



P.O. Box 5931

Goodyear, AZ 85338

www.EstrellaWolvesTrackClub.com



Management

Coach Angry

Travis Angry – USATF Level 1 Certified Coach, Raymond S. Kellis High School Head Track & Field and Cross-Country Coach

Head Track Coach and Founder

623-451-4966 mobile Coach@EstrellaWolvesTrackClub.com

Contact Coach Angry for questions regarding: The Estrella Wolves Track & Field and Cross-Country Club coaching philosophy, training, and workouts, athlete event assignments, and/or athlete development.

Coach Glenn

Robert Glenn – Estrella Foothills High School Head Coach Track & Field, USATF Coach, 30+ Years Coaching Track

Sprints, Hurdles, and Long-Distance Coach – TRACK – Asst. Head Coach

313-605-9386 mobile glennresi@aol.com

Contact Coach Glenn for questions regarding: the Estrella Wolves Track Club coaching philosophy, training, and workouts, athlete event assignments, and/or athlete development.

Coach Archibeque

Rikkilynn Archibeque Estrella Foothills High School Assistant Coach Track & Field, USATF Coach

Long Jump, High Jump, Pole Vault, Hurdles Coach – TRACK – Asst. Coach

928-594-2169 mobile rikkilynn.archibeque@buhisd.org

Coach Cee

Ciera Jackson, Alabama A&M University Decathlon Athlete Alumni

Sprints, Mid-Distance, Long Jump, Javelin – USATF Asst. Coach

216-469-8052 ciera.jackson88@gmail.com

Coach Vaughn

Eric Vaughan – Estrella Mountain Elementary School Cross Country Coach, USATF Coach

Mid & Long-Distance Coach – Cross Country – Asst. Head Coach

602-803-5630 mobile E-vaughn@cox.net

Contact Coach Vaughn for questions regarding: the Estrella Wolves Cross Country Club coaching philosophy, training, and workouts, athlete event assignments, and/or athlete development.

Business/ Team Manager

Nikki Koeb

Staff

Meet Assignment Coordinator

Denise Dobransky

Fundraising Coordinator

Nikki Koeb

Awards/Events Coordinator

Tara Carroll

Social Media/Marketing Coordinator

Tara Carroll



Coaches

Coach Angry

The Estrella Wolves Cross Country Club was founded by Head Coach, Travis Angry. Coach Angry is a well-known Author, Youth Inspirational-Motivational Speaker, Youth Advocate, and founder of the Change Youth Project. Coach Angry has played basketball in high school, served in the United States Navy, and is an Iraq War Veteran. Coach@EstrellaWolvesTrackClub.com

Coach Angry has coached and volunteer in youth track for the past 4 years as a USATF Volunteer/Coach. He was an Assistant Track Coach at Canyon View High School before starting our Estrella Wolves Track & Field and Cross-Country Club. Today, Coach Angry is the Head Track & Field and Cross-Country Coach at Raymond S Kellis High School in Glendale, AZ. Coach Angry is excited to bring the USATF to the Estrella Foothills Community as well as many more excited USATF events.

Travis Angry, military veteran, and three-time cancer and transplant survivor, is the founder and CEO of the inspirational youth outreach project, The Change Youth Project. Travis's vision for Change: If I Can, You Can® initiatives serves as a catalyst to give youth resources and life-long connections to help them deal with each difficulty—transforming them into positive life choices. His story of optimism and hope is shared at youth conferences, churches, schools nationwide. After overcoming his own struggles as a youth, Travis moved on to obtain a Bachelor of Science degree in business and public administration and recently completed his graduate MBA Degree. Travis resides in Goodyear, Arizona, as a single parent with his two children, Tatiyana and DeVante.

Coach Cee

Ciera Jackson is a native from Cleveland, Ohio. Ciera started running club track at a very young age and that is where her journey began. She started off as a sprinter then transitioned to a mid-distance runner after running cross country at Warrensville Heights High School her junior and senior year as a top cross-country runner. She was then offered a full track/field scholarship to Alabama A&M University in Huntsville, Alabama, where she became a heptathlete competing in seven plus events (LJ, HJ, 100-meter Hurdles, 200 meters, 800 meters, Javelin, and shot put). Her love for the sport and work ethic leads her to become the top



five in the SWAC (Southwestern Athletic Conference) and to hold a school record in the heptathlon until 2016. While competing she also joined the US Army

ROTC program where she became a commissioned Officer in the United States Army Reserves.

