



YouthTrack@PushSP.com  
www.PushSP.com



## Welcome to PUSH Track Club!

Was your child a member of another track club last season?

If so, then you **must** send the following email in order to successfully join PUSH Track Club:

To: [info@scausatf.org](mailto:info@scausatf.org)

Subject: Club Transfer Request

Message: I am requesting a club transfer for my son/daughter, Name and Date of Birth (USATF Membership # \_\_\_\_\_), which was renewed on DATE, from “Old Track Club” to PUSH Track Club (#33-0591).

*(PLEASE INCLUDE YOUR CHILD’S USATF MEMBERSHIP NUMBER THAT WE PROVIDE YOU IN THE EMAIL.)*



YouthTrack@PushSP.com  
www.PushSP.com



## ABOUT PUSH TRACK CLUB

PUSH Track Club was formed in 2012 as a result of an increased demand from parents urging us to form a track program that will enhance sports performances, utilizing the performance training methodologies encompassing more power and speed that will carry-over to all facets of track & field. Our program provides a skilled and professionally trained coaching staff which sets us apart from other youth track & field programs. We train boys and girls ages 5-18. We are a sanctioned, 501(c) nonprofit youth track program, governed by USATF and AAU.

Our program runs year round. The regular track season commences early January and ends late July/early August each year depending on how far our participants' progress to the elite track venues, such as the Junior Olympics. Our post season training is incorporated into our summer camp program and we also offer monthly training sessions for a monthly fee. Many of our athletes who are in sports outside of track and field utilize this program to keep fit and to prepare for their in-season sport. Our preseason track training typically begins the first week in October through to the middle of December and incorporates strength and core workouts, to include beach runs, hill work, and weight training.

## TEAM GOALS

We are committed to providing a positive environment, where our participants develop and enhance their track skills and learn teamwork, respect, and discipline, which are the essential skills needed to compete effectively at the next level. We firmly believe that team building also helps to develop our youth both emotionally and socially. As coaches who also mentor our participants, we will help our athletes build positive self-images and strive to reach athletic and academic goals and achievements. Good sportsmanship, for athletes as well as parents, is enforced so that we continue to promote and develop friendships along the way; this is achieved by encouraging our youth in a positive manner and giving parental support and encouragement from fellow teammates.



YouthTrack@PushSP.com  
www.PushSP.com



## SEASON OVERVIEW

Subsequent to the pre-season training, our 2016 official track season will commence on Tuesday January 5th.

Our regular track season provides multiple competitive track meets, which are hosted by local track clubs as well as venues that will be travel events. Participating in these meets affords each athlete an opportunity to gain experience before moving on to regional and national competitions hosted by USATF and AAU.

## PRACTICE SITES & TIMES

Artesia High School  
12108 Del Amo Blvd.  
Lakewood, CA 90715

Tuesday, Wednesday, and Thursday - 6:00pm to 8:00pm.

## DIVISIONS

Age Group	Year of Birth
8 Years & Under	2008+
9 & 10 Years	2006-2007
11 & 12 Years	2004-2005
13 & 14 Years	2002-2003
15 & 16 Years	2000-2001
16 & 17 Years	1998-1999



YouthTrack@PushSP.com  
www.PushSP.com



## PUSH TRACK CLUB FEE STRUCTURE

\$375.00 Total Fees

Breakdown as follows: \$150.00 non-refundable deposit due with registration. There is a \$50.00 discount for registration fees paid in full. Additionally, there is a \$25 sibling discount (2 sibling max). All deposits due no later than January 12, 2016.

1st installment payment of \$75.00 due by January 19th; 2nd installment payment of \$75.00 due February 9th and the last installment payment of \$75.00 is due no later than March 1st. If deposit is received after January 12, 2016, the first payment will include the \$150.00 deposit in addition to your first \$75.00 installment (\$225 total).

All fees must be paid by the deadlines above. If payments are not received by the agreed upon deadlines, athletes cannot participate in any practices or meets unless fees are paid in full. (Please address any additional payment arrangements directly to the Board Treasurer, which must be approved by the Board President, Brandon Thomas).

The Club Fees include the following costs:

- USATF Membership
- AAU Membership
- Participation in USATF sanctioned track meets
- Participation in AAU sanctioned track meets
- Entry into the Association and Regional Meets for all Qualifiers
- Covers all your practice sessions, provided by dedicated coaches
- Insurance at all track meets and practices. Registration fee also includes automatic coverage under the USA Track & Field/AAU Group Accident Insurance program, which protects against any accidental injury the athlete may sustain in the course of participating in and traveling directly to and from a USA Track & Field/AAU sanctioned event or the organized scheduled practice of a USA Track & Field/AAU member club.
- Uniform
- Warm-up

We accept checks, cashier's checks, money orders or credit card payment only; no cash for fee payments. All money paid is considered non-refundable. Make all checks payable to Push Track Club.



