



Triangle Champions Track Club

CROSS COUNTRY (XC) Season 2011

Welcome to the Triangle Champions Track Club (TCTC)! We are a self-governing, non-profit organization (501C3), and a member of the USA Track & Field, North Carolina (USATF-NC).

Our Mission is based on Christian values; comprised of a diverse group of athletes, coaches, parents, and volunteers. Our objective is to build a strong and positive self-image in each participating athlete, teaching them to respect themselves and others, while preparing them to become champions in life and in competition. TCTC has some of the areas most highly trained track & field coaches of staff. "Athletes First, Winning Second" summarizes our approach in training and coaching. While receiving top-notch training, also expect to gain new friends while sharing fun together in a positive environment.

TCTC Membership/Registration Fees

Club membership typically pays Entry Fees for all USATF Meets; unless specified differently. New athletes will pay for interested meets on XC Schedule and required uniform fees as well.

The 2011 XC REGISTRATION FEE IS \$60: T-SHIRT INCLUDED FOR NEW ATHLETES ONLY.

This fee is for each additional child and does not include uniforms. Uniforms are mandatory for each athlete.

Club membership fees are **non-refundable** after participation in the first practice. We will accept Cash, Money Order, or Check. There will be a fee for all returned checks.

TCTC generates revenue from contributions and fundraisings to cover operating expenses, the purchase of field equipment, and rental equipment. There are no salaries for the coaches, officials, or any member of the club. All funds are used entirely for the operation of the club.

Attire for Practice & Track Meets

We ask that each athlete dress properly for each practice. For the XC Season and Winter Pre-Season, dress warm: toboggan, fitted gloves, cotton sweat suit, long-johns, running shoes, etc. Stay layered up top. Uniforms will be worn at each club sanctioned track meet.

Practice Times**

Practice starts promptly at 5:45pm on Tuesdays, & Thursdays! We will start each practice with Prayer. We ask that you make every effort to be on time. There will be practices on Saturdays when there is not a meet on that day.

It is encouraged to arrive on time for proper warm-up. This will allow your child to benefit from a complete workout and it shows respect for the coaches' freely given time. Warm-up time is team-time, where learning, building, and bonding between the coach and athlete take place. Make sure that your child signs in at the beginning of each practice for accountability. Parents, make arrangements for your child to get home if you are not there after practice. No child will be left unattended. Please respect the coaches' schedule!

XC practices will be held at several locations, on different running trails throughout the season. (see Coach Mitchell for details). The first day of practice is @ Forest Hills Park, off of University Drive/15-501S, downtown Durham.

****VOICE MESSAGE LINE: 919-287-2245:**

This message line is used for important messages to the athletes and/or parents concerning matters of the club. For example, if practice has been cancelled due to a sudden change in weather, you can call this number to confirm cancellation. Also, you are able to leave a message after the conclusion of each recorded message.

Weather Policy**

There is **NO PRACTICE** if the weather is below 40 degrees. In the case of lightening or the sound of thunder, practice will be suspended until the coaches decide to continue or cancel practice. During XC season, there are cold evenings regularly and the athlete must dress accordingly: water repellant warm-up or wind suit, extra t-shirt, and extra socks. This is to ensure that the athletes do not get too wet or cold and possibly strain or pull muscles. Athletes need to come prepared for the heat: adequate water, towel, sunscreen, warm-up, etc. Use your best judgment in regards to the weather conditions. Plan Safe, Be Safe!!!

Travel to Track Meets

All travel expenses are the responsibility of the athletes and parents/guardians. The club will provide information and directions to events. Car pools, meeting times and places, will be coordinated informally at Parent's Meetings before each meet. Most in-state travel will not require over-night stay. Longer distances and out-of-state travel may require over-night stay. If the club secures a reserved block of rooms for team members and families, **the cost is still the responsibility of the athlete and parent.** If you would like to sponsor another athlete or contribute to the club, donations are always appreciated and are tax deductible.

Volunteers

We welcome all volunteers! We believe that the combined efforts of the parents and friends of TCTC determine the success of our program. **Volunteer Parent Coaches are needed immediately!** To help in any capacity, see Donnell Mitchell. Thank You for your Support!