After college in 2010 she then transitioned to Phoenix, Arizona for a new beginning where she became a 2LT Lieutenant in the Army and a mother to her daughter Mia. Ciera then began coaching with Arizona Rising Suns in 2014-2017 as the long jump coach where she utilized her skills and expertise. Then after her time with the Arizona Rising Suns, she then had an opportunity to really expand in the field event realm. She was a parent volunteer and was asked to be a field events coach on the Estrella Wolves track team in 2021. Ciera's love for the sport especially after 17 years of competing motivated her to want to help athletes reach their full potential even if they have never run track that was important to her. Seeing an athlete develop from the crawl, walk, run phase is an exciting feeling and therefore she chose to coach track and field.

Coach Vaughn

Hi, I am Eric Vaughn, I am the Asst. Coach for the Estrella Wolves Track Club. I asked Coach Angry if I could help Coach the Distance Athletes. He has been kind enough to let me assist. What are my Qualifications?

I Ran through Middle School, High School, and College. I ran for the Nationally Ranked Team of The University of Colorado. I have been the Asst. Coach of Most of my Son's Teams. I was the Asst. Coach of Estrella Elementary School for 4 yrs. I stayed on after my son graduated to High School. I Really Enjoy Coaching the Kids and Watching Them Improve Year after Year. I Believe I Can Help More Kids Reach their Goals.

About Coach Glenn

Coach Glenn moved to Estrella Foothills in 2015 with his wife and grandson from Detroit, Michigan. He served as a Teacher, Coach, and Administrator for the Detroit Public School system and retired in 2007 after 35 years of service.

Coach Glenn has over 50 years of experience as a Track and Cross-Country Coach, as a meet official, and meet manager. He is currently the Head Boys Track Coach at Estrella Foothills High School.



Coach Glenn's teams in Michigan won State championships and held several state records. He has been nominated and has won "Coach of the Year"

awards at the local and national level. Coach Glenn has produced several state champions since arriving here in the Estrella community.

Coach Glenn attended Olivet College, where he earned varsity letters in Track and Cross Country and earned *All-Conference Honors* in Track. He was captain of his Track team and held several school records.

About Coach Archibeque

RikkiLynn Archibeque is an Arizona native with over 20 years of track and field competition and coaching experience. She was an Arizona high school state champion in the pole vault and 300-meter hurdles and competed at the Division 1 level in the pole vault at the University of Notre Dame. For the last 10 years, she

has coached at various schools at the middle school, junior high, and high school levels throughout Arizona and Indiana. She currently works as the Head Girls Track and Field Coach at Estrella Foothills High School, where she had been a part of the program for 4 years.

Our Mission and Values

The Estrella Wolves Track Club was founded to help inspire, develop, mentor and train local athletes to achieve their goals through hard work, preparation, and respect for themselves, their team, and the respect of the competitive sport of track and field. Our guiding principles are to teach our athletes

1. The belief in themselves, and the hard work towards achieving their dreams of wanting to be future Olympians and represent our great nation into attainable goals.
2. Overcoming adversity through losing and winning, the journey is rewarding through overcoming obstacles.
3. Taking responsibility for your actions, putting in the work to achieve the goals.
4. Staying committed to the team, every relay team is as good as each other, working together as team.
5. The rewards that are achieved start at pre-conditioning, practices, and studying/understanding each event you compete in.



We believe instilling the Wolves Commitment Goals will help our athletes to be successful in their journey of competing in Track and Field.

Club Information

Send a text to the number (81010) and put @EstrellaW in the subject line to join team notifications via the Remind App.

Coach@EstrellaWolvesTrackClub.com

<https://www.facebook.com/EstrellaWolves>

<https://www.instagram.com/estrellawolvestrackclub/>

<https://twitter.com/EstrellaTrack>

[Team Snap @EstrellaWolvesTrackClub](#)



About USATF Club Track

Membership

All Athletes, coaches, and clubs must be current members of the USA Track & Field and must be in good standing with the AZ Association. Athletes must be D.O.B. verified prior to competing.

USATF Membership

All Athletes must have an active USATF Membership for 2021 to participate with Estrella Wolves Track Club. Youth memberships are \$25 per year. Parents may register or renew their athletes USATF Membership at

<https://www.usatf.org/home/top-utility-nav-content/membership>

On the initial registration page, you will be asked for USATF Registered Club Number. It is imperative that you enter (48-8189) as the club number for your athlete to be attached to Estrella Wolves Track Club. Proof of membership must be given to Estrella Wolves Track Club administrative staff no later than January 31, 2021. Athletes without proof of membership will be excused from all Club activities until a current membership is established.

