



2024 TEAM HANDBOOK

“Running to Field a Difference”

An USATF Ohio Club Member



WELCOME TO CROSSROADS TRACK AND FIELD

Dear Parents,

Welcome to the 2024 Crossroads Track and Field (CTF) Team! For the returning parents, we thank you for the support and to our new parents, welcome to the Crossroads family!

The CTF program is based in Vandalia, Ohio was founded in 2021 with the focus of giving back to the local community by using the sport of Track and Field to teach our youth the importance of living a healthy lifestyle, staying active, hard work and most importantly learning to believe in themselves. The CTF family is dedicated to growing young people into well-rounded athletes and more importantly, responsible young adults.

CTF is a member of the USA Track and Field (USATF) organization and offers Outdoor Track and Field along with Cross Country opportunities for boys and girls ages 7 - 18. USATF is the National Governing Body for Track & Field, long-distance running, and race walking in the United States. USATF encompasses the world's oldest organized sports, the World's #1 Track & Field Team, the most-watched events at the Olympics, the #1 High School and Junior High School participatory sport, and more than 30 million adult runners in the United States.

The key to success for our program is dedicated coaches and you, the PARENTS! Your dedication and commitment to the program will make a huge difference in your child's life and the entire team. Our hope is that all our Athletes that wear a CTF uniform become lifelong friends and fans of the sport.

I would encourage you to take some time and read through the CTF handbook with your child(ren). This will ensure that you have a clear understanding of what is expected, as well as what you should expect in return from our coaches and administrators.

We look forward to coaching your Athlete(s) for a successful 2024 summer season and we are excited to have you join the CTF Family!

SEE YOU AT THE CROSSROADS!!!

Lloyd Martin

Lloyd Martin
Director, Crossroads Track & Field
Youth Chair, USATF Ohio Association



MEMBERSHIP FEE

Athletes/Parents will be responsible for acquiring their **USATF membership fee is \$30.00 + processing fee per athlete.**

Team membership fee is \$225.00 + processing fees for each registered Athlete. Parents/Legal Guardians can register their athletes at www.crossroadstrackandfield.com, family discounts and payment plans are available within the online registration process.

Fee includes the following:

- Uniforms (shirt and shorts)
- Facility related costs
- Coaching and Team Support/Equipment items
- Entry fees to all CTF meets on the 2024 schedule (see page 7)
- End of the Season Celebration contributions

FIVE (5) THINGS TO GET STARTED WITH THE TEAM:

1. Go to www.crosstrackandfield.com and create a SportsConnect account by providing an email address and your personal password.
2. After creating an account, you can immediately register your athlete or select the registration tab and select the athlete sign-up. Please continue to follow the registration instructions.
3. Please fill out the respective registration questions (see snippet below).

2023 Summer Track and Field Season

Is the participant new or returning? *

New Returning

Medical conditions: (N/A if not applicable) *

Enter Answer 0 / 40

Player Verification Waiver (please click link icon) *

[View / Accept](#)

Jersey Size *

Select One

Lindsay Law Waiver (please click link icon) *

[View / Accept](#)

Shorts Size: *

Select One

Allergies:

Enter Answer 0 / 200

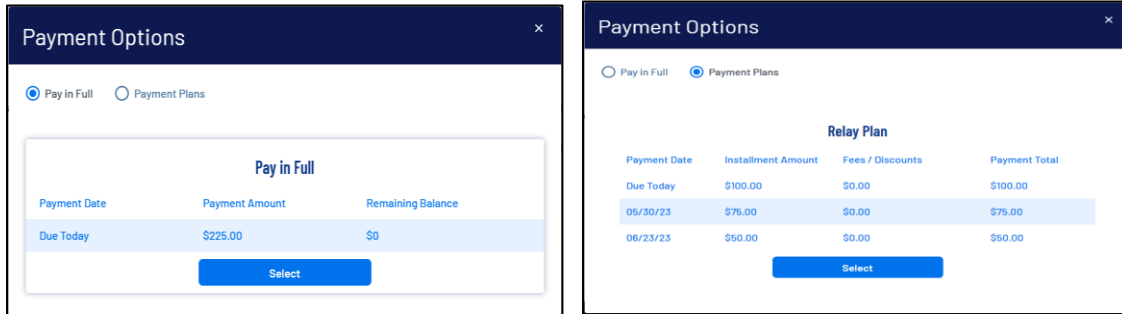
Special Requests/Comments:

Enter Answer 0 / 1000

- a. Review and accept the **Player Verification Waiver** and **Lindsay’s Law Parent/Athlete signature form** via the link.
- b. Please include any relevant medical information that may influence whether an athlete is physically fit for physical activity.
- c. Please select your athlete’s uniform sizes.



