



Williamson Youth Track

Welcome to Williamson Youth Track Club...

Our mission to build self-esteem, teamwork and motivation by promoting youth running and physical fitness through the sports of cross country and track and field. We will strive to accomplish this with encouragement, guidance, education and training, while instilling a sense of fair competition. Williamson Youth Track Club will continue to develop and foster youth who compete in state, regional and national competition in both track and field and cross country in preparation for collegiate, local, state, and National exposure. We will encourage youth at all levels, whether running for recreation or competition, and coach our youth to show good sportsmanship and to work hard both on and off the track and we offer our youth fun, long lasting friendships, dedication along with proper training and guidance.

Registration period: March 7th through June 9th.

Cost: \$175 Early Registration (before April 15), \$195 (April 15-May 15, 2011), Late fee of \$20 after May 15, 2011. Registration closes June 3rd ** Payment is due the first day of practice.**

Registration can be paid online on our website at www.williamsonyouthtrack.org under the "registration" page or by money order or check (Please make all checks and money orders payable to Williamson Youth Track and mailed to: Williamson Youth Track, c/o Gary Gosch, 91 Somerton Park, Franklin, TN 37069). **Even if you pay by money order or check you still must register your child online through our website.**

Parent Information Meetings: March 13th, April 10 & 17 @ 2:00 BGA track

Practice starts May 9 at 6:00pm to 8:00 PM @ BGA Track; No refund will be given after May 13th. Any refund that is given during that time will also have a \$5 refund processing fee charged by the club.

Workout Schedule:

Sprints/Distance Training: Mon, Wed, and Thurs

Hurdles: Mon, Thurs (Hurdlers will alternate practice before/after completion of sprint workout)
(Athletes will have to qualify)

Long Jump: Mon, Wed (After completion of sprint workout on Wed; Mon will alternate practice before/after completion of Sprint workout) **Athletes will have to qualify to jump**

High Jump: Wed, Thurs (After completion of sprint workout on Wed; Thurs will alternate practice before/after completion of Sprint workout) **Athletes will have to qualify to jump**

Multi-event Training/Javelin: TBA

Shot put and Discus: Wed, Thurs (After completion of sprint workout)

***Requirement:** All children must show proof of having completed a physical at some point during the 2010-2011 school year no later than May 13, 2011. Children elementary to entering 8th grade will use the middle school physical form and athletes entering 9th grade and up will use the high school TSSAA physical form. **High school athletes should wait until after 5/1/2011 to obtain a physical so that the same exam can also be used for their high school requirements if they are planning to play any school sport during the 2011-2012 school year.** The physical forms can be found on the Williamson Track Club website at www.williamsonyouthtrack.org. These forms must be completed by a physician and must be presented to a coach no later than May 13, 2011. No child will be allowed to work out after May 13, 2011 until a copy of the signed physical form is on file with the club.

***All Children must be registered with AAU and USATF no later than May 13th. Please provide a copy of your child's registration cards and birth certificate to one of the coaches no later than May 13th. ***If you child ran with the club last year, we should have a copy of your child's birth certificate on file.**

<http://www.usatf.org/membership/> (USATF membership)

http://www.aauathletics.org/index.asp?a=main/pg_membership.htm (AAU membership)

It is up to you to decide whether or not your child should register for competitive track and field. Here are the things that you should think about:

1. Has your child been an AAU or USATF national qualifier
2. Does my child want to become more competitive in track and field
3. Has your child been physically active in any sport within the last 3 to 6 months
4. Can your child endure a more strenuous workout?
5. Will you and your child be committed to attending track meets and required workout sessions?

The following chart shows times that are comparable to what competitive runners should be at or working towards at this present time. *******For long jump and high jump athletes will need to be the marks indicated below in the chart or higher to have the opportunity to compete in those events (there will be cut offs this year in those events).**