Club Track Program

USATF Club program for youth athletes is a competitive introduction to Track & Field. Athletes compete in two-year age divisions starting with 8 and under, 9-10, 11-12, 13-14, 15-16, 17-18. The meets consist of all 21 events in track and field and last all day (some bigger meets are 2 days). Competition age is determined by the birth YEAR not birth date. An Athlete that turns 13 on Dec 31st, 2021, will compete all of 2021 as a 13-year-old.

The season in AZ typically starts with a developmental (practice) meet in late January that will be running events only. We typically have meets every 2-3 weeks through mid-June. In mid-February, we have one "Indoor Classic" typically held in the Walkup Sky dome facility at NAU in Flagstaff. In mid-April we have the 2 Day Phoenix Invitational with teams from surrounding states attending. We try to have one meet in Tucson each year. In early June we will have the final meet for all athletes, the Junior Olympic State Championships. Athletes who finish in the top 4 in their event/relay will qualify to compete in the next round, Junior Olympic Region 10 Championships, which consist of (AZ, NM, CO, and West TX Border). The meet rotates hosting each year. In 2021 it will not be in AZ, but it is not clear which other state will host. The top 5 athletes in each event/relay will qualify for the Junior Olympic National Championships in late July. In 2021 this event will be in Jacksonville, FL. The top athletes/relays at nationals earn All-American honors in each division/gender. For the past 4 years, Coach Angry's daughter, Tatiyana Angry, made it to JO Region 10



Championships in her 1st year competing, in 2019, Tatiyana made it to JO National Championships in the 800m, achieving her PR best 2:25 running time, and competing in the 4x400 Relay Team with the Arizona Rising Suns.

Relays consist of 4 athletes and are often a path for teams to qualify athletes to Nationals. It is particularly important that parents communicate long in advance with coaches if they are unwilling/unable to advance to Regionals and Nationals so that the coaches can choose the best fit of athletes to fill the relay events.



USATF ARIZONA YOUTH TRACK & FIELD

PROPOSED 2021 SCHEDULE

February 13	Hamilton High School
February 27	Queen Creek High School
March 13	Eastmark High School
March 27	Hamilton High School
April 3	Youngker High School
April 24	56 th Phoenix Invitational, Chandler High School
May 8	Bradshaw High School
June 5-6	USATF AZ State Championships, Westwood High School
June 12-13	USATF Arizona Combined Events YO, Hamilton High School
June 19	USATF Arizona Youth National Tune-up #1, Westwood HS
July 10	USATF Arizona Youth National Tune-up #2, Hamilton HS
July 26 – Aug 1	USATF & Junior Olympics Nationals, Jacksonville, FL

Notes:

April 4	Easter
May 9	Mother's Day
May 31	Memorial Day



Practice Information

We typically practice 4 days per week. Most practices will last around 2 hours, although we do finish early or go a few minutes over upon occasion. Please do not abandon your children at practice. Injuries and illness can occur, the coaching staff needs access to parents for feedback.

Pre-season Conditioning beginning in January

Day: Monday thru Thursday
Time: 5:00-7:00 p.m.
Location: Foothills Community Park
12795 S Estrella Parkway
Goodyear, AZ 85338

Mike Kennedy Multi-Purpose Fields
Formerly DeVotion Field
Behind Estrella Mountain Elementary
Corner of 181st Avenue, Elliott Rd.
Goodyear, AZ 85338

Date: Saturday, January 30
Time: 9:00 a.m.
Location: Verrado Steps
White Tank Mountains
Buckeye, AZ

Date: Saturday, February 6
Time: 9:00 a.m.
Location: Crescent Park
Verrado Community
Buckeye, AZ

Regular Season Practice starting in early February

Day: Monday thru Thursday
Time: 6:00-8:00 p.m.
Location: Estrella Foothills High School Track
13033 S Estrella Parkway
Goodyear, AZ 85338

Day: Monday thru Thursday



Time: 6:00-8:00 p.m.
Locations: Foothills Community Park
12795 S Estrella Parkway
Goodyear, AZ 85338

Mike Kennedy Multi-Purpose Fields
Formerly DeVotion Field
Behind Estrella Mountain Elementary
Corner of 181st Avenue, Elliott Rd.
Goodyear, AZ 85338

***Note: These are alternative locations if track is not available due to high school soccer games being played.**

Team Information

Dress Code

All athletes must wear club issued uniforms at meets. Athletes are not permitted to substitute alternative clothing for any part of their uniform, unless approved by Coach Angry. Athletes running shoes and spikes may be any brand and color of their choosing. Headbands, bows, and other accessories should be provided by the Estrella Wolves Team Store or match the team colors.

Appropriate workout attire should be worn at all practices. Please make sure your child(ren) has clothing suitable for the temperature and conditions, along with shoes designed for running.

