



2024 REGISTRATION PACKET

Dear Future Member:

Thank you for your interest in joining the Great Esteem Track family. Our mission is to prepare our athletes to compete on the local, regional and nation level. G.E.T.C. is focused on speed, endurance and strength training through a goal-oriented process that demands accountability and discipline. Our program is designed to give the athlete the best opportunities to succeed in track and field while building self-esteem and character.

G.E.T.C. emphasizes leadership, teamwork, sportsmanship, dedication, respect, and sense of fierce competitiveness. These qualities are what make one successful in all life's endeavors.

In this packet, you will find the checklist and all documents and items needed to complete the registration process. **Carefully review all documents.** Uniforms are not ordered until the registration process is complete and all fees are received.

Fees are non-refundable.

Sincerely,

Great Esteem Track Club Staff

Checklist

- Registration Form *(must be returned)*
- Athlete and Parent Code of Conduct
- Rules and Regulations
- Birth Certificate *(copy of original must be returned with registration form)*



501(c)3 organization

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Great Esteem Athlete and Parent Code of Conduct Standards

All athletes who participate in the Great Esteem Track Club will:

1. Show respect for all adults. Coaches, staff and parents must be addressed as Coach, Mr., Ms., Mrs., etc...unless otherwise instructed.
2. Support of all athletes on your team.
3. Show respect for all coaches, officials, teammates, and opponents. 4. Study all rules and standards and conduct yourself accordingly.
5. Use appropriate language at practice and club events.
6. Do your best and never give up no matter the outcome.
7. Uphold sportsmanship and eliminate horseplay.
8. Will keep your hands and feet to yourself.

All parents who participate in the Great Esteem Track Club will:

1. Refrain from coaching their child or other players during practices and meets. 2. Respect the coaches and track meet officials and their authority at practices and meets.
3. Never question, discuss or confront coaches during practices or at a meet. 4. Take time to speak to coaches regarding any concerns after practice, after meets or at an agreed upon time and place.
5. Will help teach their child that doing one's best is more important than winning, so that all athletes will never feel defeated by the outcome of his or her performance.
6. Demand that their child treats other players, coaches, officials, and spectators with respect regardless of race, creed, color, gender or ability. 7. Promote the emotional and physical well-being of the athletes ahead of any personal desire for their own child to win.
8. Discourage any behaviors or practices that would endanger the health and well being of the athletes.
9. Be a positive role model for their child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players' coaches, officials, and spectators at every meet, practice or sporting event.
10. Disengage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting or using profane language or gestures.

Athletes or parents in violation of the code of conduct standards may be dismissed, suspended, or permanently expelled from the Great Esteem Track Club.

Great Esteem Track Club

Rules and Regulations

Practice

Practices are regularly scheduled every Monday, Tuesday, Thursday and some designated Saturdays. Practice times and location may vary depending on daylight savings time and planned workout.

For Athletes:

1. Athletes are expected to attend all practices. If you are unable to attend, please contact a Coach as soon as possible. **IMPORTANT TO KNOW:** The training program is created to include specific daily workouts for each athlete. A missed practice may disrupt the coach's planned workout schedule for that athlete.
2. Athletes must arrive on time to every practice to receive the full training program.
3. Restroom facilities may be limited. Please use the restroom before arriving to practice.
4. Athletes must be prepared bringing the following to each practice:
 - a. Water bottle filled with water
 - b. Tights, leggings or warm-up pants are preferred (wind pants or sweatpants are expectable). **No Jeans**
 - c. Running Shoes (no basketball or heavy shoes allowed)
 - d. Spikes (sprint or mid-distance)
5. Athletes must follow the directions of the coaching staff during practices. This includes doing the exercises, participating in all drills and completing the training program.
6. No distractions will be tolerated.
7. The following is not allowed: profanity, horseplay, abusive language, or fighting.
8. Athletes unwilling to participate in workouts will be dismissed from the track or practice area and will not be allowed to return until coaches have spoken with the parents.
9. Repeated misconduct, distractions and/or refusals to do workouts will be grounds for termination from the program. No membership fees will be refunded if a membership is terminated.

For Parents:

1. Parents are not permitted on the track or in practice areas during practices.
2. Parents shall refrain from coaching or instructing athletes during practice sessions.
3. Coaches are available to answer questions before and after practice or during scheduled appointments.
4. Please notify the coaching staff if your child will not be able to participate in a scheduled practice. This notification should be given as early as possible and preferably prior to schedule practices.

