



The mission of the Lanier Running Club is to promote the benefits and enjoyment of running in our community

LANIER RUNNING CLUB, INC.

YOUTH PROGRAM INFORMATION BOOKLET



Welcome to our program. The Lanier Running Club Inc. (LRC) was founded in the late 1980's under the name Gainesville Roadrunners in Gainesville, GA. The name was changed to the Lanier Running Club in 2005.

The Lanier Running Club joined USA Track & Field in 2008 as a competitive club.

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REGISTRATION

The Registration Fees (Required Ages: 8 thru 18): are as outlined in the registration forms package which can be obtained from the Lanier Running Club Website or a LRC coach / board member.

Fees generally include the following items, and are adjusted for Track & Field vs. Cross Country Season as the race schedules and race entry fees become available from USATF.

- 1) Required Memberships (Unless Already Paid)
 - a) Lanier Running Club
Note: Family Memberships also available via LRC Website.
 - b) USA Track & Field – Youth Individual (Unless Already Paid)
- 2) Lanier Running Club Uniform (Unless Already Purchased)
- 3) Lanier Running Club Warm-Ups - (Optional)
- 4) Race Entry Fees
- 5) End of Season Recognition Event & Awards

MEMBERSHIP

Membership Benefits Include:

- Entry fees to club-scheduled meets. There may be optional meets (identified on the meet schedule) that will require payment of additional entry fees by the athlete.
- USA Track & Field Card
- Lanier Running Club — Uniform
- Administrative Support
- College Recruiting Assistance
- Individual Volunteer Coaching
- End of Season Banquet & Awards
- Team supplies (Travel team water and electrolyte beverages, equipment, etc)
- **The Registration Package should be fully completed and submitted with fees payment before participation in each season (Track vs, Cross Country).**
 - > Registration Form (all forms must be filled out completely and signed)
 - > Physical (medical exam – on record with School and Parent Waivers signed)
 - > Copy of birth certificate (new members only)
 - > Arrangements can be made for athletes with special financial circumstances.

Athletes must provide for his/her own yearly Medical Exam. No Exceptions. Physicals are required before any training or competition. If a student athlete also competes for his/her school and a Medical Exam Form is on record at the school, a Parent Medical Waiver and Release in lieu of the Medical Exam Form is acceptable, provided the on record Medical Exam Form is current and parent waivers are signed.

If a new member is not a USATF Member, Please turn in a copy of your birth certificate. Other forms of identification (passport, driver's license or U.S. Government ID) are acceptable.

Registration fees are non-refundable or transferable. Athletes will not be allowed to participate in any competition until all required registration fees are paid in full and all forms are completed and signed.

GENERAL INFORMATION

Regular team meetings will be called as needed, all parents or a representative must attend.

YOUTH RUNNING PROGRAM FUND RAISER

Youth Program Fundraising: We encourage each youth athlete to participate in our club-designated fundraisers. Those who participate and bring in sponsorship funds will be able to draw against these additional club financial resources to defray their travel expenses for meets outside the Atlanta metro area.

We will have a Sponsorship Program specific to the youth running program, and advertising recognition will be provided on the Lanier Running Club website and on the back of the club shirts. Further details and Sponsorship Program forms are available from the Youth Committee or coaches.

EQUIPMENT

Training Shoes/Track Spikes

The most important piece of equipment needed is a good quality pair of training shoes. Running shoes (not basketball, tennis or cross-training shoes) are required for all athletes for practice sessions. Consult with the Head Coach before purchasing spikes, waffles and other shoes required for specific events.

Uniforms

Lanier Running Club uniforms must be worn at all track meets, and an LRC singlet at cross country meets.

Wind Suit/Sweats

Either Sweats or Warm-Up suits should be worn at all practices and cross country meets. The Lanier Running Club Warm-Ups will be optional (and may be purchased while supplies last... (Contact Coach Richard Ludwig for available inventory and sizes).

Track Bag

Each athlete should have a track bag at each practice/competitive meet, containing the following: running spikes/shoes, water bottle (with water).

CLUB RULES & GUIDELINES

Athletes

- Be open to learning and training environment at every practice.
- Support all athletes on the team.
- Display and foster good sportsmanship and do not over-react to officiating decisions.
- Learn the rules and always compete by them.
- Be respectful to coaches, chaperones, teammates, officials and competitors on other teams.
- No profanity or abusive language will be used.
- Any athlete involved in a fight will be subject to automatic dismissal.
- Set appropriate goals; understanding that winning is a result of accomplishing a goal or set of goals. It is not where you finish in a race.
- Have an enjoyable experience.

Parents

- Support the club by volunteering to help with practice, fundraising events, transportation and at track meets. Support the coaches and staff. *Coaches and staff are volunteers giving their personal time and money— show respect and appreciation for their efforts.*
- Understand that winning is a result of accomplishing a goal or set of goals. It is not where your child finishes in a race.
- No alcoholic beverages, tobacco or drugs will be allowed around any athlete at any time.
- Exhibit good sportsmanship toward all athletes, coaches, chaperones and officials at each practice and track meet.