Fundraising Requirements

Fundraising is **necessary for all athletes and parents**. We recognize that fundraising can be challenging & not everyone's favorite thing to do, but it is an absolute necessity to keep our costs within reason for our athletes. Estrella Wolves Track Club is a Non-Profit organization. All our coaches donate their time.

Parent Involvement Requirements

Parents are required to help as needed. We may ask parents to assist with walking some of our younger age group kids down to the check-in," or to make sure the area we utilize in the stadium area is clean. **Additionally, parents will be expected by USATF to run certain field events at the meets.** As they say, it takes a village. No parent is exempt from volunteering.

Uniform

The Uniform package fee is \$275 and includes a compression top and bottom, backpack, warm-ups, and facemask. We cannot accept payment plans for the



Estrella Wolves Track Club Uniform. **The \$275 Uniform fee must be paid in full no later than January 25, 2021.** Payment must be given to Estrella Wolves Track Club administrative staff. Uniforms will not be distributed until payment has been received in-full.

Athletes will not be permitted to compete after February 12th without a complete Estrella Wolves Track Club uniform.



Club Costs

Club fees are carefully considered every year. It is important to note, we are a non-profit organization and none of our staff members are paid. Every staff member is a volunteer.

Each athlete has individual costs in track and field. This year, some of those costs will be paid upfront by the athlete's parent(s)/guardian (detailed below). The individual costs include:

1. USATF Membership (required by USATF)
2. Uniform
3. Meet Registrations
4. Trophy/Awards

Athletes will only receive a trophy for the Junior Olympic level they achieve: State, Regional, or National.

In addition to the individual cost per athlete, the Club also incurs overhead expenses for operation. Examples of expenses include, but are not limited to:

1. Insurance
2. Training Equipment
3. Facility rental (practice locations)
4. Awards Banquet (August)

Club Registration Fees

We have simple fee schedule for 2021, which includes an early bird discount, family discount, and reduced fees for High School Competitors. Below are the fees for Non-High School Competitors and High School Competitors.

Non-High School Athletes

Fees cover the entire eight-month season, which begins with pre-season conditioning and culminates with National Junior Olympics.

- \$50 Early Bird Discount!
\$350 for one child if paid in full by January 25th
- Regular Price Full Season.
\$400 for one child, due to be paid in full by January 31st
- \$100 Family & Military/Veteran Discount!
\$300 for each additional sibling that is a Non-High School athlete, due to be paid in full by January 31st
\$300 for Military/Veterans families.



High School Athletes

Fees cover the full season, excluding the athlete's High School Season.

- Regular Price Full Season.
\$200 for each high school athlete, due to be paid in full by January 31st

A Late Fee of \$20 will be added for all late payments. Any transactions that result in insufficient funds will require payment of original fees, bank processing fees associated with insufficient funds, and an additional NSF Fee of \$20.

Athlete in Need (AIN) Grants and Donations:

AIN grants may be allowed for athletes that can provide proof that they or their parents are on public assistance (TANF, SNAP, etc.). Grants are not promised. All athletes and their parents awarded a grant are required to participate in all team fundraising and assist as needed during meets. This is necessary as we are a non-profit entity.

As a non-profit organization, we do accept donations, as being our first season affiliated with USATF, we need donations, volunteers, and staff members. This is a team effort, and our biggest winners are our athletes. If you are interested in donating, please see our administrative staff. Thank you!

IMPORTANT Payment Message: All payments MUST be made to *Estrella Wolves Track Club*, or his designee identified at the informational parenting meeting. NO EXCEPTIONS!



High School Athletes

High School Athletes & Club Eligibility:

If your athlete does not also compete for a high school track team, please skip this section. If it does apply to you, it is important to understand the rules, because most high school coaches and athletic directors are unfamiliar with the rules as they apply to track athletes.

In a nutshell, it is **not** an AIA violation for HS athletes to compete with, or practice with, a club team if the athlete follows the AIA bylaw; They cannot compete as part of a relay, they cannot compete attached to their school (they may be attached to the club), they cannot compete in their school uniform or use school equipment during the school season, they cannot miss school practice to attend club practice.

It is quite common for high school coaches and staff to try and scare kids that they will lose their eligibility by competing with the club. If you run into one of these situations, you may refer the coach/AD to Coach Angry or Coach Glenn. You can also show them the following from the AIA bylaws.

14.4 NONSCHOOL PARTICIPATION

14.4.1 A student who is a member or becomes a member of a school team shall not practice, have practiced, or compete with any other group, club, organization, association, etc., in that sport during the interscholastic season of competition. This rule applies to the following team sports: football, baseball, basketball, volleyball, soccer, softball, **track relay** and **swimming relay** teams. For purposes of this rule, the interscholastic season of competition shall begin with the first regularly scheduled game and conclude with that team's final game. Any student violating the above rule shall forfeit his/her eligibility for a minimum of the balance of the season for that sport or up to a maximum of one calendar year.