YouthTrack@PushSP.com  
www.PushSP.com



## PUSH TRACK CLUB PAYMENT PLAN CONTRACT

This document serve as a formal payment plan for PUSH Track Club registration cost of \$375.00. I have agreed to pay \$150.00 as the initial down payment on the following date:

\_\_\_\_\_.

---

I will make the following payments on schedule until the balance is paid in full.

Payment #1: \_\_\_\_\_ on January 19, 2016;

Payment #2: \_\_\_\_\_ on February 9, 2016;

Payment #3: \_\_\_\_\_ on March 1, 2016.

I understand that if I miss any of the outlined payments my child(ren) will not be allowed to participate in any further team practices or track meets until all financial obligations are met.

By signing on the Signature Page, I acknowledge that I understand and that I am expected to adhere to this payment plan contract.



YouthTrack@PushSP.com  
www.PushSP.com



## REFUND POLICY

There are no refunds. All funds collected are used for athlete USATF and AAU registration, operation costs, uniforms, warm-ups, and weekly events fees. Before joining the team, please be certain that you and your child want to participate. Because the uniforms and warm-ups are custom made, we cannot exchange or refund these items. Athletes will not be allowed to participate with the team until all fees have been collected, or at the discretion of the Head Coach or President. No athlete will be allowed to practice, compete or travel if there is an unpaid balance after the deadline.

## FUNDRAISING POLICY

- ❖ **FUNDRAISING IS MANDATORY FOR ALL ATHLETES.** The team will distribute a comprehensive fundraising plan that will clearly outline fundraising obligations.
- ❖ Parents will have the option to “opt-out” of fundraising by paying the designated amount.
- ❖ If the minimum fundraising goal is not met during the season, athletes cannot participate in AAU and/or USATF sanctioned meets. This means that the athletes cannot register “Unattached” without first settling the fundraising obligation.
- ❖ If the minimum fundraising goal is not met during the season, parents will be held financially liable before the beginning of the next season.

By signing on the Signature Page, I acknowledge that I understand and that I am expected to follow these policies.



YouthTrack@PushSP.com  
www.PushSP.com



## PARENT CODE OF CONDUCT

All Parents/Guardians who have children participating with PUSH TRACK CLUB must abide by the following Code of Conduct. Any violation of these rules or any PUSH TRACK CLUB rule will result in immediate expulsion. In addition, you will forfeit your membership for the current season and be subject for review for any other subsequent year.

1. I/We agree to furnish proof of birth of applicant to PUSH TRACK CLUB (i.e.: Birth Certificate, Passport, or Military ID).
2. I/We agree to not smoke on the practice or track field, etc. (i.e.: before, during and after practice, and/or track meets.)
3. I/We agree to abstain from the possessing or drinking alcoholic beverages and the possession or use of any illegal substance at track meets and/or practice.
4. I/We agree not to deliberately incite “unsportsmanlike” conduct or use “unsportsmanlike” cheers or chants in any fashion at any PUSH TRACK CLUB function.
5. I/We agree not to use abusive or profane language or actions at any time at any PUSH TRACK CLUB function.
6. I/We agree not to criticize, belittle, antagonize, berate or otherwise incite the opposing teams, its athletes, coaches, fans, officials/judges and Commissioners by word of mouth or by gesture.
7. I/We agree to accept all decisions of the track meet officials and judges as being and called to the best of their ability.
8. I/We agree to treat all children and adults with respect while at any PUSH TRACK CLUB function.
9. I/We agree to follow the proper **chain of command** when filing a complaint or voicing opinion regarding any possible rule infraction or concern within the PUSH TRACK CLUB organization. (You may only advance to the next level in the chain of command providing your situation has not been handled within 72 hours from your initial filing and you need further assistance)
10. I/We will refrain from discussing team business outside of track meeting. (No Exceptions)

The Chain Of Command will be as follows:

1. The Division Coordinator and/or Team Manager will be first point of contact. If complaint is regarding any coach, you may go directly to the Head Coach or President
2. A letter written to PUSH TRACK CLUB.
3. I/We agree to not interfere with the coaching staff's ability to coach my child.
4. I/We agree not to interfere with or come near the “Check-in Area” at track meets, where the check-in is taking place at any track meet.
5. I/We agree to take responsibility for any actions that violates this Code of Conduct by a guest or relative of attending parent/guardian.
6. I/We agree not to bring in **air horns, cowbells or drums** into any **stadium** within any PUSH TRACK CLUB function.
7. Any act of **disrespect** from a parent/fan directed towards officials/judges, or creating a disturbance either in the stands or on the field, or by someone who has been ejected from the meet, practice or event, by a PUSH TRACK CLUB official or meet official, will be assessed a penalty immediately by the PUSH TRACK, club. The penalty will not require a hearing.
8. I/We agree that if I/we have been ejected or removed from any PUSH TRACK CLUB function, I/we will refrain from attending any practices/games/competitions for the period of the punishment. However, any penalty assessed to any individual may be appealed in writing to PUSH TRACK CLUB within 72 hours from the time the penalty was assessed. The appeal will be handled by the appeals committee in accordance with the PUSH TRACK CLUB.

I have received, have read, understood and agree to the Parent Code of Conduct Policy by witness of my signature on the Signature Page.



YouthTrack@PushSP.com  
www.PushSP.com



## PARTICIPANT CODE OF CONDUCT

1. I will not act or speak to any coach and/or a member of the staff in a disrespectful manner.
2. I will not use profanity at any track & field event or function, and I will be courteous in word and demeanor to all other team members.
3. I will observe the rules of the sport in spirit as well as in letter.
4. I will report to each and every practice and athletic competition on time.
5. I will give an honest and sincere effort at each practice, and in competition.
6. I will observe all rules of behavior set forth by AAU and USATF Southern California Association of Track & Field.
7. Association of Track & Field.
8. 7. I will be subject to disciplinary action for conduct detrimental to the team.
9. I understand that I will be held personally accountable for my actions. Furthermore, violation or any of the above standards can result in suspension and/or dismissal from PUSH Track Club and total forfeiture of all monies paid.

## APPEARANCE

All athletes shall arrive for their regularly scheduled track meet in the required PUSH Track Club uniform and in possession of required spikes or necessary equipment for their event.

I have received, have read, understood and agree to the Participant Code of Conduct Policy by witness of my signature on the Signature Page.





YouthTrack@PushSP.com  
www.PushSP.com



## PHOTO RELEASE FORM

Throughout the track season photographs may be taken of athletes or awards to be displayed on the PUSH Track Club website, marketing materials, and on Shutterfly.com team website. Parents/guardians must sign this personal/photo release form in order for their athlete's photo or name to be displayed on any the mediums to promote, market and display Push Track Club. *Parents should understand that there is a Roster on Shutterfly that will show all the athletes pictures and names.*

I, the undersigned, hereby authorize Push Track Club to display my child's photograph, awards, or video images (hereafter identified as "photograph") on the Club's website, on Shutterfly, or in promotional publications for the current track year and subsequent years as deemed necessary by Push Track Club. I also understand that links to newspaper articles may be included on the website and that these articles may include identifying information and/photographs, and that any permission granted to those outside entities will also apply to the website. I understand that the website is accessible to anyone who is connected to the Internet and that the ownership of these photographs cannot be guaranteed. The copyright will be held by Push Track Club, and grants Push Track Club any and all rights to use these photographs in the future publications. I also understand that by signing this form, I acknowledge that Push Track Club has asked my permission to post the photographs online, I agree to hold harmless Push Track Club, its officers, agents, and employees from and against all costs, losses, claims, demands, suits and actions arising from any use or misuse of these photographs.

I, the undersigned, grant Push Track Club the right to publish photographs of my minor athlete, and images may include video productions, hard copy publications, and be placed on the clubs website, Shutterfly account, and promotional material.

I, the undersigned authorize Push Track Club the right to publish photographs of my minor athlete and that these images may be place on the club website, Shutterfly account, or promotional publications.

I, the undersigned do not authorize Push Track Club the right to publish photographs of my minor athlete.

**I have received, have read, understood and agree to the Photo Release Policy by witness of my signature on the Signature Page.**



YouthTrack@PushSP.com  
www.PushSP.com



## UNIFORM ORDER

This size chart can be used as a reference for uniform ordering. However, please feel free to make the selections that are appropriate for your child.