Representative Competitive Times																		
Sprints	Girls									Boys								
Birth Year	2003+	2002	2001	2000	1999	1998	1997	1995-96	1993-94	2003+	2002	2001	2000	1999	1998	1997	1995-96	1993-94
55m Dash	10.3	9.3	9.0	8.5	8.3	7.8	7.4	7.3	7.4	9.5	8.9	8.5	7.9	7.8	7.4	7.2	6.6	6.4
100m Dash	18.8	16.9	16.4	15.5	15	14.1	13.5	13.3	13.4	17.3	16.2	15.4	14.4	14.2	13.4	13.1	12	11.6
200m Dash	38.9	36.5	35.5	32.8	30.6	29.1	28.1	27.5	27.5	35.7	36.5	33.1	30.8	29.8	28.3	26.6	24.2	23.7
400m Dash	1:35.2	1:32.9	1:25.4	1:16.8	1:09.8	1:07.8	1:05.8	1:03.0	1:03.0	1:37.1	1:29.2	1:21.4	1:13.5	1:12.0	1:08	59.2	54.5	52.8
55m Hurdles				12.5	11.8	11.1	10.2	9.9	9.7				12.2	12.1	10.2	9.9	9.2	8.7
80m Hurdles				18.2	17.1								17.8	17.6				
100m Hurdles						20.1	18.6	18	17.7						18.6	18		
110m Hurdles																	18.4	17.4
200m Hurdles						36.8	36.2								32	31.5		
300m Hurdles						58.9	57.9	1:06.5	1:03.3						51.2	50.4	55.2	51.1
400m Hurdles								1:20.4	1:16.7								1:06.9	1:01.9
800m	3:44	3:37	3:30	3:23	3:07	2:49	2:43	2:43	2:43	3:19	3:11	3:03	2:55	2:47	2:38	2:28	2:16	2:08
1500m		7:12	6:52	6:32	6:12	5:52	5:46	5:40	5:40		6:49	6:30	6:11	5:52	5:33	5:12	4:48	4:42
1600m		7:41	7:19	6:58	6:37	6:15	6:09	6:03	6:03		7:16	6:56	6:36	6:15	5:55	5:33	5:07	5:01
3000m				13:32	13:20	13:02	12:56	12:56	12:56				13:24	12:54	12:24	11:54	10:42	10:42
3200m				14:26	14:13	13:54	13:48	13:48	13:48				14:18	13:46	13:14	12:42	11:15	11:15
Jumps	Girls									Boys								
Birth Year	2003+	2002	2001	2000	1999	1998	1997	1995-96	1993-94	2003+	2002	2001	2000	1999	1998	1997	1995-96	1993-94
High Jump		3' 2"	3' 4"	3' 6"	3 8"	3' 10"	4' 0"	4' 4"	4' 8"		3' 4"	3' 2"	3' 6"	3' 10"	4' 0"	4' 6"	5' 2"	5' 4"
Long Jump	10'0"	10' 0"	10' 2"	10' 2"	10' 3"	12' 9"	13' 3"	14' 4"	15' 2"	10' 6"	10' 8"	11' 6"	11' 9"	12' 3"	13' 0"	13' 7"	17' 9"	18' 9"

Age Classifications for AAU competition

Birth year	Classification
2003+	Primary
2002	Sub-Bantam
2001	Bantam
2000	Sub-Midget
1999	Midget
1998	Sub-Youth
1997	Youth
1995-96	Intermediate
1993-94	Young Men/Young Women

Age Classifications for USATF

Birth year	Classification
2003+	Sub-Bantam
2001-2002	Bantam
1999-2000	Midget
1997-1998	Youth
1995-1996	Intermediate
1993-1994	Young Men/Women

Track meet information:

All parents will be notified in advance regarding the amount of entry fee needed and signup deadlines; this information will also be listed on the Williamson Youth Track website (www.williamsonyouthtrack.org).

Scheduled meets:

Tentative dates for track schedule (Subject to change)				
Date(s)	Meet	Place	Membership required	Comment
May 28	Tennessee Youth Invitational	USN track, Nashville, TN	AAU or USATF	Required
***June 11	AAU Districts hosted by WYTC	BGA track, Franklin, TN	AAU	Required to advance
June 18-19	USATF Tennessee Association	TBA	USATF	Required
June 30-July 1	AAU Multi-event Regional	Knoxville, TN	AAU	Required to advance
July 2-3	AAU Regionals	Knoxville, TN	AAU	Required to advance
July 16-17	KTC meet	Knoxville, TN	AAU	**Optional for non-Qualifying national athletes ***Required for all National qualifying athletes
July 30- July 31	AAU Nationals Multi-Event and Race Walk Championships	New Orleans, LA	AAU	Must qualify to attend
August 1- August 6	AAU National Jr. Olympics	New Orleans, LA	AAU	Must qualify to attend

“Required” – We strongly recommend you attend.

“Required to advance” – You must participate and qualify to advance to the next meet.

*****Williamson Youth Track Club will host the AAU Districts this year at BGA track on June 11th. All parents are required to participate in helping to host that meet as part of the summer track membership. A parent organization sheet will be given out to parents as the date of the meet gets closer.**

Athletes Responsibilities:

Practices are designed to have all athletes participate at their top level. In order to accomplish that goal every athlete should strive to be at every practice. **We do understand that there are athletes who will have practices with their high school sport teams, are in multiple sports, are involved in camps during the summer, and that family vacations do come up, but we ask that if an athlete knows that he or she will miss a practice or more it is the athlete's responsibility to talk to a coach to get a workout plan (if needed), and workout on his or her own. If an athlete is missing practice because of practice that is required with their school team, please make that the track coaches aware so that the coaches know and can monitor what is going on.** Practices are designed to include a lot of interval training based on time requirements, so as the summer goes along the faster the times get, there is no slowing down. All athletes are responsible for staying in shape and if an athlete wants to have a chance to progress in competition, then dedication to running during the summer is required.

Athletes are required to complete all workouts. If an athlete feels that there is an injury that will keep the athlete from completing a workout that athlete should consult with a coach as soon as possible. If the injury persists over several practice sessions, a coach will advise the parent to seek medical care before having the child continue any further workouts.

