



**Phoenix Flyers Track Club**

***Coaches***

Larry Todd - USATF Level 2 Certified Coach  
David Allison - USATF Level 1 Certified Coach  
Leigh Fox Young – Masters Throws National Champion

***Contact Info***

(480) 326-1495 or 602-576-1739

**[www.phoenixtrackclub.com](http://www.phoenixtrackclub.com)**

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[marathoncoach@gmail.com](mailto:marathoncoach@gmail.com) (Coach Allison)



### **Club Information**

**Club practice location:** Mountain Pointe High School

4201 East Knox Road, Phoenix, AZ 85044

**Practice times:**

Mon, Tues & Thurs – 5:30 to 7:00 p.m.

**Club Colors:**

Black, Green and Silver

The Phoenix Flyers are a non-profit organization (501(c)(3)) and is a member of USA Track and Field. **USATF** is a volunteer-driven, not for profit organization with its headquarters in Indianapolis, IN. The Flyers strive to teach and excel in all areas of track and field.

The sport of track and field is a sport for all ages and abilities. Youth competitors are placed in age groups based on year of birth. Sub-Bantam (under 8), Bantam (9-10), Midget (11-12), Youth (13-14), Intermediate (15-16), Young (17-18).

**List of events: Sprints:** 60m, 100m, 200m, 400m **Hurdles:** 60m, 80m, 100m, 110m, 200m, 300m, 400m **Relays:** 4 x 100m, 4 x 400m

**Middle & Distance:** 800m, 1500m, 3000 m, 5000m, 10000m, 3000m steeplechase, **Relays:** 4 x 800m

**Walks:** 3k walk, 5k walk

**Jumps:** High Jump, Long Jump, Triple Jump, Pole Vault

**Throws:** Shot Put, Discus, Javelin, Hammer

**Combined Events:** Decathlon, Heptathlon, Pentathlon, Triathlon

In 2014 we **will only be coaching athletes** for the following events:

- |             |            |                |
|-------------|------------|----------------|
| • 60 m      | • 4x800    | • Long jump    |
| • 100 m     | • 800 m    | • Triple jump  |
| • 200 m     | • 1,500 m  | • Mini-javelin |
| • 400 m     | • 3000 m   | • Javelin      |
| • 4 x 100 m | • 5,000 m  | • Discus       |
| • 4 x 400 m | • 10,000 m | • Shot         |

### **Benefits of joining Phoenix Flyers Track Club**

- A better understanding and knowledge of track & field.
- Positive and fun attitude from our coaching staff.
- USATF certified coaching staff.
- Entries into meets and logistical information before and during competition day.
- Discounts on apparel and training equipment.
- We you set you up for success with reachable goals and give you a game plan for each meet.
- You will learn proper form, race strategies, technique, conditioning, nutrition, and rest recovery.

**Club Dues** - Fees are due at the time of registration.

- **Fees include USATF annual membership.**
- Youth fees include USATF regulation, two invitational and two state championships meet entry.
- High school fees include before and after school year training, in state invitational and championship meets.
- The annual Phoenix Flyers Track Club dues are used to pay for annual USATF club registration, pre-season training, insurance, equipment, coaching education, and club administrative cost. All fees are subject to change based on costs outside of the Phoenix Flyers control.

Our goal is to have every athlete that wants to compete be able to compete. If you need alternate payment arrangements please contact Coach Todd or Coach Allison. Although we require fees to be paid, those fees are absorbed mostly by payments to USA Track & Field for membership, insurance, meet entry, and equipment. The mandatory payment listed is a flat fee which is due and payable at registration.

Once training and competitions begin there will be absolutely no refunds for any reason. Unless other arrangements have been made, the entire fee must be paid in full by January 31st or before competing in the 1st competition. Entry fees for track meets not paid for by the club are paid by the athlete and must be turned in prior to meet deadlines before athlete entries will be completed.

**Uniform Rule:** Athletes must compete in Phoenix Flyers approved uniform. No exceptions. Uniforms are purchased at a discounted cost and sold to athletes at club cost.

