

Durham Striders Youth Association

Building Character and Confidence Through Athletic Competition



Handbook

Table of Contents

Topic	Page #
Welcome	3
Registration	4
General Health Information	5
Track Meet Information	6
Uniforms and Footwear	13
Volunteering	14
Code of Conduct	15
Contact Us	16

Welcome

Dear Striders,

We would like to take this opportunity to welcome you to the Durham Strider Track and Field season. Thank you for joining the Strider Nation, we look forward to working with your child and watching them excel this year. This is going to be a great year filled with excitement and new memories.

We remain committed to building character and confidence through athletic competition for our student athletes. Our team has a winning tradition in track and field and our student athletes continue to display academic excellence. We expect this year to be no different.

Please review the information in this manual and do not hesitate to contact your child's coach with any questions or suggestions that will help our organization improve.

Have a wonderful season!

Sincerely,

Frank Davis
Head Coach

Registration

ALL of the following are required at the time of registration:

- **Completed registration packet** includes completed registration form, signed code of conduct and physical forms. All forms are available on our website (www.durhamstriders.com), at registration and at the track during the registration period. ****If you obtain your child's physical outside of the club, please retain a copy for future use with other sports your child may participate in during the year as copies may not be available from us.****
- **Copy of the child's birth certificate** (or other acceptable proof of birth). We will keep this copy, so we cannot accept your original document. Please bring us a **copy**.
- **Registration Fee** - Cash, certified checks and debit/credit cards only. No refunds. \$125 fee includes indoor & summer seasons and a team t-shirt. Cross Country is an additional fee. *Discounts may be available for families with multiple children, please ask when you register.*
- **New or Renewed USATF Membership Number** for all new and returning athletes. During select seasons, an AAU number may also be required. For those new to the team, you must **associate your child with the Durham Striders Track Club (13-0618)** in order for them to be attached and run with us. Visit <http://www.usatf.org/Products---Services/Individual-Memberships.aspx> to obtain your child's membership number. Only athletes who will be 7 years old or older in the current calendar year will need a number. The cost is only \$20 and comes with some great free stuff. Join or renew as early as January 1st.
- Only if suggested by your coach...**New or Renewed AAU membership number**. Visit <https://play.aausports.org/joinaau/membershipapplication> to obtain your child's membership number. Athletes 5-18 years old in the current calendar year can get a number. The cost is \$14. ****Only purchase an AAU number if a coach asks you to do so. ****

Contact Jeanine Holland at jholland@duke.edu or Alveta Brown at AlvetaBrown@aol.com regarding any registration questions or concerns. Burlington athletes may contact Alayna Moore at alaynamoore@yahoo.com.

General Health Information

The following are general health guidelines to keep athletes and parents healthy on and off the track:

Nutrition:

- **Water, water, water** - bring to practice at least 32 oz of WATER. Please refrain from bringing Gatorade, PowerAde, or any sports drinks, soda, or juice. **ONLY WATER.**
- **Cut out ALL fast food**
- **Drink 64 oz of water/day**
- **CUT OUT SODA**, Punch, Kool-Aid and other sugar and high fructose corn syrup-containing drinks
- **Eat 3 nutritious meals/day** containing 2 portions of vegetables, LEAN cuts of meat-baked, broiled but NOT FRIED
- **Avoid fatty foods**, fast foods, breads, high-sugar containing desserts (use fresh fruits for desserts)

Sleep: The kids will need to sleep at least 6-8 hours/night **every night** to be able to support exercise that will be increasingly more rigorous.

Parent's Exercise: Parents are encouraged to walk/jog during practices—it's healthy for them and it's a great model for the kids.