4. Upon completing your athlete's order summary, please **Pay in Full** or the **Payment Plan** (see snippet below).



5. Parents/Legal Guardians are responsible for your athlete for a **USATF Membership**.
- Visit <https://www.usatf.org/home/top-utility-nav-content/membership>.
 - Under Individual Youth Membership, click Join.
 - Follow the on-screen directions.
 - Please make sure you add the Crossroads Track and Field (CTF) as your child's team affiliation.
 - During this process you **MUST** upload your child's birth certificate for age verification.
 - Athletes without a valid age verification will not be permitted to compete in any USATF Championship meets.

Online registration must be complete:

- Within the first 3 days of the athlete's participation in practice
or
- Prior to first Track and Field meet entry, if Athlete hasn't participated in a practice



ABOUT TRACK AND FIELD

Track & Field is the sport of running, jumping, and throwing -- there is something for everyone! Athletes will learn all disciplines of the sport and the art of endurance training that is supplemented through strength, flexibility, and speed work. Some Athletes will specialize in one event discipline, and some might do more than one, referred to as a multi-event athlete. Typical practices include warm-ups, drills, track workout/skill session and cool downs.

Typical competitions referred to as “Meets” will take place mostly on the weekends and typically last a minimum of six hours. Prior to the competition all Parents/Athletes will be provided with a tentative event schedule which will outline the order of events, but the time your athlete competes will be based on the meet management and number of participants.

PRACTICE INFORMATION

Just like any other sport, practice is crucial for all Athletes who wish to participate with CTF. It is recommended that Athletes attempt to attend as many practices as possible each week to aid in their growth and development. Parents are responsible for all transportation to and from practice and to ensure that Athletes are arriving and departing on time. Consistent practicing helps reinforce the health and safety for the different Track and Field events.

Due to coaches’ availability, we will be conducting practices at different times before and after May 27. Practice schedules will be posted on TeamSnap app upon finalizing with school administration.

Practice Time (April 16 – May 22):

Outdoor practices days are Tuesdays and Wednesdays from 6:15 – 7:30 p.m.

Practice Time (May 28 – July 18):

Outdoor practices are Tuesday, Wednesday, and Thursday from 6:15 – 7:30 p.m.

Practice Location:

Practices will take place at Vandalia Butler Stadium – 600 South Dixie, Vandalia, Ohio 45377

Inclement weather

- Rainy weather – there will be no cancellation of practice for rainy weather. Athletes are required to perform in rainy weather at Track and Field meets; therefore, practices will be conducted in the rain.
- Thunder/Lightening – practice will be delayed for approximately 20 minutes after every sound of thunder or sight of lightning near the practice location.
- Hot weather – practice may be canceled because of extreme heat. However, if practice is conducted, coaches will take extreme caution and tailor practice sessions appropriately and provide more water breaks. It suggested Athletes bring an abundance of liquids to ensure their hydration.

All practice cancellation notices will be delivered via www.crossroadstrackandfield.com and TeamSnap app (<https://go.teamsnap.com/9208557/home>).



It's Practice Time—What Should You Bring?

- A comfortable pair of running shoes to run and jump in for practice. Open toe or hard sole shoes are not allowed.
- Practice attire should consist of shirts, shorts, running shoes, and/or track spikes. Preferably, each Athlete should layer up for warm-up and cool-down.
- Each athlete should bring a water bottle filled with preferably water; other liquids such as Gatorade or Powerade are acceptable. Athletes will be given one (1) or more water breaks during practice at the coaches' discretion.
- Always bring a positive attitude and a smile.

What Happens During A Typical Practice?

