



April 2015

Hello Parents and Athletes,

The Commissioner, President, Head Coach, Assistant Coaches, and Support Staff would like to welcome you to the Fort Belvoir “Sonic Boom” Track Club.

The Fort Belvoir “Sonic Boom” Track Club was established in ‘2000’ to give a meaningful experience in the sport of track and field to boys and girls from ages five to eighteen. As a developmental track and field program, our club goal is to encourage and help young people develop physically, emotionally, and socially through team and individual athletic involvement. Sonic Boom is a proud member of the following official organizations: USA Track & Field (USATF), Amateur Athletic Union (AAU), and Potomac Valley Association. As members of the national and regional sanctioning organizations, we strive to provide prime training and strictly uphold the most respectable character for our youth to model.

Our coaches place emphasis on setting personal goals and training to attain those goals. Our coaches want to instill in our youth that, in any case, the real winners are the individuals who work hard and maintain a positive attitude. We know that you share our belief that a positive attitude is necessary for a successful season as well as a successful life. We are glad to have your support and believe that, together, we can build self-esteem, positive sportsmanship, and reputable character in our youth.

Looking forward to having a great year- Go Sonic Boom!

Regards,

Richard Herman, Commissioner Fort Belvoir  
“Sonic Boom” Track Club KEEPING OUR  
YOUTH ON THE RIGHT TRACK

Coaches and Administrators

Jerry Arrington, Fort Belvoir Youth Sports Director

Richard Herman, “Sonic Boom” Commissioner

Coach James Shellington, “Sonic Boom” Deputy Commissioner and Head Field Coach

Coach Alton Greene, “Sonic Boom” Head Track Coach

Coach Johnny Oliver - Assistant Coach

Coach Arthur Martin - Assistant Coach

Coach Maureen Owens - Assistant Coach

Coach Clarence Morgan - Assistant Coach

Coach Kerry Bullock – Assistant Coach

Coach Marlo Mullen – Assistant Coach and Team Photographer

Coach Fran Carnevale – Assistant Coach

Coach Bill Montgomery – Assistant Coach

Coach Danny Morissette – Assistant Coach

Coach Chaon Gordon – Assistant Coach

Coach Jonathan Harvey – Assistant Coach

Gwen Simmons, Fort Belvoir “Sonic Boom” Track Support Staff

Mrs. Bronte Montgomery, Support Staff

Mrs. Antoinette Oliver, Support Staff

Mrs. Katrina Martin, Support Staff

Ms. Rhonda Dickens, Support Staff

All FBSB staff is required to have a background check on file with Child Youth & School Services (CYSS) in order to work with children.

## **Registration**

All athletes must register with Fort Belvoir Child and Youth Services (CYS). Your child must have an active duty, retired military, Department of Defense (DoD), or DoD Contractor guardian in order to participate in Fort Belvoir Youth Sports. All new athletes must submit a copy of his/her birth certificate as soon as possible. The birth certificate is needed to verify age requirements for our sanctioning organizations, USATF and AAU.

The registration fee for the season for each athlete must be paid to CYSS. Your child will not receive his/her uniform until registration fees have been paid. Each family will be asked to contribute to a team fee in order to address the cost of entry fees, water, and supplies needed for the track season.

All athletes must have a current sports physical in order to participate in track meets! The sports physical paperwork must be provided to CYSS upon registration.

Regional and national track meets require USATF and AAU membership. In order to obtain the correct information needed for membership, please be sure to speak with Coach Herman about USATF and AAU member registration.

High school and junior high school athletes must indicate their interest to run with the Fort Belvoir “Sonic Boom” (FBSB) Track Club to the head coach, Coach Green, or to the commissioner, Coach Herman, as soon as possible.

## **Practice**

Practice is an important part of the development of our athletes. In order to perform well and understand the method to achievement, it is important that all FBSB track club athletes be present for practice.

The FBSB track club will begin its 2013 season on Monday, April 1<sup>st</sup>. Practice will be held every Monday, Wednesday, and Friday from 5:30p.m. until 7:30p.m. at Pullen Track Field. Practice days and times are subject to change. Parents will be notified in the event that the FBSB coaches make the decision to change the practice schedule.

In the event of inclement weather, practice will be held in Specker Field House.

Parents are welcomed to do warm-up exercises with the team. However, once the warm-up period is over, only staff and designated assistants will be allowed on the track.

### Dress Code and Shoes

Jeans, dresses, skirts, and slacks are never to be worn for practice. Warm-up pants or shorts and a T-shirt are appropriate for track practice.

All athletes should be dressed appropriately for the weather condition. If the temperature is low, please be sure that your child has something to cover his/her body in order to keep their muscles warm.

All athletes should be dressed in the team uniform provided by FBSB track club for track meets. This is especially important for members of relay teams as such teams are subject to disqualification if all members are not dressed uniformly.

When not performing in an event, athletes should remain dressed in their FBSB team warm-up pants.