Track Meet Information

- **Team Sponsored Optional Meets** - The track meets listed on the Durham Strider schedule which are not in red, bold font are considered optional meets. Participation in optional meets is not required, however, they are team-sponsored meets, and the Striders will pay the registration fee in most cases. If additional fees are required, parents will be notified immediately.
- **Non-Team Sponsored Optional Meets** - There are meets throughout the season in which we, as a club, do not participate. Durham Striders-sanctioned meets are only those on our posted schedule and any additional ones that our coaching leadership may add. Athletes who want to participate in optional meets **not listed on our schedule** are free to do so, but **must register as unattached**. A list of track meets with registration information can be found at www.coacho.com. Participants cannot run in a non-team sponsored optional meet as a Durham Striders athlete, and therefore cannot wear Durham Striders gear. Parents are solely responsible for any and all fees associated with these meets. Our club only covers fees for our sanctioned meets. Your Durham Striders age group coach must be notified in advance of your participation in an optional meet if you want your results/times from those meets considered for qualifying standards purposes elsewhere in the season.
- **Additional Fees** - Parents are responsible for at least one night's hotel stay for travel meets. Rates do vary, but we will provide as much advanced notice as possible. Please consider this our written fundraising notice. The way to limit additional fee assessments is to materially participate in or contribute to our fundraising efforts and/or establish your own. We are a non-profit organization with limited and diminishing municipal funding. Consequently, our coaches often personally incur costs/expenses to make sure all athletes who want to participate, can participate. Some of these coaches' kids have aged out and are no longer even in the club. That said, parents/families have to provide their financial support as well. We will communicate with you as the season progresses about what additional fees will be required. One ongoing fundraising effort is a "GoFundMe" account for the Durham Striders—all funds go directly to the club.

Please share the following address with your friends or family: **www. Go-fundme.com/durhamstriders**. Remember all donations are tax-deductible.

- **Meet Locations and Directions** - Information regarding the meet location and directions to the venue will be provided at team meetings prior to the meet and will also be communicated via email and Facebook. Information about meets can also be found at <http://coacho.com/>.
- **Arrival Times** - Please arrive at the meet on time or early (the arrival time will be announced in advance of each meet). Arrival times are typically an hour or more before the start of the first event. Parents and athletes need time to arrive at the track, set up in the stands, use the restroom, locate the check-in area, warm-up (athletes), and otherwise get settled before the events begin. Therefore, it is imperative that athletes are not delayed or late arriving to the meet venue.
- **Team Seating** - Please locate the team tent in the stands and, ideally, sit in close proximity to the team. We typically reserve a section in the stands for our team. This location will be communicated by email and Facebook. Maintaining a team area creates a sense of support and allows the kids (and parents) to form bonds while they wait for their events. Coaches will also be located in the team area. They can assure that all athletes warm-up and check in at the appropriate times. If you choose to pitch your tent away from the team area, please check in with the team to alert the coaches that you have arrived and where to locate you if necessary. The team is always looking for volunteers to help with transporting, setting up and chaperoning the team tents. Please consider volunteering to help with this major task.
- **Bib Numbers** - Most meets require athletes to wear bib numbers. The bib numbers will be distributed from the team tent. *Please ask for the bib number as soon as you arrive at the meet.*
- **Warm-up** - Athletes must warm-up prior to each of their events—doing so helps to improve performance and decrease chance for injury. Coaches will be available to tell athletes when to warm-up (as long as athletes are located in the team tent). Parents may be asked to take groups to warm-up.

The warm up should not be strenuous, as to avoid causing fatigue before the event (no hills or long sprints, etc.)—it should be similar to the warm-up kids complete during practice. Children should achieve a light sweat during the warm-up, but they should not be exhausted.

- **Rolling Schedule/ Check-in** - Most youth track meets operate on a rolling schedule—this means that the schedule includes an order of events and a time to begin the first event. After the first event, all other events will follow in order, but they won't begin at any particular time—simply, when one event ends, the next one will begin. Because there is no timetable for events, parents and athletes are responsible for recognizing the pace of the meet and ensuring that athletes check-in for their events on time (some meets move along quickly, others move slowly). Coaches will also assist with this, but can only do so for those athletes that are under the team tent. ***When the first call is made for an event (ex. "first call, 400 m dash"), Durham Striders should check-in.***

- **Field Events & Running Events** - Several of our athletes will be involved in field events that occur at the same time as their running events. Athletes must communicate with the field event judges for instructions about how to complete both events. In most cases, the athlete will be allowed to remain at the field event until the running event begins (only leaving, briefly, to check-in for the running event). But, every meet is different—if your child will need to be in two events simultaneously, communicate with the field event judge for instructions. If your child must leave the long jump, triple jump, or throwing events to run, they will likely be allowed to complete their throws/jumps when they return to the field.