Operational Objectives

It is important for both Parent and Athlete to understand the direction of the program. The individual athlete, through their training will determine their overall individual progress and development. The program will emphasize individual development first and competition second.

Any complaints or disagreements with the coaches or the Club shall be communicated through an Officer or Board Member of the Lanier Running Club. Speaking badly of the Club and/or creating dissension among Club members will not be tolerated.

Athletes should not enter into an unsanctioned meet during the Club program period without first coordinating with their Lanier Running Club Coach for his consultation and prior approval. This is to ensure that runners coordinate their training and workouts so they “peak” for the club sanctioned events and a commitment to fellow team runners is ensured. All Junior Olympic meets are after completion of the regular school season, so there should not be conflicts with school meets; however, the club does participate in other recreational and training races throughout the year.

Conduct which is not in compliance with the Rules and Guidelines and/or which is detrimental to the Organization may result in a parent/athlete’s dismissal from the club. Fees will not be refunded in the event of dismissal.

All parents will be obligated to the Rules and Guidelines of the Organization, no exceptions.

LANIER RUNNING CLUB PRACTICES

The Club schedules regular practice sessions that each athlete must attend, subject to their participation in organized school programs. The LRC practice schedule will be provided by the Coaching Staff, and may be updated subject to availability of training facilities. Athletes and parents are expected to comply with the Club's Practice Policy.

Practice Policy for Athletes

- **Athletes should participate in their Middle & High School running programs through end of their scheduled seasons.**
- Athletes who cannot participate in an organized school program and those who have completed their regular season schedule, should attend all LRC practices and be on time.
- Athletes should have the following at each practice:
 - o Water bottle
 - o Sweat pants and top
 - o Training shoes
 - o Shorts and T-shirt
- Athletes must follow the directions of the coaching staff during practices.
- Athletes should direct all conditioning and training toward individual events.
- Complete the daily/weekly conditioning and training program. This includes doing the exercises and participating in all drills.
- The following is not permitted:
 - o Profanity
 - o Abusive language
 - o Horsing around or Fighting
- Repeated misconduct will be grounds for dismissal from the program.
- No registration fees will be refunded if dismissed from the program.

Practice Policy for Parents

- Parents shall refrain from coaching or instructing athletes during practice sessions. Coaching is the sole responsibility of the Lanier Running Club coaching staff. **No exceptions!**
- No parent or person will be allowed to discuss in a disruptive or unruly manner with the Coaching Staff concerning any disciplinary procedure.
- Parents should not interfere during practice sessions; coaches are available to answer questions before and after practice.
- Athletes must provide for his/her own yearly Medical Exam before practice is permitted.

Practice and Inclement Weather

The coaches will not cancel practice because of rainy weather in general. Practice will be held as scheduled except in the event of dangerous weather, such as extremely heavy rain or lightning. In the event that a scheduled practice is canceled ahead of time due to weather, the club will try to inform the members by phone or e-mail or members checking the club's web site.

COMPETITIVE MEETS

To ensure a Lanier Running Club Athlete's best performance at competitive meets are achievable, the Lanier Running Club athletes and parents have specific rules and guidelines to follow.

General Information

Coaching Staff will determine the individual and applicable team rosters by applicable USATF age groupings. Depending on the number of available runners, more than one event (track) or team may be entered with the same age grouping. The parent may discuss this with the coaches prior to entry, but the coaches have the final say.

Meet information will be provided prior to each competition; this will be in paper form and/or email. The parents and athletes are responsible for knowing the athlete's individual and/or team event start times.

If an athlete will not be competing at a meet, this must be communicated to the coaches as early as possible, so that team rosters may be adjusted as appropriate. If an athlete is entered as a member of a track relay or cross country team for a scheduled event and withdraws from or does not show at the event without prior approval from the Lanier Running Club – Youth Program Director, he or she will not be allowed to participate in any other competition for the remainder of the season.

The Club will have a designated team area for the athletes to stay during the meet. All athletes must sit together in the team area.

Athletes' Rules & Guidelines

Arrive at the meet at your designated report time, assigned by the coaching staff. Upon arrival at a meet, check in with a coach and/or chaperone at the designated team area and get your competition number and instructions.

Athletes must stay in the team area during the meet. Notify a coach or chaperone before leaving the Team area.

Have your bag containing shoe bag with spikes, training shoes, and warm up clothes.

Warm up with your teammates. Be on time to get prepared mentally and physically for your events.

The meet announcer makes the calls for each competitive event check-in (in most cases). It is your responsibility to get to your event. When you check-in, you should be ready to compete (uniform, number, shoes and water). Once you check in at your running event, you should not leave the check in area.

Parent's Rules & Guidelines

Make sure that your athlete is prepared, be on time and ready for his/her events.

All athletes should receive at least 8 hours of sleep the night before a meet.