- The team will meet at the practice location and each athlete will immediately do a 2-lap warm-up upon arrival.
- Athletes will be led through a warm-up which can include running, stretching and dynamic drills, these sessions will be led by coaches or assigned athletes.
- Athletes will participate in the daily workout led by their respective coaches.
- Coaches and other Athletes are to be respected to aid in the growth of all Athletes.
- Athletes must come to work hard. Practice sessions are demanding and focus on specific areas of improvement. The harder Athletes work in practice, the better they will perform in the Track and Field meets.
- No special treatment will be given towards any Athlete unless he/she is experiencing medical problems during practice. It is the parent/legal guardian/athlete responsibility to inform the coaches at the beginning of each practice session if the athlete has some medical concerns.
- Athletes will cool down with their group or as a team which will include jogging, stretching and other drills as directed by the coaching staff.
- Athletes will be dismissed and released to their parents or previously designated adults.
- Athletes are encouraged to foster relationships with other Athletes and encourage teammates, remember "Every Kid is a Winner."



COMPETITION INFORMATION

All Athletes attending meets as outlined in the schedule, are encouraged to register for the meet no less than five (5) days prior to the meet. CTF will provide entry forms (via Google Forms) to record and document the Athletes' selected competition events. Parents/Guardians can find Google Form entries on www.crossroadstrackandfield.com for each individual scheduled meet. CTF will be responsible for submitting all individual and team meet entries along with associated payments for each meet. All meet entry payments are included with the CTF membership fee.

It's Competition Time—What Should You Bring/Not Bring?

- Team issued uniform (clean).
- Additional clothing such as sweatsuits for warm-up and cool down. Athletes should dress in layers for competition, this may include sweatsuits, hats, etc. Remember, it easier to take off a layer of clothing than to put on a layer.
- Running sneakers and event- specific spikes, if applicable.
- Water, snacks, and lunch. Many of our venues have concession stands or food trucks available to purchase food; however, It is recommended each Athlete brings fruits, vegetables, grains, and staple items like peanut butter prior to competing in an event.
- Any type of medication that might be needed during that four (4) – six (6) hour time period.
- Do not bring valuables, or a large sum of money; however, if you need to for any reason, please make sure your belongings are left in your vehicle, or with a responsible teammate.
- PATIENCE!!! Youth Track and Field meets typically last no less than 6-hours. It is possible for a meet to last longer than 6 hours and the length of your stay may be determined by the Athletes' specific registered event. Please come prepared with applicable seating (i.e. lawn chair) and other items of comfort.
- Always bring a positive attitude and a smile.

What Happens During A Typical Competition?

- CTF will set-up the Team Tent at a predetermined location and attendance will be taken as each Athlete arrives to the venue.
- Athletes will be provided their Bib number, running label, or the meet registration method for tracking Athletes to their events.
- Athletes will compete in their respected event(s).
- Athletes will warm-up/cool down which will include jogging, stretching and other drills as directed by the coaching staff.
- Athletes are dismissed at the end of their event if the Meet is releasing awards to the teams respectively. If the Meet is releasing medals to the Athletes directly, then Athletes should pick up their awards at the respective location prior to leaving the event.
- Once the competition is over, results will be posted on designated timing website.



2024 TRACK AND FIELD MEET SCHEDULE (All Meets are Optional)

Date	Name	Meet location
May 19	Set The Pace Showcase	Pickerington North HS Columbus, OH
May 26	The Hunger Games T&F Championships	Welcome Stadium Dayton, OH
June 2	United Students Midwest Invitational	Trotwood Madison HS Trotwood, OH
June 8	Leader Invite Youth Track & Field Invitational	Fishers HS Fishers, IN
June 15	Open Date	
June 22-23	USATF Ohio JO Association Championship*	University of Toledo Toledo, OH
June 24-25	USATF Youth Multi-Event Championship	Icahn Stadium New York, NY
Jun 26 – 29	USATF Outdoor Youth Championship	Icahn Stadium New York, NY
July 5-7	USATF Region 5 JO Championships*	University of Charleston Charleston, W Virginia
July 13	Queen City Invitational	Cedarville University Cedarville, OH
July 19-21	East Coast Invitational	Durham County Stadium Durham, NC
July 22-28	USATF National JO Championships**	E.B.Cushing Stadium College Station, TX

**Participation in these meets are mandatory in order to qualify into the next USATF JO competition.*

***Participation in this meet requires athlete to qualify via the USATF Region 5 JO Championships*

TRAVEL INFORMATION

Local Meets

- **Transportation:** CTF will not provide transportation for Meets. Athletes will be required to travel with their parent(s) or legal guardian. If parents decide to partner with other parents to transport their child for any Meet, CTF will take no responsibility for the transportation or any related actions during the transportation.
- **What to bring:** Uniform, warm-up clothing, running shoes, spikes (if applicable), any personal items or monies you might need. Some Meets may sell merchandise such as t-shirts, hats, or sweatshirts. Parents/Legal Guardians may wish to send money for your child to make purchases, if desired. Athletes are responsible for any money and valuables brought with them.