Track meets can last all day over a weekend and competition at the national and regional level is intense, so staying in shape is a must. We encourage all athletes to socialize and have fun, but first practice hard then play hard. Unsportsmanlike conduct by athletes is strictly prohibited and will not be tolerated. All athletes are expected to be supportive of their teammates and to all show encouragement.

Parent Involvement:

All athletes will be expected to complete all practices except in cases of injury and sickness. If your child is sick please do not allow your child to come to practice. It will be hot outside, so your child will be miserable and other children do not want to be sick. If we find that your child is horse playing or not participating in the practices as expected your child will be warned twice and then the third time we will ask your child to sit in the bleachers until practice is over.

A parent's job is to be supportive, dedicated, committed, and encouraging of their child-athletes. We ask that you please stay off the track during practice and allow the coaches to do their jobs without interruption. **Parents are asked not to coach a child during any of the workout sessions or track and field meets. It is very confusing to an athlete to hear more than one voice at the same time. Track meets are where we need to have the athlete at their most optimal level. If any of the coaching staff find that there are parents coaching during the track meets or practice sessions the results could range from a warning to a suspension to you and/or your athlete being removed from the team. A coach will stop coaching an athlete at a meet if it is determined that an athlete is being coach by a parent during competition.**

Competing is very stressful for an athlete and we will not add any additional pressure to an athlete by having to determine who to listen to.

Once track season begins and your child is a member of the Williamson Youth Track club, we ask that training from any additional track club or track coaches must be postponed until after the season is complete. This does not include training facilities such as D1, Impact, etc. Track coaches may have different ways of teaching fundamentals to athletes and this will allow one message to be heard during summer training. Strict adherence to this rule is required and dismissal from the track team could be enforced.

For those of you who would like to be more involved, we will need support with timing and setting up at meets, and supervision opportunities at local and out of town events. When volunteer opportunities come available a sign-up sheet will be provided.

Team Uniforms:

All children who join the track club will receive a Williamson Youth Track T-shirt and a running uniform as part of their registration fee. Athletes will either wear a standard singlet and running shorts (distance runners 800 and up only) or wear a 2 piece speed suit (middle distance and sprinters 800 and down). If your child is selected to run on a relay team, all members must be in identical uniforms.

End of the Year Awards:

The end of the year awards are given based on the following criteria: attendance at practice sessions and at meets, sportsmanship, team work, and the accumulation of points at sanctioned AAU and USATF meets. The awards system is not based on age; but it can also weigh heavy on accomplishments (e.g., national rankings in the top 8). A boy and girl will be chosen for each award.

Contact Information:

Head Coach and Distance Coach

Gary Gosch: 599-9855 or gary.gosch@williamsonyouthtrack.org

Assistant Coach:

Marcy Bove: marcy.bove@williamsonyouthtrack.org

Chris Bove: chris.bove@williamsonyouthtrack.org

Head Sprint/Middle Distance/Hurdles/Multi-events/Throws and Jump coach

Shannon Simmons: shannon.simmons@williamsonyouthtrack.org

Assistant Coaches for Sprints and Specialties:

**High Jump and Sprints: Daton Hall
daton.hall@williamsonyouthtrack.org**

**Sprints, Relays, Shot Put, Discus: David Vinson
david.vinson@williamsonyouthtrack.org**

**Javelin and Discus: Chris Bove
Chris.bove@williamsonyouthtrack.org**

**Sprints, Relays, Long Jump: Frank Vickers
Frank.vickers@williamsonyouthtrack.org**

Website: www.williamsonyouthtrack.org

Registration checklist:

- _____ Online registration complete
- _____ Registration Fee paid
- _____ Birth certificate turned in before May 13th to WYTC
- _____ A copy of the physical form on file with WYTC due May 13th (**Any child who does not have a physical on file by that date will not be allowed to practice until a physical form is complete**).
- _____ AAU and USATF number on file with WYTC (Due no later than May 13th)
- _____ Signed a copy of the photograph waiver

Photograph Release form:

I _____ give the Williamson Youth Track Club permission to use my son/daughter _____ and/or my _____ images, names, and/or quotes in publications such as the Newspaper, Magazines, TV advertisements, the Williamson Youth Track Club Website, etc.

____Athlete: Yes, you can use my child’s images, names, and/or quotes in such resources as Newspaper, Magazines, TV advertisements, the Williamson Youth Track Club Website, etc.

____Athlete: No, you cannot use my child’s images, names, and/or quotes in such resources as Newspaper, Magazines, TV advertisements, the Williamson Youth Track Club Website, etc.

____Parent: Yes , you can use my images, names, and/or quotes in such resources as Newspaper, Magazines, TV advertisements, the Williamson Youth Track Club Website, etc.

____Parents: No , you cannot use my images, names, and/or quotes in such resources as Newspaper, Magazines, TV advertisements, the Williamson Youth Track Club Website, etc.

Parent Signature

Date