Athletes should eat a nutritious breakfast. This includes fruit, bread, juice and water (2% milk). More information is provided in the Nutrition section of this booklet.

CHAPERONES

Chaperones will be assigned for each meet to assist the coaches in establishing an area for our athlete's convenience to the check in area and/or away from high-traffic areas. Non-athletes/non-coaches who set up in the proximity to the team area may be asked to relocate at the discretion of the Chaperone.

Parents should report to the Chaperone upon arrival to check in at the team area.

Parents may request event/schedule information from the Chaperone at that time.

Athletes are still responsible for listening for the call of their events and for being prepared and warmed up.

All athletes must stay together in the Team area. Athletes are not allowed to leave without notifying a Chaperone or Coach.

All athletes will remain at the cross country meet, until they sign-out (or are released) by the Lanier Running Club – Junior Olympic Director, or one of the LRC Coaches.

CLUB TRAVEL

All athletes are expected to attend all meets for which they qualify. This is particularly important for cross country events with team rosters that have qualified to advance to the next level of competition... Don't let down your teammates!

The Club arranges transportation and hotel accommodations for out-of-town meets.

To the extent that the club budget can provide it, athletes may be provided Club transportation to and from meets outside the Metro Atlanta area. The availability of club transportation and/or car pool arrangements will be coordinated by the LRC – Jr. Olympic Director with focus on getting each competitor to his/her event on time and at as low a cost as can be arranged.

While out-of-town meets are often viewed as opportunities for family vacation time, these meets are "competition trips" for the athletes... and vacation or sightseeing should be reserved for times that are scheduled by the coaches so that focus on competition comes first!

All athletes must abide by the "Dress Code" when traveling to and from track meets.

Parents are responsible for travel expenses (travel expenses can be offset with fundraising participation).

HEALTH AND NUTRITION

Pre-Competition Sleep

- Athletes should get at least 8 hours of sleep the night before a meet.

Pre-Competition Meals — at least 3 hours before the event

- High in complex carbohydrates; such as bread, fruit and vegetables.
- Moderate in protein
- Low in fat
- Plenty of Fluids (water)
- Athletes should eat a nutritious breakfast before a meet, including fruit, bread, water and juice. No meat is recommended.

Snack Tips — For All Day Meets

- Fresh Fruit — bananas, raisins, grapes, oranges, peaches, watermelon
- Bagels, crackers, pretzels, energy bars, fig newtons

Post — Competition

- Athletes should do their cool-down after each race event.
- Water, sport drinks, energy bar and fruit.

SMART EATING

Maintaining a proper diet is extremely difficult. Yet given the advantages of a healthy diet, especially where athletics is concerned, the price does not seem too high. Do yourself a favor and better the odds of even greater success by eating the right foods. We will once again try to inform you as best we can, regarding the most nutritious meals for you during training and competition.

We also realize the limitations you are under considering your food sources. It will be extremely hard to say no to candy, soft drinks, chips, fries, etc., when all around you people are pigging out. Don't give in.

Remember it is your choice, avoid "Junk" foods. Drink lots of water, an essential nutrient, aids in regulating body temperature and other body functions. Drink water after competition also, as you need to replenish your body. You can drink up to 1 cup of water up to 15 minutes before competition. All athletes should make sure that they are properly hydrated before exercise.

It is unwise to exercise within two hours of a meal, for it takes two hours for food to pass through the stomach. If you eat right before exercising, your blood is diverted to all the exercised parts of the body from the digestive tract and kidneys where it would normally aid in digestion. Result: Your food sits in the bottom of your stomach.

Fat and Protein is slow (three to five hours). Protein residue is given off through the kidneys. During exercise, an athlete's kidneys are shut down and wastes are not excreted. Therefore, eat protein sparingly before race.

If you do not eat, you may feel sluggish because your body could be running short on energy.

Carbonated drinks should be eliminated during the season because they increase the amount of carbon dioxide in the blood.

Club Contact Information

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| <u>Mailing Address:</u> | Website: www.lanierclub.org | Coach Art DaCosta |
| Lanier Running Club, | | Email: daco5029@bellsouth.net |
| P.O. Box 13 | | Phone: 770-596-1904 |
| Gainesville, GA 30503 | | |

MEET SCHEDULE

Our Annual Track & Field and Cross Country meet schedule depends on locations and dates of competition, as published by USA Track & Field (or other race sponsors for non- USATF events). Some travel also depends on Qualifying Standards set by USA Track & Field, Meet Host and Coaching Staff. There may be other cross country meets added to this scheduled as they become available.

Refer to the Club Website and/or emails from the coaches for updates to The Lanier Running Club Youth Meet Schedule.

Please check with the Head coach to find out what meets athletes qualify to participate.

You must participate in USATF Area (Track), Association (State) and Regional (Region 3) meets to advance to the USATF Junior Olympic National Championships. There are some very limited exceptions (e.g. when USATF Meets conflict with GHSA State Meets), and the coaches should be consulted for those specifics.