DETERMINATION: An individual student may take private lessons anytime except during the school day or during school practice sessions. For purposes of this rule, individual private lesson means, and is limited to, one student and one coach/instructor. Schools shall not pay for, arrange or in any way provide these individual private lessons. Individual private lessons shall not be used to circumvent or evade the non-school participation rule and any such use of private lessons will be considered a violation of the non-school participation rule. (Ex. Bd. 2/18/03)



DETERMINATION: Q: **May an unattached swimmer or runner participate on a relay team during the school season of competition?** A: No. The AIA Executive Board determined that participation on relay teams other than the high school relay team during the school season of sport would be in violation of Section 14.4 Non-school Participation. Participants would be subject to forfeiture of their eligibility for the balance of the season. (Ex. Bd. 12/77)

14.4.1.2 **Any swimmer or runner who competes outside of their school team during the season of sport, must compete UNATTACHED (from their school).**

14.4.2 Attendance at summer activities shall be voluntary and no student athlete shall be prohibited from participating on athletic teams for failing to attend the summer activities.

14.5 INDIVIDUAL COMPETITION

14.5.1 A student competing as an individual and in his/her name shall not be coached by, transported by, financed by, or chaperoned by the school or school personnel. **He/She shall not be identified as a representative of the school. He/She shall not use any school equipment when competing.**



Rules & Guidelines

Behavior

In addition to consistently showing a positive attitude, great effort, and great focus, we also expect our athletes and their families to always follow USATF rules. For parents, the USATF has reminded clubs that Pets, smoking in any form, Alcohol, Medical Marijuana, Weapons, and Explicit Music are not permitted at practice or competition facility grounds.

Attendance

Absences to track meets must be reported at least 7 days prior to the event.

If your athlete will be late or leave early EMAIL STAFF AS SOON AS POSSIBLE prior to the event at Coach@EstrellaWolvesTrackClub.com. It takes 4 athletes to form a relay team and, when someone is missing, it affects several other runners.

Attendance at all practices is expected and enforced. If your athlete will be absent, you must report their absence to the Team Manager or Head Coach as soon as possible.

400m/800m Graduation

TBD

Club Camp

At every meet, our Club has one area where the whole team sets up together to make a large "Club Camp." Not always, but I will make every effort to arrive early to reserve our spot in the high bleachers for our Club Camp. **All families should be set up at the Club Camp.** If there is a valid reason for a family to set up somewhere else, **the athlete of that family should be at the Club Camp with the team.** It is important for the athletes to be together as a team. Additionally, Club Camp helps to:

1. Cheer for our team members together as a team.
2. Decrease wandering.
3. Create an atmosphere that keeps athletes FOCUSED on their ATTITUDE and their EFFORT.
4. Ensure athletes are accounted for and easily located for check in and other needs.
5. Ensure parents are easily located for volunteer and team duties at meets.

In the event an athlete arrives before Coach Angry, thus Club Camp is not yet established, that athlete and family **will reserve a location big enough for the team** and text or call Coach Angry to advise him of the chosen location.



Nutrition and Hydration at Meets

Track and field athletes are naturally susceptible to dehydration, muscle cramping, headaches, and fatigue due to their bursts of energy exertion in their events. Additionally, meets are generally all day, from 7 a.m. to 2 p.m., 5 p.m., etc. Add the Arizona heat to these factors and our athletes' susceptibility increases substantially. We cannot change the length of meets, nor can we change the weather in Arizona. However, we can ensure our athletes are properly rested and properly fueled.

Though we are outlining proper nutrition and hydration for athletes at meets, please understand that **these habits must take place outside of meets as well** for an athlete's body to be well prepared for the stress of competition.

Nutrition and hydration requirements for Estrella Wolves Track Club athletes at meets are as follows:

