



THE GAZELLES TRACK &
FIELD CLUB
Visions and Policies



Table of Contents

1. Vision Statement & Core Values
2. Beliefs
3. Training and Practice Expectations
4. Meet Expectations
5. Registration Fees, Meet Fees, Venue Fees, Association Fees and Uniform Fees Expectations
6. Gazelle Parents/Members Expectations
7. Fundraising Expectations:
8. Nutrition and Injury Prevention Expectations
9. Acknowledgement and Agreement



The Gazelles Track & Field Club Vision Statement:

From putting Athlete excellence first, to expert coaching, to integrated support services, to education – The Gazelles Track & Field Club strives to provide an environment in which all Track and Field athletes can grow, develop and flourish.

The Gazelles Track & Field Club Core Values:



The Gazelles Track & Field Club is a club that is founded on key values and principals. It is our mission to raise and empower the young people amongst us to embrace these virtues in all they do. It is also our expectation that all of our Coaches, Members and Parents will also embrace these values and embody them in their support of our Athletes.



We value **Integrity** - Telling the truth to oneself and believing in doing what is right. We expect our members to be **Honorable** in all they do. To be **Positive** and **Forthright**. We expect our members to be Kind, Genuine and Empathetic. To be **Compassionate, Accepting** and **Tolerant** of one another. To have the **Courage** and **Determination** to take on the challenges that lay ahead. We expect our members to have **Perseverance, Trust** and **Vision** when times get challenging.

Our **PURPOSE** is to help to shape the talents of ALL of our athletes in the Gazelle Track & Field Club - building championship performers. As part of this overarching aim, we are committed to an education program which nurtures and develops both athletes and coaches within our sport, assuring professionalism and continued growth at all levels of athletic development.

Our sport is one of the very best sports around. It deserves a commitment on all levels to bring Track & Field back to its notoriety. The Gazelles Track & Field Program specializes in maximizing the potential of its club members on and off the competition field. To accomplish this feat, it is our priority to put the needs of our Athletes and Members first. We believe in equal opportunity and equal treatment of all its members. We believe that the sport of Track & Field is a global phenomenon that originates in the cultivation of local talent. Not every member will win a gold medal but every member has the ability to perform at their very best through smart training and developing a passion for the sport.

We acknowledge the high importance of parents being involved in their children's sporting lives and we welcome this involvement with open arms. With that being said the Vision Statement and Principles outlined below are elements that we believe will help The Gazelles Track & Field Club Program become the very best program for each and every Athlete.



The Gazelles Track & Field Club Beliefs

- We train our Athletes with very specific training elements that include biomechanical assessment, endurance, speed and fitness training and last but not least, mental strategies.
- We believe that our training style is the very best and will benefit in the development of each Gazelle Athlete. We aim for each and every Gazelle Athlete to thrive and grow within our Training Program. For these reasons, it is also very important that each Athlete be surrounded and supported by like-minded experiences and teachings on and off the track.
- We believe in the Student-Athlete Discipline. This is a relationship between academics and athletics. It's important that your Gazelle Athlete keep their grades at a level that will help them to be successful in the class room.
- We believe that a Healthy Gazelle is a happy Gazelle. This means maintaining a healthy lifestyle that includes proper diet and avoiding physical injuries. Regularly scheduled maintenance therapy (Physiotherapy, Massage etc.) is paramount to achieving performance success.
- We believe the Gazelles should all get along and be friends. No Gazelle Athlete should feel uncomfortable coming to practice.
- We believe in a culture that nurtures hard work and training but also one where Athletes can have fun and be social. Too much Track & Field makes an unhappy Gazelle.



The Gazelles Track & Field Club Training and Practice Expectations:

The purpose of Track & Field Practice is to get better at your discipline. To achieve this, your Gazelle Athlete must have a level of maturity and independence to be responsible for their actions. These actions include respecting the Coaches and Staff of RFYL / The Gazelles Track & Field Club and taking accountability for their own training.