Age Group	8 Years & Under	9 & 10 Years	11 & 12 Years	13 Years & Up
Uniform	__ys __ym __yl	__ys __ym __yl	__ym __yl __as	__yl __as __am __al
Warm Up	__6 __8 __10	__8 __10 __12	__10 __12 __14 __as	__14 __as __am __al



YouthTrack@PushSP.com  
www.PushSP.com



## REGISTRATION FORM

Child's Name \_\_\_\_\_ Male  Female  Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Apparel Size(s) Top \_\_\_\_\_ Shorts \_\_\_\_\_ Youth  Adult

Father/Guardian Name \_\_\_\_\_ E-mail Address \_\_\_\_\_

Current Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_

Mother/Guardian Name \_\_\_\_\_ E-mail Address \_\_\_\_\_

Current Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_

Please note any medical conditions and/or social or behavioral issues of which PUSH Track Club should be aware:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Office Use Only: Amount Paid: \_\_\_\_\_ Date: \_\_\_\_\_ Amount Owed: \_\_\_\_\_ Date: \_\_\_\_\_

Paid in Full: \_\_\_\_\_ Date: \_\_\_\_\_ Payment Check #: \_\_\_\_\_ Date: \_\_\_\_\_

Birth Certificate: \_\_\_\_\_ Note: A copy of the participant's birth certificate is required for registration purposes.

USATF Membership # \_\_\_\_\_ / AAU Membership # \_\_\_\_\_



YouthTrack@PushSP.com  
www.PushSP.com



## GENERAL RELEASE AND WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

Please read carefully. This is a release of legal rights.

Name of Minor Participant \_\_\_\_\_ Age \_\_\_\_\_

In consideration of being allowed to participate in any way in PUSH Track Club and/or being permitted to enter for any purpose any restricted area (defined as any area where admittance to the general public is prohibited), I, the parent and/or legal guardians of the minor named above, agree to assume all risk of any kind of injury or damage my child may receive or sustain as a result of participation, including property loss, property damage, personal injury, or death.

By my signature below I acknowledge my understanding of the release and hold harmless and agree and confirm that:

As the parent/guardian, it is my responsibility to instruct the minor participant if he or she believes anything is unsafe, the participant should immediately advise the officials of such condition and refuse to participate. The above named minor may, during the course of the program, participate in all the activities at PUSH Track Club, including but not limited to, the following activities: health-related fitness, body awareness, lead-up events, and sports. I grant permission for the above-named minor to receive medical treatment for any and all injuries and illnesses sustained or experienced during his/her participation in the PUSH Track Club activities, included but not limited to emergency first aid, and emergency transport to a medical facility.

I KNOWINGLY AND FREELY ASSUME ALL RISKS, BOTH KNOWN AND UNKNOWN, AND HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS, ON BEHALF OF MYSELF, THE ABOVE NAMED MINOR, OUR HEIRS, ASSIGNS, AND NEXT OF KIN (COLLECTIVELY, THE "RELEASERS"), FEDDE SPORTS COMPLEX, JUNIPERO BEACH, ARTESIA HIGH SCHOOL, PUSH TRACK CLUB, AND EACH OF THEIR RESPECTIVE AGENTS, EMPLOYEES, REPRESENTATIVES, CONTRACTORS, PREDECESSORS, SUCCESSORS, ASSIGNS, OFFICERS AND AFFILIATES (COLLECTIVELY, THE "RELEASEES"), WITH RESPECT TO ANY AND ALL CLAIMS, CAUSES OF ACTION, INJURY, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY RELATED TO THE PRESENCE OR PARTICIPATION OF THE MINOR IN MY CHARGE, WHETHER ARISING FROM THE NEGLIGENCE (INCLUDING GROSS NEGLIGENCE) OF THE RELEASEES OR OTHERWISE. TO THE FULLEST EXTENT PERMITTED BY LAW.

I represent and warrant that I have full right and authority to enter into this agreement on behalf of the Releasers, (including, without limitation, the above named minor), and no other person is required to enter into this agreement for and on behalf of the Releasers.

Printed Name of Parent/Guardian: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_



YouthTrack@PushSP.com  
www.PushSP.com



## SIGNATURE PAGE

### PUSH TRACK CLUB PAYMENT PLAN CONTRACT

---

Parent Signature

Date

### REFUND POLICY

---

Parent Signature

Date

### FUNDRAISING POLICY

---

Parent Signature

Date

### PARENT CODE OF CONDUCT

---

Parent Signature

Date

### PARTICIPANT CODE OF CONDUCT

---

Parent Signature

Date

---

Athlete Signature

Date

### PHOTO RELEASE POLICY

---

Parent Signature

Date