1. No donuts, cookies, cake, pop tarts, sweet rolls, or similar snacks
2. No McDonalds or other unhealthy fast food
3. No burritos, nachos, or other foods that sedate the body and suffocate the muscles with excess fat, carbs, sugars, and empty calories
4. Eat a healthy breakfast (oatmeal, multigrain toast, eggs, whole wheat cereal, protein pancakes, etc.)
5. Bring healthy lunch foods such as lean lunch meat, lettuce, tomato and wheat bread sandwiches, salads with meat, peanut butter and jelly are also acceptable on wheat bread
6. Bring healthy snacks such as lean meat cut into cubes (chicken breast, turkey, etc.), nuts, dried fruits, fresh fruit, fresh vegetables, cheese sticks, trail mix, veggie chips, etc.
7. Snacks such as goldfish, cheez-its, popcorn, and candies such as dark chocolate, and fruit snacks (for extra sugar and carb intake) are allowed in moderation. However, try to get your main carb and calorie intake from whole grain snacks and all-natural fruit juices
8. No soda/pop, milk (it is gross when it comes up), or other drinks with high, unnatural sugars
9. Bring plenty of water, Powerade/Gatorade, Pedialyte, vitamin water, or other drinks designed to replace electrolytes. Gatorade makes electrolyte chews that are great supplements to add water intake
10. Athlete's must drink water constantly throughout track meets!!

Meet Hydration Explanation

On average, a person just being in 100-degree heat will lose 1 ½ to 2 quarts of body liquid each hour. That means they would need to drink 1 ½ to 2 quarts of water each hour to prevent dehydration. 2 quarts of water is 64 ounces,



or 8 of the 8 oz bottles of water. That is a lot of water in one hour and most people do not maintain that intake, which is why people still experience the signs of dehydration (fatigue, dark urine, chapped lips, etc.) even though they drank 2 Gatorades and 4 bottles of water while they were at track – it simply is not enough. It especially is not enough for an athlete competing in the heat if that athlete is not regularly well hydrated. Athletes that are not properly hydrated can suffer from:

1. Post-Extreme Endurance Syndrome (PEES) (nausea, vomiting, diarrhea, muscle cramps, dizziness, lowered body temperature)
2. Reduction in blood volume
3. Increase in core temperature
4. Injury via the tearing of “brittle” muscles, tendons, ligaments, etc.

For more information on dehydration in running athletes, go to this site: <http://www.humankinetics.com/excerpts/excerpts/dehydration-and-its-effects-on-performance> and Google additional information on other medical and athletic sites.

1. Regular nutritional and hydration habits for a healthy athlete include:
2. Do not skip meals
3. Eat four to six meals per day or three meals with healthy snacks in between
4. Eat a variety of foods: include various carbohydrates (oatmeal, whole grains, pasta, etc.), proteins (chicken, fish, lean beef), legumes, fruits, vegetables (broccoli, cauliflower, carrots, etc.) in your diet
5. Eat lots of fruits and vegetables. The richer the color the better, as this is a sign that the food has a high content of vitamins
6. Avoid excessive amount of highly processed foods (high in sugars, oils, fat, and flour)
7. Eat enough protein for your activity level and specific needs
8. Eat or drink something within 30 minutes after your workout. This will drastically reduce the time needed to recover
9. Every day, drink at least 1 ounce of water for every pound of your body weight

General Hydration Explanation

In cooler climates and within moderate exercise (less than a track athlete) most people can maintain hydration on ½ an ounce of water for each pound of body weight. This would be 75 ounces of water (9 ½ (8) oz glasses). A track athlete training and competing in the Arizona heat should have 1 ounce of water for each pound of their body weight.

If your athlete weighs 100 pounds, they should be drinking 100 ounces of water every day. This sounds like a lot, especially if you are breaking those ounces in 8



oz glasses, which would be 12 ½ glasses. However, most disposable water bottles are 16 oz. So, if your athlete weighs 100 lbs., they can drink 6 ½ bottles of water daily, spread through the day to the meet their basic hydration needs.

“Dial-A-Ride”

Inevitably, there is always a time when families are up against a wall and cannot, on their own, get their athlete to a practice or meet. “It takes a village,” and our club is the village that makes sure each of our athletes is taken care of. Parents are encouraged to socialize, exchange numbers, and create systems for backing each other up when one faces such an issue. A couple of things to remember when having someone else care for your athlete:

1. It is the parents' responsibility to plan for their athlete, not the athlete
2. Do not assume someone else can take your athlete! They could already be giving others rides
3. Do not wait until the last minute to ask another parent to care for your athlete (except were unavoidable)

What to Bring to Practice

All athletes must bring the following to practice:

1. Appropriate workout attire
2. Running shoes
3. Spikes
4. WATER, WATER, AND A LITTLE MORE WATER

What to bring to Meets

It is imperative that athletes come to meets prepared to compete. We are fortunate to have staff and families that bring extra supplies to help, but these extras cannot be taken for granted or assumed to be always available. At the bare minimum, all athletes and their families must plan to have the following at each meet:

1. Spikes
2. Running Shoes
3. Water
4. Healthy food

In addition, we highly recommend athletes & their families have the following:

1. Spare spikes
2. Spare safety pins (we are not always given enough for the bibs)
3. Muscle roller
4. Sunscreen
5. A source of shade
6. Chairs



7. Aleve or similar anti-inflammatory/pain reliever
8. Ice Pack

Registration

The following pages must be filled out completely, signed, and submitted with payment. Where applicable, athletes must review and sign registration forms.

