently. If we can't practice at MMU complex, we will practice at Kennedy High School. Please download the GameChanger App. This is the app we will use to communicate throughout the season.

Meets:

Meets are not required, but are encouraged and are a lot of fun! Meets are a great way for your child to compete as well as spend time with club members. Parents will fill out a CRTC Meet Google Form in order to be entered in each meet. Katie Gaffney will take the information from the form and enter each club member into the meet/events. The majority of track meets do now allow late entries or day of meet entries. It is crucial, you communicate to Katie Gaffney if your child will be competing at the meet prior to the deadline.

Tentative CRTC Meet Schedule

- **April 23: Early Bird Anamosa Meet @ Anamosa High School (Anamosa, IA)**
- **May 1: JRC/CRTC Meet (Johnston, Iowa)**

Please consider signing up to help at this meet. We are co hosting with Johnson.

We need 10 volunteers in order for our athletes' registration fee to be waived.

<https://signup.com/go/HsSPkkW>

- **May 7: Valley Running Club (Des Moines, IA)**
- **May 14: Excalibur Track Meet @ Waukee High School**
- **May 15: Indianola Track meet @ Indianola High School**
- **May 26: JRC/ATC Relay Meet @ Johnston Middle School (Johnston, Iowa) (Relays only)**
- **May 29: CRTC Home Meet @ Mount Mercy University (Cedar Rapids, Iowa)**
- **June 5: Johnston Running Club Track Meet Johnston Middle School (Johnston, Iowa)**
- **June 18 & 19 USATF State Meet* Iowa State University (Ames, Iowa)**
- **July 7 - 10 USATF Regional Meet* (Lakeville, MN)**
- **July 25 - 30 USATF National Meet* TBD**

In order to make our home meet a success- we need your help! Please consider signing up to volunteer. We will explain your role so you do not need any track and field knowledge prior to signing up for any of the volunteer spots.

[CRTC 2022 Home Meet Volunteer Sign-Up](#)

[CRTC 2022 Home Meet Food Sign-Up](#)



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Practice/Meet Schedule:

4/10- Practice MMU

4/13- Practice MMU

4/17- No Practice

4/20- Practice MMU

4/23- Early Bird Anamosa Meet

4/24- Practice MMU

4/27- Practice MMU

**5/1- Track Meet - CRTC/Johnson Host-
Johnston, Iowa**

5/4- Practice MMU

5/7- Valley Meet

5/8- Practice MMU

5/11- Practice MMU

5/14- Excalibur Meet

5/15- Indianola Meet

5/18- Practice at Kennedy

5/22- Practice at Kennedy

5/25- Practice at Kennedy

5/26- JRC/ATC Relay Meet

5/29- CRTC Home Meet

6/1- Practice MMU

6/5- JRC Meet

6/8- Practice MMU

6/11- AAU State Meet

6/12- Practice MMU

6/15 Last Practice

6/18 &19- USATF State Meet

6/21- **Tentative CRTC end of the year
Pool Party at Marion Pool