### PLEASE READ!

- The team T-shirt does NOT go under the running jersey!  
No exceptions!
- White T-shirts are NOT allowed under the FBSB jersey! If you wish to have your child wear a T-shirt under his/her running jersey, you must be sure that the shirt is red, gray, or black! No exceptions!
- All athletes must have their jersey tucked into their running shorts! No exceptions!
- Keep up with your uniform! If Coach Herman has to collect your left behind jacket, pants, T-shirt, shoes, etc., he will charge 50 cents to get it back.

Wave caps and bandanas are not to be worn to track meets!

Appropriate footwear should be worn at all times. Athletes are to practice in running shoes and may perform at meets in track shoes (spikes) if they own them. Track shoes should have spikes that are no more than ¼” in length.

Spikes are not recommended for athletes under the age of eight.

If you are unable to find or purchase track spikes, speak with Coach Herman during practice. Used, cleaned and re-spiked, track shoes are often donated to the Club. If your child has used track shoes that they can no longer wear, please donate them to the Club.

Please feel free to speak with a member of the coaching staff if you have any questions concerning appropriate footwear.

### **Track Meet Preparation and Etiquette**

Parents of track and field athletes are some of the most dedicated parents. We know that you give a great deal of yourself by reserving your weekend for a dawn ‘til dusk track meet. We want to thank you for your dedication to the team and for being such an outstanding parent.

Please expect to be outside in various weather conditions from 8:00a.m. until 6:00p.m. It is possible that some meets will extend beyond 6:00p.m. Bring items that will allow you and your child to be comfortable for the extended period of time. Here are a few tips that your family might find helpful for enjoying a full day supporting FBSB track club:

- Bring a cooler, insect repellent, portable/folding chair, tent or canopy, blankets, pillows, games, books, sun block, water, sports drinks and healthy snacks.
- Put your child’s name on all his/her equipment as FBSB is not responsible for lost or stolen items.
- Share the time cheering for your child with a friend. Your cheers are great, but cheering with a friend is even better.
- Use the time to get to know your FBSB family better.
- If you must leave the track, even temporarily, notify the team coaches immediately.

Officials and management personnel are there to help make this a positive and rewarding experience for everyone. In order for everyone to get along and respect one another, it may be helpful for parents to:

- Know and understand the rules of track and field.
- Show respect for the opponents.
- Recognize and show appreciation for the varying skill levels of all athletes.
- Maintain self-control at all times.
- Ensure that you keep your hands, feet, and all other objects to yourself at all times.

Parents are not allowed on the track at any time during track meets. Always stay at least 10 feet back from the edge of the track so you and our club can never be accused of affecting the outcome of a race. Violation of this rule can lead to the individual or team disqualification.

The officials have the right to disqualify the athlete or the team from an event if the above rules are not followed.

Athletes must arrive one hour before the meet is scheduled to start in order to properly warm-up and convene with their team and coaches.

Tents are put up by the coaches and parent volunteers and are primarily for the athletes. It is important that the athletes are sheltered before parents begin setting up chairs and coolers under the team tent. It might be helpful to purchase your own tent in the case that there is not enough room for athletes and parents under the team tent. It is strongly recommended that the club sit together at all meets. This allows the coaches to guide athletes for the upcoming events.

We encourage parents to travel with their child(ren) to all track meets. Track meets that are outside of the DC Metropolitan Area, especially, demand your supervision as a parent. However, we understand that schedule conflicts and work responsibilities may arise. In the event that you cannot travel with your child, it is absolutely necessary that you arrange responsible guardianship in your absence. Please ensure that the chosen guardian understands what is required of them for the track meet. Please ensure that your child has everything he/she needs for the track meet, including food and uniform, when under the care of a substituting guardian. The FBSB staff is not responsible for providing

athletes with food, games, chairs, or other necessities in parental absence.

The FBSB track club will not tolerate any form of malicious behavior. Children learn behavior from many different people. The people from whom they learn the most are their parents/guardians. Put your child's welfare and development ahead of winning and you'll be better able to display a healthy attitude toward sports and life. Encourage all athletes and never make statements that suggest that an athlete isn't doing his or her best.

### Effective Communication

Proper communication is the key to making a positive experience a reality. Athletes, parents, and coaches are all responsible for effective communication.

Athlete to Coach Communication:

- Athletes should express concerns immediately and directly to his/her coach.
- Athletes should notify the coach of any schedule conflicts well in advance.
- Athletes should notify the coach of any injury immediately.
- Athletes should communicate with their coach when they have concerns about their ability to perform in an assigned event.
- Athletes should notify their coach when they have been a victim of malicious conduct or have witnessed malicious conduct.

Parent to Coach:

- Express concerns, in a calm and respectful manner, regarding your child's track meet day events.
- Inform coaches of your child's allergic reactions, asthmatic condition, and other health matters immediately before practice- preferably before the season begins, on the first day of practice.
- Inform coaches of important matters surrounding your child's physical and emotional status before practice or as soon as possible after practice. □ Parents should inquire via e-mail or before/after track practice about information missed at a parent meeting.
- Parents should ask the team coach questions about event results after the track meet is over or on the following practice day.