Official Registration Meetings:

There will be two official registrations meetings where parents can pick up packets, turn in packets, pay fees, size athletes for uniforms, and ask questions. The dates and locations of these meetings will be announced via E-mail and/or Remind.

If you are not on the distribution list and would like to receive this information, please E-mail Coach@EstrellaWolvesTrackClub.com to ensure you receive updates and information.



Registration Form

The following pages must be completed, signed, and returned to Estrella Wolves Track Club. The previous pages are yours to keep.

Athlete Information

Name: Click or tap here to enter text.

Registration Date: Click or tap to enter a date.

Street Address: Click or tap here to enter text.

City, Zip Code: Click or tap here to enter text.

Name of School: Click or tap here to enter text.

H.S. Competitor? yes no

Birthdate: Click or tap to enter a date.

Age: Click or tap here to enter text. Gender: Click or tap here to enter text. USATF

Click or tap here to enter text.

Cell Phone: Click or tap here to enter text.

E-mail Address: Click or tap here to enter text. Check box to receive team email

Parent/Guardian 1 Information

Name: Click or tap here to enter text. Relationship: Click or tap here to enter text.

Address (if different from athlete): Click or tap here to enter text.

Phone: Click or tap here to enter text.

E-mail Address: Click or tap here to enter text. Check box to receive team email

Parent/Guardian 2 Information

Name: Click or tap here to enter text. Relationship: Click or tap here to enter text.

Address (if different from athlete): Click or tap here to enter text.

Phone: Click or tap here to enter text.

E-mail Address: Click or tap here to enter text. Check box to receive team email

Additional Emergency Contact

Name: Click or tap here to enter text.

Relationship: Click or tap here to enter text.



Address (if different from athlete): Click or tap here to enter text.

Phone: Click or tap here to enter text.

E-mail Address: Click or tap here to enter text. Check box to receive team email

Athlete Medical Information

Please list any conditions, injuries, or special needs we should be aware of (i.e., asthma, recent broken bone, medications at practice etc.): Click or tap here to enter text.

Name of Primary Care Physician (optional): Click or tap here to enter text.

Phone: Click or tap here to enter text.

Preferred Hospital: Click or tap here to enter text.



Emergency Medical Release

I give permission for any emergency treatment necessary either during practice or a meet. I authorize any hospital and/or physician to perform emergency treatments from any injuries resulting from any scheduled Estrella Wolves Track Club function including the supervised travel to and from said functions.

Athlete Name Printed [Click or tap here to enter text.](#)

Parent/Guardian Name Printed [Click or tap here to enter text.](#)

Parent/Guardian Signature Date [Click or tap here to enter text.](#)



Athlete Profile

Name: Click or tap here to enter text. **Years in Track:** Click or tap here to enter text.

Height: Click or tap here to enter text. **Weight:** Click or tap here to enter text. **Grade:** Click or tap here to enter text.

USATF Member #: Click or tap here to enter text.

Performance History (NEW EWTC ATHLETES ONLY)

Event, Best Time/Distance, Place/Meet, Year:

Click or tap here to enter text.

Click or tap here to enter text.

Click or tap here to enter text.

Click or tap here to enter text.

What events are you most looking forward to participating in this season? Click or tap here to enter text.

What are your track goals for this season?

Click or tap here to enter text.



Uniform Order

Uniform Shorts

Youth XS S M L XL

Adult XS S M L XL

Uniform Shirt

Youth XS S M L XL

Adult XS S M L XL

Warm up Bottom

Youth XS S M L XL

Adult XS S M L XL

Warm up Top

Youth XS S M L XL

Adult XS S M L XL

Paid? Y N

Name: Click or tap here to enter text.

Check # Click or tap here to enter text. CC Cash Money Order



Parent Code of Conduct

- I will trust in my child's ability to have fun as well as to perform and achieve excellence on his/her own.
- I will respect my child's coaches and support his/her efforts and guidelines.
- I will not instruct nor distract my child at practices or meets unless requested by a coach.
- I will respect my child's teammates and fellow parents as well as the athletes, parents, and coaches from competing clubs, and USATF officials and representatives.
- I will respect all facilities made available to the club for practice and competition. This includes refraining from the use of narcotics, tobacco, and alcohol at all facilities.
- I will never demonstrate threatening or abusive behavior or use foul language.
- I acknowledge and agree to follow all policies and rules contained in the Estrella Wolves Track Club registration packet.
- I understand Estrella Wolves Track Club's ZERO TOLERANCE POLICY for violence and agree to adhere to all guidelines listed above. I also understand the Estrella Wolves Track Club reserves the right to dismiss any member (coach, parent, or participant), if they are determined by the Head Coach to be in violation of any of the above listed rules or having committed any action that the club deems inappropriate. I also understand that I am responsible for the actions of any family member, friend, or guest that attends the practices and meets in support of my child.