In the high jump, the bar keeps rising once the event has started and officials will not lower the bar for an athlete who leaves to compete elsewhere. If your child leaves the high jump, she/he will be able to return to the high jump and resume competition but, if the bar height increases during his/her absence, the athlete must jump at that height. So, be sure to stay at the high jump as long as possible—and return as quickly as possible.

- **Keeping Children Safe** - Younger children (12 & under) are not to walk alone. They should only go to the restroom, concession stand and check-in area in the company of an adult or older team member. Track meets are safe places, but there are thousands of people in attendance. We want to keep a close eye on every one of our athletes at all times.

- **Meet Entries** - Track meets are not free. The Durham Striders pays an entry fee for each athlete to compete in each event. Prior to each meet, coaches ask that parents confirm that their child(ren) will compete in the upcoming meet. If you say your child will compete, the team will enter the athlete into the meet and pay her/his entry fee. If the team enters your child in a meet and she/he does not compete, you are responsible for refunding the entry fees – and **must refund those fees to the team before your child will be entered into another meet**. For this same reason, athletes are expected to participate in every event in which they are entered. ***The Durham Striders pays thousands of dollars in entry fees each season. Please only confirm your child's intent to participate if she/he will be able to attend the meet.

- **Event Selections** - The Durham Striders are focused on development, especially for athletes in the younger age groups. Therefore, we are happy to receive suggestions from children and parents regarding their preferences for events. However, our coaches are very knowledgeable and experienced and they (coaches) will make all final decisions about what events athletes will contest. Athletes are expected to compete in every event in which they are entered (see prior bullet—if they don't compete in an event and haven't received clearance from a coach to drop an event, parents are responsible for refunding the team). If you have a question about your child's events, please ask a coach from the site where your child practices.

- **Leaving a Meet** - We hope you will stay at the meet to cheer on the team even after you child's events are complete. If, however, you must leave before the conclusion of the meet, please tell a coach that you and your child are leaving. The team must account for every child. Your communication helps to insure that we know where every athlete is at all times.

- **Results** - Information, including meet location, schedules and results from most track meets can be found on the CoachO website: www.coacho.com. Live results are also provided at most track meets and can usually be accessed using any mobile device with web access. Generally, the meet host will announce where the link to results can be found (e.g., Live Results will be posted on the Durham Strider website). During a track meet, if you discover there is an error with your child's time or distance, please let Coach Doc know as soon as possible so that she can discuss the error with the meet director. The coaches will review the performance of each athlete in comparison to the performances of other athletes across the state to make decisions regarding events in which your child has the potential to be most successful for the next track meet and/or qualifying meets.
- **Goals** - We expect each athlete to set realistic goals for each of their events and monitor their progress after each track meet. It is our goal to have each athlete demonstrate growth in each of their events from the beginning of the season to the end of the season. Parents, please review and discuss your child's results with them in a positive manner and encourage them to continue progressing towards his/her goals. Each coach will try to discuss results individually or as a group after each meet and determine what the athlete needs to work on prior to the next track meet. However, if this does not happen, please do not hesitate to talk with your child's coach either at the beginning or end of practice to obtain feedback on your child's performance. While winning a medal or ribbon is exciting, we are happy if the athlete is showing improvement and having fun in the process.
- **Awards** - Athletes may earn medals or ribbons at various track meets, but not all (e.g., sometimes medals are awarded to the top 3 individuals in each event and ribbons to places 4-6). Most meets will only allow coaches or a designee to pick up awards for the team. Because our team is so large, the host track team may wait until the end of the meet to package our awards, or they will be mailed. Once the awards are received, the coaches or designee will try earnestly to distribute the awards to our athletes within the next couple of weeks following the meet. If your child is not present during the award distribution, it is the responsibility of the parent or athlete to pick up the award from the designated coach.