Remember, it is the responsibility of the FBSB coaches to give the athletes the full

guidance and attention they deserve until the end of the track meet. It may be helpful to write down your questions or concerns and save them for an appropriate discussion time with your child's coach.

## Nutrition and Health

It is important that parents remember that track meets are not picnics, but developmental athletic events that require your child to maintain the best health and nutrition habits.

Do not allow your child to drink soda during the meets. Soda is a sugary and acidic beverage that can contribute to muscle cramps and can prevent your child from performing his/her best. Water, 100% juice, and low-sodium sports drinks energize athletes without weighing them down. Consider making your own juice drinks by blending fresh fruit and chilling the juice the night before a meet.

It is important that athletes refrain from eating greasy or excessively heavy meals. Proper nutrition guidelines tell us that fruits, vegetables, protein, and whole grain are needed in our diet. Here are some tips that you might find useful for helping your child perform his/her best:

- Instead of frying, begin baking or grilling chicken.
- Need a snack? Try a bowl of strawberries, watermelon chunks, or pineapple slices instead of chips.
- Is spaghetti your favorite meal to get the carbohydrates you need the night before a big meet? No problem, have your spaghetti but use whole grain pasta and skip the garlic bread.
- Think you're doing well by ordering a salad from your favorite fast food restaurant? Well, choosing a salad over burgers and fries is a great choice, but before you dig in, try adding more vegetables to your salad when you get home. You'll be surprised how much more crunch and flavor your fast food salad has when you add items like bell peppers, broccoli, and chopped onions.

Bright and sunny days are great days to play and have fun. However, in high temperatures, it is important that you keep your child out of the sun as much as possible. Please have them reserve their energy for their next event.

## Developmental, Regional, and National Track Meets

Track and field events are sanctioned by either one or a combination of the official organizations:

- Potomac Valley Association (PVA)
- Amateur Athletic Union (AAU)
- USA Track and Field (USATF)

While FBSB sets many of the rules for track and field competition, it is important to remember that rules are also set by the official organizations and cannot be contested (age, number of events in which the athlete can participate, etc.)

As exceptional athleticism is not required to be a part of the “Sonic Boom” track team, all levels of ability are welcomed. Athletes are eligible for developmental and regional and track meets simply by being present for practice. In national meets, there are qualifying requirements. If your child does not qualify for a national meet, please be sure to remind them that their athletic effort is commendable and encourage them to continue doing their best.

Developmental and qualifying meets require a spectator entry fee. Yes, that means even if you are the parent of an athlete, you must pay to enter the developmental meets. The entry fee is typically \$4.00. For regional and championship meets, the fee is \$5.00. The FBSB does not pay for travel and lodging expenses for national meets. If your child has qualified for national competition, you are expected to absorb the travel, lodging, and meal expenses.

Entry fees are traditionally paid for all athletes. However, due to the large financial loss experienced in past events due to no-shows, we will be implementing the following regulations: Your child’s entry fee for a track meet will be paid. If the athlete does not show up for a meet/event, then the entry fee should be refunded to the “Sonic Boom” Track Club no later than the following Wednesday at practice. Please be sure to speak with Commissioner Coach Herman upon having any disputes with surrounding event no-shows and repayment.

How Can I Help? FBSB is always in need of parent volunteers. The more volunteers we have, the more we are able to accomplish, develop, and shine as a team. Consider volunteering as a:

- Coach or Assistant Coach

- Timer
- Equipment Maintenance Assistant
- Bullpen Assistant
- Concession Stand Assistant
- Practice Assistant
- Track Meet Results Compilation Assistant
- Team Newsletter Writer/Editor
- Chaperone
- Team Photographer
- Staff Support
- Awards Banquet Coordinator
- Meet Day Assistant
- Webmaster

Volunteer duties may be needed throughout the entire track season. We ask that all parents volunteer for our “home” track meet at Pullen Field.

### End of the Year

Every season CYSS brings in a photography company to take pictures of the team and of the athletes individually. Even if you choose not to buy photos, each athlete will be in the team photo. The picture schedule for the 2013 year will be announced during a team-parent meeting later in the year.

At the end of the track season, the coaches coordinate a cookout for everyone to celebrate having a great season. We look forward to having parents volunteer to bring items such as food and supplies in order to have a successful cookout. The cookout is also a time when coaches present achievement awards to the athletes. All athletes will receive a certificate for their athletic participation with the Fort Belvoir “Sonic Boom” Track Club.



The Fort Belvoir “Sonic Boom” Track Club is a member of the AAU, USATF, and Potomac Valley Association (PVA) sanctioning organizations, and in doing so all “Sonic Boom” athletes and coaches are provided with accidental and liability insurance at beginning date of paid USATF/AAU/PVA membership until the end of the membership year.

The Fort Belvoir “Sonic Boom” Track Club has the right to change regulations and requirements at any time and will notify parents and athletes upon changes being made. The Fort Belvoir “Sonic Boom” Track Club is a youth sports program in connection with Child and Youth Services on the Fort Belvoir, Virginia United States Military development.

Copyright 2013 Fort Belvoir “Sonic Boom” Track Club