



**BOYS & GIRLS CLUBS  
OF THE BRAZOS VALLEY**

# ***The Valley Track Club***

***Season 1: 2022-2023***

## 1. Program Goals:

### Overall

- To build character, accountability and maintain a positive team culture of hard work, respect and supportive friendships
- Learn the sport of competitive track and field - the training, the competition, the personal commitment and lifestyle requirements
- Improve fitness and performance level through commitment to training and racing

### Coaches Goals

- Coaches will help shape student athletes by communicating clearly and promoting a positive competitive environment
- Coaches will guide student athletes to a mature view of competition that embraces an appropriate perspective of both victory and defeat.
- To Encourage students to become lifelong athletes and understand proper health, nutrition and body maintenance.

### Team Goals

- As a team we will develop a strong, positive team spirit and respect for oneself and your fellow teammates.
- As a team, we will strive for the highest level of success that our talents and hard work will allow us to achieve.
- As a team, we will support our individual members as they strive for athletic excellence.

### Individual Goals

- Model values that are consistent with BGC tradition
- Support their teammates and the whole of the Track and Field program in the pursuit of athletic excellence.
- Learn the importance of setting goals and the discipline, hard work, and commitment that is necessary to achieve these goals.

### Parent Goals

- Understand and participate in the philosophy, goals and objectives of the Track and Field Program
- Develop and demonstrate an understanding that their student athlete is part of a team and that team goals take precedence over individual goals.
- Assist the coaches in building team and community through participation by attending team events, track meets, and support of the athletes
- Demonstrate support for their student athletes by volunteering to assist throughout the season.

## **2. ESSENTIAL PARENT/ATHLETE INFO**

- Make sure you are subscribed to the mailing list (GroupMe): Name, Phone Number, and athlete's name.
- Cost of membership is currently \$125
- Athlete registration for taaf is \$10 or \$11 per athlete (per Taaf.com)
- All athletes and parents need to sign participants waiver and liability release
- All athletes and parents must sign photo release
- All athletes and parents must sign and acknowledge that they have read TAAF rules
- Athletes who have attended majority of practices and show tremendous effort and drive may be eligible for scholarship
- DO NOT TALK YOUR ATHLETE OUT OF A SCHOLARSHIP

## **3. PRACTICE AND TRAINING**

- Practices will be held Monday through Thursday from 6pm-7:30pm @ **DAVILA MS**
- Athletes have to attend 3 practices a week in order to qualify for a meet (excused absences determined by Coaches)
- Practices may run past 7:30pm. If you have to leave exactly at 7:30p, you may do so and your athlete will not be punished
- All athletes are expected to take practice seriously, if athletes are not here to get better we will send them home

## **4. MEETS**

- If athlete is attending meet with parent, the parent is responsible for the athlete AT ALL TIMES
- Coaches may transport athletes to meets
- Athletes are to act responsible, respectful and professional at all meets.
- If an athlete does not follow the rules, they will be asked to leave and not return
- It is important for athletes and parents to accept that Coaches decide the events in which each athlete will compete. The coaches will consider the health, doctor recommendations, personal goals, athlete preference, event variety as well as team goals in selecting the right events for each athlete
- Relay team participants are completely at the discretion of the coaches. In selecting relay teams, coaches will consider several factors including performance in individual events, relays, team dynamics, attendance and sportsmanship.
- Once athlete arrives at meet they are expected to find their event coach immediately
- If your athlete is not going to be able to attend a meet, please notify a coach asap, if reasonable time is not given, parent will need to pay for entry out of pocket

- Every athlete will not be attending the meets

## 1. DEALING WITH INJURIES

Part of athletics is dealing with injuries. Almost every athlete will experience some type of injury in their career. It is important to know how to deal with them

- If an athlete suffers an injury they must notify the Head Coaches, their Event Coach, and the Trainer as soon as possible.

Prevention

- Stretch - do your warm-ups, drills and pre-workout stretches with focus and good form.
- Stretch - do your post workout cooldown and stretches EVERY DAY.
- Ice - ice sore spots, take a 12 minute cold water or ice bath up after hard workouts (up to your hips).
- Good shoes - get running shoes professionally fit at a shop that watches you run.
- Roll - get a foam roller and a stick roller and work the sore parts of your body daily.
- Sleep - Get regular good sleep every night. You can't heal without sleep.
- Increase mileage safely - check with your coaches on mileage increases.
- Rest - sometimes taking a few days off is all that is needed to heal.

## 5. IMPORTANT DATES AND TIMES

- JUNE 18th- TEAM WACO TC  
Hart-Patterson Track 3113 Clay Ave. Waco, TX
- JUNE 25th- GREYHOUND TC  
Riesel High School, 600 E. Frederick Street Riesel, TX
- JULY 8th-JULY 9th- TAAF Region 5 Regional Meet  
Hart-Patterson Track & Field Complex
- JULY 21st-JULY 24th- GAMES OF TEXAS STATE MEET  
Cabiness Multipurpose Stadium

### CONTACT INFO:

Coach Alizae- cell: (817) 240-9445 email: [adollins@bgcbv.org](mailto:adollins@bgcbv.org)

Coach Ghost- cell: email: [rharris@bgcbv.org](mailto:rharris@bgcbv.org)

Coach Taylor- cell: (979) 739-6002 email: Mrtrack13@gmail.com

**Boys and Girls Club of the Brazos Valley: Brazos Valley Track Club**

# June

# 2022

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

			1 Practice: 6-7:30p @ Davila	2 Practice: 6-7:30p @ Davila	3 BGC Grand Opening!	4
5	6 Practice: 6-7:30p @ Davila	7 Practice: 6-7:30p @ Davila	8 Practice: 6-7:30p @ Davila	9 Practice: 6-7:30p @ Davila	10	11
12	13 Practice: 6-7:30p @ Davila	14 Practice: 6-7:30p @ Davila	15 Practice: 6-7:30p @ Davila  *All Athletes must be registered in TAAF*	16 Practice: 6-7:30p @ Davila	17	18 MEET DAY:  TEAM WACO TC  Hart-Patte rson Track 3113 Clay Ave. Waco, TX
19	20 Practice: 6-7:30p @ Davila	21 Practice: 6-7:30p @ Davila	22 Practice: 6-7:30p @ Davila	23 Practice: 6-7:30p @ Davila	24	25 MEET DAY:  GREYHO UND TC  Riesel HS 600 E. Frederick St. Riesel, TX



26	27 Practice: 6-7:30p @ Davila	28 Practice: 6-7:30p @ Davila	29 Practice: 6-7:30p @ Davila	30 Practice: 6-7:30p @ Davila		
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**NOTES: ALL MEETS ARE TBD, MEETS CAN BE ADDED**

# July

# 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Practice: 6-7:30p @ Davila	5 Practice: 6-7:30p @ Davila	6 Practice: 6-7:30p @ Davila	7 Practice: 6-7:30p @ Davila	8 TAAF Regional Qualifier	9 TAAF Regional Qualifier
10	11 Practice: 6-7:30p @ Davila	12 Practice: 6-7:30p @ Davila	13 Practice: 6-7:30p @ Davila	14 Practice: 6-7:30p @ Davila	15	16
17	18 Practice: 6-7:30p @ Davila	19 Practice: 6-7:30p @ Davila	20 Practice: 6-7:30p @ Davila	21 Practice: 6-7:30p @ Davila  TAAF Summer Games	22 TAAF Summer Games	23 TAAF Summer Games
24	25	26	27	28	29	30

**NOTES:**