**Youth Registration Form Registration Date:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Birth Date:** \_\_\_\_\_

**(Please include a copy of birth certificate – new athletes only)**

\_\_\_\_\_  
**Age:** \_\_\_\_\_

**School Name:** \_\_\_\_\_

**Grade:** \_\_\_\_\_

**If in High School. Does your HS have a track program? Y/N** \_\_\_\_\_

**Father's Name:** \_\_\_\_\_

**Mother's Name:** \_\_\_\_\_

**Cell Phone:** \_\_\_\_\_

**Cell Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**MEDICAL HISTORY:** (If you answer yes to any of the items below, please provide explanation along with dates and treatment on a separate sheet of paper)

Asthma Y N

Allergies Y N

Glasses/Contacts Y N

Fractures within Past Year Y N

Dental Braces Y N

Head Injuries Y N

Serious Illness Y N

Repeated Bone/Joint Injury Y N

Bleeding Tendencies Y N

Sickle Cell Tendency Y N

Surgery in Past Year Y N

History of Heart Murmur Y N

Kidney Disease Y N

Seizures (fits) Y N

Diabetes Y N

Tetanus (date of last shot): \_\_\_\_\_

Current Medication: \_\_\_\_\_

Name of Family Physician: \_\_\_\_\_

Phone#: \_\_\_\_\_

**EMERGENCY MEDICAL RELEASE**

I/We give our permission for any emergency treatment necessary either on the practice field or on the game field. I/We authorize any hospital and/or physician to perform emergency treatments from any injuries resulting from any scheduled **Phoenix Flyers** function including the supervised travel to and from said functions.

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Father's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(If athlete under 18 years old)

Mother's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(If athlete under 18 years old)

**Athlete Profile**

Name: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Gender: M F

High School / College: \_\_\_\_\_ Year: Senior Junior Sophomore Freshman

Elementary: \_\_\_\_\_ USATF # \_\_\_\_\_

Uniform Size: **Youth:** Sm (4-6) Inter (6-7) Med (8-10) Lrg (10-12)

**Adult:** Petite Sm Med Lrg XLrg 2XLrg 3XLrg ☐☐

Event Best Performance Meet/Race Date Place

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What events do you want to participate in? (Sprints, Middle Distance, Jumps, Throws (mini-javelin))

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Do you have any special needs or restrictions? (Health issues)

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What are your short term goals? (1 – 2 years)

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What are your long term goals? (2+ years)

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What are you looking for in a club? (What is important to you?)

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**RULES AND GUIDELINES**

Athlete must compete in Phoenix Flyers uniform or uniform approved by Phoenix Flyers coaching staff. Uniforms and team gear are the responsibility of the athlete.

U.S.A. Track and Field membership card. The Group Accident Insurance Program begins with the date that the USA Association receives the card. In general, the program covers all track related accidents at practice sites and meets.

If your child will miss a track meet, be late or leave early, **please notify coaching staff ASAP**. If we sign up your child for a meet and they do not attend, you will be responsible for re-paying the meet entry fees before they can run in the next track meet.

Relays: If your child is on a relay they are required to attend practice sessions. If they miss a track meet or continually miss relay practice they will be taken out of the relay team pool. In general the fastest 4 make the team unless one of the fastest is in an event that conflicts with the relays. Relays require a higher level of commitment because if your child does not show up 3 other kids do not get to compete.

Consult your physician before beginning training and competitions. Athletes train and compete at their own risk. The Phoenix Flyers will provide necessary equipment for training and competing. Some specialty implements and training equipment are the athletes' responsibility.

Each track meet the Phoenix Flyers are responsible for various activities. Example: moving hurdles, athlete check-in, timing, snack bar, clerking, etc. Athlete / Parental assistance is required for club membership and in running an efficient track meet.

Once competition starts parents are not allowed on the field. If you have any questions or concerns please direct them to the Phoenix Flyers coaching staff. We want to address any misunderstandings or communication disconnects as soon as possible.

Both coach and athlete agree to never use performance enhancing drugs, and has never and will never advocate, aid or abet drug use in sports. Destructive, disrespectful, or unsportsmanlike behavior will not be tolerated. Disciplinary actions will include community service, dismissal from competition, removal of coach and athletes USATF benefits, or dismissal from team.

I have read and understand and am in agreement with the contents of the Registration Information and Application Packets. The signatures below confirm that both athlete and parent (If athlete under 18 years old) are aware of the rules and will abide by all rules and guidelines set forth therein.

Dated this \_\_\_\_ day of \_\_\_\_\_, \_\_\_\_\_.

Athlete's Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(If athlete under 18 years old)