We want all of our athletes to receive their hard-earned medals or ribbons as soon as possible, therefore, we welcome parent volunteers to help the designated coach with award distribution.

- **Food** - Pack a cooler that includes water, fruit, vegetables, granola bars, PB&J sandwiches on wheat bread, and light meals. Pasta salad is great! It's light, tasty, and can be eaten cold from the cooler. Lean protein is good (shaved turkey/chicken). Avoid sugary drinks (Gatorade, juice, soda). Avoid dairy. Plan enough food to last all day—athletes and parents require good calories and hydration in order to perform well throughout the meet. Please feel free to share on the Strider FB page any ideas or recipes you have that may benefit others.

Recipe for Holland's pasta salad:

1 box tri-colored Rotini Pasta (any brand is fine)

2-3 boneless, skinless chicken breasts

Kosher salt

1-2 bottles of balsamic vinaigrette dressing (Kraft preferred)

**** Multi-colored bell peppers****

Directions:

Boil pasta until tender, then drain.

Season the chicken breasts to your liking, then bake or grill them. Let cool, then cut into cubes.

In a large bowl, add cooked and cubed chicken to cooked pasta, and add a couple of shakes of kosher salt (careful, don't need a lot, much saltier than regular table salt).

Add a bottle of balsamic vinaigrette dressing.

Mix all and refrigerate. ENJOY!!

****Kick it up a notch by also adding chopped bell pepper - red, green, yellow, orange (adds nice flavor, lots of color and added nutrition)**

Please note: If prepared the night before, pasta will absorb a lot of the dressing. Bring another bottle to the track to add as needed so the pasta isn't dry when served.

□ **Track Meet Essentials (Recommended)**

- Tent, Sportsbrella or Umbrellas – although the team will set up team tents for the team, you may wish to bring your own personal tent. The team tents are primarily for the athletes and since our team has over 200 athletes, space will be limited.
- Bungee cords for tying down tents
- Cooler (with wheels) for food/beverages
- Folding chairs or blankets to place on the ground for sitting
- Baby wipes
- Sunscreen
- White towel to dampen with cold water to help cool athletes when overheated
- A change of clothes, socks and shoes in case of rain
- Warm-up jacket and pants
- Long sleeve shirts and tights to run in when the weather is cold
- Books, games & cards (for both parents & kids)
- Electronic devices with earbuds (good for older athletes while waiting for their event – but they CANNOT be taken to competition areas so will not be allowed past the check-in gate).

Note: Durham Striders is not responsible for any lost or stolen items.

- Please keep your kids out of the sun between events and provide an area for them to recover, relax and even take naps.
- Patience, support and a sense of humor!!!
- Good sportsmanship!!

- **Communication** - Please save coaches' phone numbers into your phone prior to traveling to the meet (coaches who serve as point people for the meets will post their information on FB). If you have questions, please call them. If they don't answer the phone, please send a text. If they don't answer the text (track meets can be loud, and they may not receive the alert right away), please be patient, they will return your call. Please check your email/FB for updates during the week.

Uniforms and Footwear

- **9th Street Active Feet**, 725 Iredell Street, Durham, NC is an official sponsor of the Durham Striders. As a Durham Strider, you will receive a 20% discount on your shoe purchases. They carry team uniforms, shoes, spikes, and DS t-shirts for athletes and parents.

- **Uniforms** must be purchased from 9th Street Active Feet in Durham. Every athlete should purchase a white singlet and navy blue shorts or long brief. This is the standard uniform for 1-day meets. On 2 or 3-day meets, the standard uniform is white singlet/navy shorts for the initial days, but athletes wear the navy singlet/navy shorts on the final day of competition (generally on Sunday). If your child will compete later into the season (when we'll have 2-3-day meets), please purchase both a white and navy singlet. Athletes should wear a Durham Striders t-shirt/sweatshirt and sweatpants over their uniforms when they are not competing.