Inclement Weather:

Practice will be held as scheduled except in the event of hazardous weather conditions, such as extreme cold, heavy rain, or lightning. In the event that a scheduled practice is canceled due to the weather, the club will attempt to inform the members by email, text or posting on website and social media sites. When in doubt, please contact us.

Track Meets

1. Track meet information will be provided prior to each meet via a handout, email and/ or online. Please see the **tentative** track meet schedule for planning purposes.
2. G.E.T.C. coaches determine what events the athlete will participate in for each meet. Parents may discuss this with the coaches prior to the meet; however, coaches have the final say.
3. If an athlete will not be competing at a meet, this must be communicated to the coaches one week prior to the start of the meet.
4. Athletes must arrive at least **3 hours** before their first scheduled event.
5. Great Esteem will have a designated camp area for athletes to remain in during the entire meet. **All athletes must sit together in this area.**
6. Athletes must receive permission from a coach to leave the camp area.
7. Athletes are NOT allowed to consume any outside food or beverage (including the concession stand) until after they have completed all of their events.
8. Athletes must arrive with their spikes and wearing their uniform, warm-ups and running shoes. Slides, pillows and blankets are welcome for added comfort during the meet.
9. If athletes come to the track meet without all uniform attire or proper notification of missing items, they may not be allowed to compete.
10. Additional Items to consider for a track meet day:
 - Pop up Tent
 - Folding Mesh Chairs
 - Cooler (for favorite healthy snacks: fruit, sandwiches, crackers, etc...NO JUNK FOOD)
 - Wagon for transporting items from car to campsite
 - Umbrella for hot days
 - Sun screen

Fundraising

Everyone is encouraged to participate in fundraising. The Great Esteem staff will coordinate all fundraising activities. If you participate in fundraising, monies earned goes toward the Great Esteem Track Club for qualifying meet entry fees, facility rentals, training & equipment cost.

Great Esteem Registration Form

Please Circle Applicable Season

Pre-Season Training (October - January)

Outdoor Season (February - August)

Athlete Information

Last Name, First Name

Date of Birth (mm/dd/yyyy)

Street Address		
City, Zip Code		
Age as of Dec. 31, 2022		
Sibling in the program?		
Shirt Size (circle one)	Youth Sizes: YS YM YL	Adult Sizes: A X S AS AM AL
Pant Size (circle one)	Youth Sizes: YS YM YL	Adult Sizes: AX S AS AM AL

Parent/Guardian/Emergency Contact Information	
Parent/Guardian #1	
Relationship to Athlete	
Work Phone	
Cell Phone	
Email Address	

Parent/Guardian #2	
Relationship to Athlete	
Work Phone	
Cell Phone	
Email Address	

Code of Conduct

I understand that ANY person who engages in arguments, uses abusive language, harasses club members, volunteers or track meet officials, or exhibits any unsportsmanlike behavior may be removed from attending or participating in any/all Great Esteem activities. I have read and received a copy of the Code of Conduct standards.

Initial: _____

Rules and Regulations

I have read and received a copy of the rules and regulations. I understand the club's vision & mission. I agree to abide by the policies set forth by the Great Esteem Track Club.

Initial: _____

Parental Consent

I hereby acknowledge that my child is in good general health. I give permission for my child to participate in any and all activities associated with the Great Esteem Track Club.

Initial: _____

Emergency Medical Authorization

I hereby grant my permission for any and all emergency medical/dental treatment and/or first aid to be administered to my child/participant, including authorizing and medical treatment facility/hospital to administer emergency treatment, for any illness/injury/accident resulting from participation in any and all Great Esteem activities

Initial: _____

Medical Information

Please list any allergies/medical problems, including those requiring routine medications (i.e. diabetes, asthma, seizure disorder, etc...)

Parent/Guardian Signature Date _____ Date _____

AAU Athletics Age Divisions

All age divisions are determined by Year of Birth. This applies to sanctioned AAU meets only.