Parent's Signature: *Click or tap here to enter text.*

Date: *Click or tap to enter a date.*

Parent's Name Printed: *Click or tap here to enter text.*



Athlete Code of Conduct Policy

Behavior

I will treat others as I want to be treated (no talking back, cursing, or yelling).
I will not speak when a coach is speaking so as not to be rude or disrespectful.
I will show respect and support to all coaches, teammates, officials, and competitors.
I will not speak negatively about myself or my teammates' abilities or performance.
I will show good sportsmanship at practice and at all track meets.
I will follow the rules and policies in the Estrella Wolves Track Club registration packet.

Commitment to Excellence

I will have a positive ATTITUDE at all times.
I will always put forth my best EFFORT.
I will always have laser-like FOCUS.
I will be at practice and meets on time and ready to compete.
I will always be prepared by bringing the proper equipment/gear to practice and competitions.

ATTITUDE, EFFORT & FOCUS

Each athlete is expected to always perform to the best of their ability. If you "no show" or do not have a great ATTITUDE, give great EFFORT, or have great FOCUS, you will be required to attend disciplinary "No Show" practice workouts. If the actions continue, coaches may suspend you from an event or meet(s). Example disciplinary workouts: Up/Downs, Bear Crawls, Wall Squats, Planks, Coach's Choice, etc.

I, [Click or tap here to enter text.](#), understand and agree to abide by the above Code of Conduct and "No Show" rules. I understand that I am to compete in all my events to the best of my ability.

Athlete's Signature: [Click or tap here to enter text.](#)

Date: [Click or tap to enter a date.](#) Athlete's Name Printed: [Click or tap here to enter text.](#)

Parent's Signature: [Click or tap here to enter text.](#)

Date: [Click or tap to enter a date.](#) Parent's Name Printed: [Click or tap here to enter text.](#)



Photo/Image Release

I, [Click or tap here to enter text.](#), Parent/Guardian of [Click or tap here to enter text.](#), hereby authorize and consent to the use of their visual image by Estrella Foothills Track Club and its affiliates for appropriate purposes, including, but not limited to still photography, videotape, electronic and print publications, and websites. I give this consent with no claim for payment.

Parent's Signature: [Click or tap here to enter text.](#)

Date: [Click or tap to enter a date.](#) Parent's Name Printed: [Click or tap here to enter text.](#)



Team Message Email & Phone Numbers

Please identify ALL phone numbers and email addresses that you wish to have included in the team email or Remind messages and to whom they belong.

Email/Phone #: Click or tap here to enter text. Name: Click or tap here to enter text.

Email/Phone #: Click or tap here to enter text. Name: Click or tap here to enter text.

Email/Phone #: Click or tap here to enter text. Name: Click or tap here to enter text.

Email/Phone #: Click or tap here to enter text. Name: Click or tap here to enter text.

Email/Phone #: Click or tap here to enter text. Name: Click or tap here to enter text.

Email/Phone #: Click or tap here to enter text. Name: Click or tap here to enter text.

Email/Phone #: Click or tap here to enter text. Name: Click or tap here to enter text.

Email/Phone #: Click or tap here to enter text. Name: Click or tap here to enter text.



Registration Checklist

I have reviewed the entire registration packet with my athlete.

My athlete and I have filled out all the following forms:

- Athlete Information
- Athlete Profile
- Parent Code of Conduct
- Athlete Code of Conduct
- Photo/Image Release
- If my child is new to track and field, I have included a legible copy of their Birth Certificate or will email one to nikki@estrellawolvestrackclub.com.

Payment Option Choices

- Non-High School Athlete Early Bird by January 25th = \$350
- Non-High School Athlete by January 31st = \$400
- Non-High School Athlete Family Discount by January 31st = \$300
- High School Athlete by January 31st = \$200

By Signing below, I indicate that I understand all the Estrella Wolves Track Club fees and fee due dates, as well as all responsibilities required of parents with children participating with Estrella Wolves Track Club.

Parent's Signature: *Click or tap here to enter text.*

Date: Click or tap to enter a date.

Parent's Name Printed: Click or tap here to enter text.