- **Sneakers** - Please visit 9th Street Active feet if your children require new running shoes or spikes—they will fit your child to make sure she/he has the appropriate equipment. Please purchase and practice in new spikes several days before wearing them in a meet. Athletes should wear sneakers to the meet and wear them during warm-ups -- only put spikes on when it's time to compete. Slides/flip-flops are not safe to wear around a track meet. Please leave them at home.

- **Spikes** - Check with your child's coach regarding the type of spikes needed prior to purchasing spikes as they may not benefit all children. Younger children (ages 5-8) need not purchase spikes. ¼-inch pyramid spikes generally come with the purchase of each running spike and are permitted at most meets. Please check your child's spike shoes and replace the individual spikes as necessary. Remember to bring replacement spikes and a spike wrench to each track meet.

- **Donation of gently worn spikes and/or uniforms** - As your child out-grows their spikes and/or uniforms, please consider donating them to other athletes on the team who may benefit. Feel free to discuss with one of the coaches if you have some items you want to donate. Upon request, a donation receipt can be provided for tax purposes.

Volunteering

- **Coaching** - If you or anyone you know is interested in working with the team as a coach, please talk with Coach Frank, Coach Donnie or Coach Doc about your area of expertise (e.g., sprints, mid/long distance, field events, etc.) , as well your preferred age group. They will then consider the needs of the team and follow up with you. All of our coaches are volunteers and many of our coaches don't have children on the team. There is always a need for extra support and expertise in some areas. Please note that the USATF bylaws stipulate that all coaches have a USATF number and pass a USATF background check before having contact with any athlete. This rule is **strictly enforced** by the Durham Striders for all coaches.
- **Assisting with athletes during track meets** - We rely heavily on the volunteerism of parents in order to ensure the safety and success of every athlete. Please pitch in to help whenever you can. There will be opportunities to help distribute bib numbers, take younger athletes to warm-up/check-in, set-up tents, etc. If you can help, please do so.
- **Assisting during Durham Strider hosted meets** - Our team hosts several meets during the season. Proceeds from Durham Striders-hosted meets serve as a major source of funding for the team (and allow us to keep registration costs lower than those of most other teams in the region)! We expect every one of our parents will volunteer for these meets. Please stay tuned for information on how you can help.

- **Team Tent Set-Up** - Depending on the number of athletes signed up to participate in a meet, the Durham Striders could set up as many as six team tents for our athletes in an effort to provide a shaded area for them to rest between events. The coaches are always in need of parents to assist with the transporting, setting up/taking down and chaperoning the tent area. Your assistance is greatly appreciated.

- **Sorting and Distributing Awards** - Often times our awards are given to the designated coach in one large bag and we are responsible for sorting and distributing them to the athletes. This is an area in which we could use additional support to provide our athletes with their medals and/or ribbons in a timely fashion.

Code of Conduct

DURHAM STRIDERS YOUTH ASSOCIATION, INC. CODE OF CONDUCT

Young men and women who participate as part of the Durham Striders Youth Association, Inc. represent the Strider organization, the Durham community, and most importantly their families. We expect Striders to demonstrate character, high moral standards, leadership, responsibility for one another, and to serve as role models for other youth in the community. We accept nothing less than the best standards of behavior on and off the field, during trips and competition. We must be gracious in both victory and defeat. In addition, for the safety of everyone, we must always look out for one another.

Note: Each athlete and parent signed the Durham Strider Code of Conduct as a part of the registration process, but it can also be found on our website, www.durhamstriders.com.

Contact Us

For general information

www.durhamstriders.com

Durham Striders Parents Facebook group
(this is a closed group; request access)

For questions about meet entries

Tecla McFadden (919)308-9852 teclamcfadden@gmail.com (Durham)

Alayna Moore alaynamoore@yahoo.com (Burlington)

General questions (Durham)

Coach Doc (Dr. Brenda Armstrong) brenda.armstrong@duke.edu

Tecla McFadden (919)308-9852 teclamcfadden@gmail.com

Sonya Stephens (919)453-4422 sstephens220@gmail.com

General questions (Burlington)

Alayna Moore (alyanamooore@yahoo.com)

DeAnne Brooks (336)512-1840