- Track & Field practices are **MANDATORY**. If your Gazelle Athlete consistently misses practice, they will not be allowed to compete and their membership may be revoked. Absence from practices should be communicated to coaching staff on an on-going basis.
 - Grade 6 and below are required to train 2X a week.
 - Grade 7 and Grade 8 are required to train 3X a week.
 - High School and above are required to train 3X a week as well as attend Strength and Weight Training. Some High School Athletes may be required to train an additional 4th day.
- In order to improve your Athlete's Performance, it is important to understand that Coaches and Athletes must work together in a partnership. It is our aim to work with your Athlete in our fullest capacity to achieve their maximized potential. Both parent and Gazelle Athletes must understand this partnership.
- Athletes should come to practice with a good attitude and ready to work. Athletes should have all necessary clothing and shoes and be ready to start on time.
- Athletes are responsible to show focus and perfect effort at all Gazelle Practices and Meets. Athletes will not be distracted or inattentive at



Gazelle practices and will show the intensity and focus required during all Gazelle workouts. Athletes are also responsible to seek feedback from Head Coaches or associated coaches for continuous improvement and technical/mechanical improvements in regards to the Athlete's form during the Gazelle practices.

- The Athlete commits to working with Coaches and implement correction and mechanical changes necessary for improvement.
- The Athlete agrees to follow the direction of all Coaches as well as commit and perform the Warm Up, Workout, Warm Down and post-workout exercises without fault.
- Athletes who skip warm-up/warm down drills or lack the necessary discipline and focus at practice will be warned once and then sent home. Should such behavior continue, the athlete will be suspended from practice as deemed necessary by Coaches. **NO REFUNDS** will be issued for athletes suspended from practice.
- It's important that your Gazelle Athlete arrive on time to practice. Athletes should arrive 15 minutes prior to the start of practice dressed and ready to train. When your Athlete is late it disrupts the flow of practice. If there is an issue getting to practice on time we will try to assist with carpooling. Consistent unexplained lateness may result in Athletes sitting out during practice.
- Gazelle Athletes train as a group to promote friendly competition and form strong bonds. Athletes are expected to remain as a group during training practices and meets and are not to go sit with their parents.
- Cell phones are not allowed at practice or at competition. If an Athlete needs to contact their parents the staff will facilitate this.



The Gazelles Track & Field Club

Meet Expectations:

- It is expected that ALL Gazelles will compete at meets. Head Coaches along with input from other coaches **will be the only ones** to determine Gazelle meet eligibility and races for your Athlete.
- For your Athlete to be eligible to compete it's mandatory that they are in full Gazelle uniform (Gazelle Shirt, Competition Singlet and Full Track & Field Suit).
- It's important to arrive to meet competitions on time. Having a proper warm up at competition correlates to better performance for your Gazelle.
- If your Gazelle Athlete is registered to compete at a meet and decides not to compete other than reasons of an emergency nature, there will be a \$20 administrative fee charged per event. There's a lot of administration work that goes into competition registration. Parents will also be responsible for all missed meet fees.
- Athletes should come to meets fully fueled and ready. They will need to bring water, snacks and/or lunch if required for long meets.
- Athletes will be required to stay with their team during the meet and compete in the events they have been registered for. Athletes leaving a meet without talking to coaches may run the risk of not competing at the next meet.



The Gazelles Track & Field Club

Registration Fees, Meet Fees, Venue Fees, Association Fees and Uniform Fees Expectations:

- Expected Fees: Coaching fees, a Gazelle Uniform, Association Membership Fees and Venue fees* (Indoor Season only*). Fees are due in full at the beginning of the season. Membership fees include training/coaching of your Athlete for the duration of the season. New Members will receive a competition singlet and T-Shirt. **There are no refunds for fees.**
- VENUE FEES ARE NOT PART OF THE REGISTRATION FEES AND ARE THE SOLE RESPONSIBILITY OF THE MEMBERS (INDOOR SEASON ONLY).
- Track & Field is the one of the most affordable sports. If a payment plan option is needed you must provide an initial payment of 1/3 of the total fees and then postdated cheques for the remainder of the amount. A payment plan schedule will be provided by the Gazelle Administration. **We will no longer make payment plans without postdated cheques.**
- If payments are not made on time (registration fees, meet fees and/or venue fees) in the option outlined above, we will not be able to train your Gazelle Athlete until the balance is settled.
- **DO NOT** drop off your Athlete at practice and leave if payment or payment arrangements have not been made. Your Athlete will have to sit out from training and we will need to contact you to come pick up your Athlete.
- Venue Fees for Indoor Season cover the use and rental of indoor training track facilities. Payment for these fees are not included in the Membership Registration fee chart and are the responsibility of



each members and must be paid in order for your Athlete to be able to have access to the indoor facility.