DIVISION 2020 2021 2022 2024

8 & Under 2012 & After 2013 & After 2014 & After 2015 & After

9 Year Old	2011	2012	2013	2014
10 Year Old	2010	2011	2012	2013
11 Year Old	2009	2010	2011	2012
12 Year Old	2008	2009	2010	2011
13 Year Old	2007	2008	2009	2010
14 Year Old	2006	2007	2008	2009
15-16 Year Old	2005-2004	2006-2005	2007-2006	2008-2007
17-18 Year Old	2003-2002	2004-2003	2005-2004	2006-2005

AAU Athletics Events Per Age Division

This applies to sanctioned AAU meets only

100m Dash	200m Dash	400m Dash	800m Dash	Long Jump	Shot Put
Turbo Javelin	1500m Run	4 x 100m Relay			

Track & Field Events		Multi Events (Triathlon)
100m Dash	1500m Racewalk	Shot Put (6 lbs.)
200 m Dash	Long Jump	High Jump
400m Dash	High Jump	200m Dash (Girls)
800m Run	Shot Put (6 lbs.)	400m Dash (Boys)
1500m Run	Turbo Javelin (400g)	
4 x 100m Relay	4 x 400m Relay	
11 & 12-year-old DIVISIONS		

Track & Field Events		Multi Events (Pentathlon)
100m Dash 80m Hurdles (8-30")		80m Hurdles (8-30")
200m Dash	Long Jump	Shot Put (6 lbs.)
400m Dash	High Jump	High Jump
800m Run	Discus (1.0 kg)	Long Jump
1500m Run	Shot Put (6 lbs.)	800m Run (Girls)
3000m Run	Turbo Javelin (400g)	1500m Run (Boys)
1500m Racewalk	4 x 100m Relay	
4 x 400m Relay	4 x 800m Relay	

13 & 14 year old DIVISIONS

Track & Field Events		Multi Events (Pentathlon)
100m Dash	3000m Racewalk	100m Hurdles (10-30" Girls)
200m Dash	Long Jump	100m Hurdles (10-33" Boys)
400m Dash	Triple Jump	Shot Put (6 lbs. Girls)
800m Run	High Jump	Shot Put (4 kg Boys)
1500m Run	Pole Vault	High Jump
3000m Run	Shot Put (4 kg Boys)	Long Jump
200m Hurdles (5-30")	Shot Put (6 lbs. Girls)	800m Run (Girls)
100m Hurdles (10-33" Boys)	Discus (1.0 kg)	1500m Run (Boys)
100m Hurdles (10-30" Girls)	Javelin (600g)	
4 x 100m Relay	4 x 400m Relay	
4 x 800m Relay		

15-16 & 17-18 year old DIVISIONS

Track & Field Events		Multi Events	
100m Dash	Long Jump	Decathlon (Boys)	Heptathlon (Girls)
200m Dash	Triple Jump	Day 1	Day 1

400m Dash	High Jump	100m Dash	100m Hurdle (10-33")
800m Run	Pole Vault	Long Jump	High Jump
1500m Run	Shot Put (4 kg Girls)	Shot Put (12 lbs.)	Shot Put (4 kg)
3000m Run	Shot Put (12 lbs.)	High Jump	200m Dash
3000m Racewalk	Discus (1.0 kg Girls)	400m Dash	
100m Hurdles (10-30" Girls)	Discus (1.6 kg Boys)	Day 2 110m Hurdles (10-30")	Day 2
110m Hurdles (10-39" Boys)	Javelin (600g Girls)		
400m Hurdles (10-30" Girls)	Javelin (800g Boys)	Discus (1.6 kg)	Javelin (600g)
400m Hurdles (10-36" Boys)	2000m Steeplechase (30" Girls/36" Boys) 18 hurdle jumps 5 water jumps	Pole Vault	800m Run
4 x 100m Relay		Javelin (800g)	
4 x 400m Relay		1500m Run	
4 x 800m Relay			

Great Esteem Track Club 2024 Athlete Fee List

Items in the 2024 Outdoor (Spring/Summer) track season include:

- Amateur Athletic Union (AAU) membership
- Practice/Training Meets (minimum of 6)
- Uniform
- Backpack
- Warm-up Suit
- Coaches Track Meet Fees
- Fundraising Expenses

Total \$425 - *this fee does not include the competitive/qualifying season*

***\$345 additional child discount**

(*) This discount is provided to families with more than one child that joins the club. The discount will be applied to each additional child after the first full payment is rendered.

Optional Apparel

Please find below a proposed list of optional Great Esteem Track Club apparel. These items will be made available to order throughout the season. Cost will vary depending on the quantity ordered and vendor used.

- Athlete Duffle Bags
- Track Mom Tote Bags
- Variety of T-shirts
- Hats and Visors

All fees are non-refundable