Non-Local Meets

Airline tickets, housing, and other associated cost will be the responsibility of each parent(s) or legal guardian. Otherwise, please follow the same protocol as noted for local Meets.

No less than two (2) weeks before the event, CTF will provide all important information (as available) regarding the event, event schedule, competition times, addresses of facilities, and contact information for applicable coaches attending the event.

AGE DIVISIONS

As per USATF rules, Athletes will compete in two-year age divisions which are determined by year of birth. Please remember, proof of age is required for USATF registration.

Divisions	Birth Year
8 & Under year old	2016-2017
9-10 year old	2014-2015
11-12 year old	2012-2013
13-14 year old	2010-2011
15-16 year old	2008-2009
17-18 year old	2006-2007



VOLUNTEERS

We encourage our parents to be involved with our program and volunteer when appropriate or as time allows. Parents, to enhance the CTF experience, we need your help or more importantly your expertise in coaching, organization, and other areas. If you are interested in volunteering your services, please register on www.crossroadstrackandfield.com or please send us a message at crossroadstrackandfield@gmail.com.

All volunteers who wish to work with our athletes will be required to follow the United States Olympic Committee SafeSport guidelines. For the safety of our Athletes, particularly our youth Athletes, USATF has committed to providing a safe environment in which our Athletes compete and train. We believe this is paramount to the success and the well-being of all young Athletes in our program.

The SafeSport course is an online training module put together by the U.S. Center for SafeSport. The course covers lesson areas that include, but are not limited to, sexual misconduct; emotional and physical misconduct; and mandatory reporting. The training videos in total are approximately 90 minutes long and include quizzes and final exams.

All USATF national staff, board members, youth committee members, registered agents, registry members, youth club coaches and youth club administrators, medical staff and volunteers are required to be USATF SafeSport Compliant.

To become SafeSport compliant:

- You will need to become a USATF Member (Adult membership fee is \$55.00)
- Complete the USATF background screening program (\$20.00)
- Complete the free online SafeSport class

Once all three steps are completed, you will appear on the USATF list of verified volunteers.

RULES, POLICY, AND REGULATIONS

Parents are responsible for:

- USATF Youth Membership for each Athlete
- Transportation to and from practice locations
- Transportation to all competitions
- Hotel accommodations
- Airline travel

Team Rules

- All team members must have a valid USATF membership. All parents/Athletes are responsible for submitting a copy of their birth certificate at the time of registration. Proof of age is required by USATF for all Championship Meets.
- All forms must be filled out within the first 3 days of athlete's participation in practice or prior to the Athletes' first Meet entry, and no later than **June 14, 2022**.
- Athletes should attempt to attend at least two (2) practices per week, if possible.
- We expect Athletes and parents to clean up their area after Meets and practices; do not leave a trash



for others to clean up.

- Athletes that are registered with CTF are permitted to compete in non-USATF Meets outside of the team's competition schedule. However, Parent/Legal Guardian will be responsible for any membership cost and meet registration activities.
- All Athletes and parents are asked to be respectful to one another. Bullying, name calling, or any other conduct unbecoming to the CTF Family will not be tolerated at any level. All incidents will be fully documented, placed in the Athletes file and submitted to SafeSport if needed.

ATTENDANCE

Athlete's Role

Athletes should attempt to attend as many practices as possible each week to aid in their growth and development.

Parents' Role

Parent support of CTF is VITAL and encouraged to volunteer and get involved when possible.

Team Meetings

Purpose is to provide Team updates and feedback to parents, Athletes, and CTF. A brief video (via YouTube) will be provided periodically to the team on Mondays, parents will have the opportunity to ask face to face questions after Tuesday's practices.

CTF TEAM PICTURES

Team and individual pictures are scheduled for Tuesday, June 12, 2024 (corrected date).

CTF END OF SEASON CELEBRATION

Tentatively scheduled for August 3, 2024 (1st Saturday in August) and more details will be provided later and we hope you will join us.

CTF CLUB STAFF

Three (3) Step Certification: Team staff will be required to register for USATF Membership, pass the USATF background screening test and complete the United States Olympic Committee (USOC) Safe Sports Course.