- Meet Fees – an advanced payment of \$100 for meet fees must be made either in cash or cheque prior to December 1st, 2018. We will no longer accept payments on the day of the meet or after the meet. It is the parents' and athletes' responsibility to ensure payment is made or else your Athlete **will not** compete in the meet.
- For out of town meets where hotels maybe required, it is the responsibility of parents to book and pay for their Athletes' hotel. We will make efforts to block off and reserve rooms at one hotel for easier booking and communicate this to parents in order to allow for sharing of rooms should this be required to keep costs down.



The Gazelles Track & Field Club Gazelle Parents/Members Expectations:

- It's the parent(s) job to motivate your Gazelle Athlete off the track. We believe champions are built behind closed doors. This means ensuring and supporting your Athlete to do their training regimen instructed by the Coaches if required at home.
- In the Gazelle Track and Field Program we want to establish good communication and a positive environment for all. We will not accept any members speaking unfavorably, spreading gossip or trying to disparage or vilify ANY members of our club, including Athletes, Coaches and all members associated with the Gazelle Track & Field Program. If such offence has been found, the members in question will be spoken to and/or removed from the Club.
- It is the strict responsibility of the Gazelle Coaches to coach your Athlete. We expect parents to trust the process and be patient with Athlete development. Parents and members are strictly prohibited to add extra workouts and/or facilitate extra coaching of their athlete either by themselves or by other coaches. The Gazelle Coaching Staff will not entertain Parents/Members or Athletes questioning prescribed workouts or training. Parents are expected to be supportive of their Athlete in their quest for personal development.
- It is imperative that parents/Athletes communicate with Gazelle Coaches on training/practice and meet absences. Consistently missed practices will result in your Athlete not being able to participate at meets and their membership may be revoked.



The Gazelles Track & Field Club Fundraising Expectations:

- Fundraising participation is mandatory for The Gazelles Track and Field Program to continue to grow as we strive to raise funds through various fundraising means and methods that will aid the club members.
- If parents do not wish to participate in Fundraising, they can opt out of the Fundraising and pay a flat amount of \$100 per Athlete at the beginning of the Gazelle training per season.
- If parents/Athletes do not participate in Fundraising and do not opt out of the Fundraising by paying the above fee, their Gazelle Athlete fundraising benefit and training will be adjusted accordingly.



The Gazelles Track & Field Club

Nutrition and Injury Prevention Expectations:

- It is important for your Athlete to maintain a good and proper diet that fuels them for performance. Athletes should ensure they eat enough food prior to training/practice and have readily available snacks for after practice to replenish. Athletes should also always have water readily available.
- Track Athletes put huge demands on their bodies and to maintain this high level of performance they must have a proactive plan to prevent injuries and fuel properly for practice and competition. This plan must include proper nutrition such as a diet high in Vitamins and Minerals. If your Athlete is not getting the required nutrition, supplements maybe required. Coaches are there to support our Gazelle Athletes in all aspects of their training including Nutrition. Please advise our coaching staff for any Nutritional Information for your Athlete.
- It is imperative that Athletes consistently see their Physiotherapists or Massage therapists on an on-going basis to prevent injuries. Injured Athletes will not be allowed to train until their injuries are healed or deemed able to return to training by their health care professionals. Communication to Coaching Staff in regards to injuries is paramount. We do not want to risk further injury and risk ending an Athlete's Track & Field season.



The Gazelles Track & Field Club Acknowledgement and Agreement:

I acknowledge that I have read and understood all of The Gazelles Track & Field Vision & Expectation Statement:

I acknowledge that I will embrace the Core Values of The Gazelles Track & Field Club and will support myself or my Athlete in all aspects of their Training Program.

I acknowledge that I will support The Gazelles Track & Field Club in all aspects to encourage and empower those who are part of this organization.

I acknowledge that I will be positive and not be disparaging of any Gazelle Athletes, Coaches or Members.

By signing this document, you agree to all the terms and conditions outlined in The Gazelles Track & Field Visions and Policies.

Name: _____

Signature: _____

Date: _____