

WELCOME

Dear 3M Parents,



The 3M Track Club is honored that you have elected to evaluate/participate in our program for the 2010 track and field season. This booklet is designed to provide a basic knowledge of the program and my expectations of parents and athletes. I look forward to working with you and your children this season. Please take the time to review this information, sign and return the waiver form and by all means, contact me if you have any questions.

Sincerely,

Coach Pittman

Dear 3M Parents:

The 3M Booster Club is a “support force” established to provide an on-going financial infrastructure that will enable the 3M Track Club to function at full capacity with the necessary equipment, staff and travel amenities required to maintain its premier athletic status. This is accomplished through individual sponsorship, designated fundraisers, and annual dues.

We expect the 2010 season to be as successful as previous years. The young athletes who represent 3M on the track and in field events work hard to ensure their success. They depend on us for financial support and emotional stability as they work toward achieving their goals. The Booster Club assists with special costs throughout the year, including postage for parent mailings, our 3M Annual Banquet and food and beverage support for parents and volunteers at our annual 3M Invitational. The goal of the Booster Club is to have each 3M family become active participants in the booster club. The annual membership fee is \$25 per family.

Please make your checks payable to "3M Booster Club" by March 1st and forward to me.

We are proud of the past legacy of 3M athletes and we are excited about what the future has in store for our present and future athletes.

Regards,

**Donna Moore
Booster Club President**

PRACTICE INFORMATION

Team practices will be held at **OAKLAND TECHNICAL HIGH SCHOOL**, located at 45th and Broadway in Oakland.

Training Schedule

October thru December	Tuesdays and Thursdays	5:30PM to 7:00PM
January thru July	Monday thru Thursday	5:30PM to 7:00PM

Periodic hill workouts may be held throughout the track season from 10AM to 12PM at Cal-State East Bay University, Hayward. (TBA)

FEES

Please assist club management by insuring all fees are paid on time (or in advance). Your cooperation regarding this matter is greatly appreciated. Please make your checks payable to "3M Track Club". All payments must be paid in full to Coach Pittman no later than February 5, 2010.

Sub-Bantams	\$380
Bantams	\$380
Midgets	\$380
Youth	\$380
Intermediate	\$300 – (if in high school program \$220)
Young Women/Men	\$220

If you worked the 3M Invitational last season (2009) and your child did not attend the Jr. Olympics, you will be credited with \$150 per family, (not per child). This credit will be based on team records.

Birth Certificates

Copies of birth certificates are mandatory for your child(ren) to participate as a member of the 3M Track Club. **All new parents are required to provide a copy of their child's B/C before January 8, 2010.**

Medical Waivers

All team parents must complete and sign all of the required sections of the medical waiver. The completion of this document is mandatory for all athletes. It must be completed prior to your child's participation with the program. This document is located on the last page of the booklet.

Team Colors

The primary 3M team colors for this year are **Navy & White**

Uniforms

New uniforms and jogging suits for all team athletes with paid fees, will be distributed in March 2010.

Track Shoes

The team track shoe for 2010 will be announced. We order Team shoes from Transports Sporting Goods store. The store is located in Oakland @ 6014 College Avenue, (510-655-4809) or in Berkeley @ 1559 Solano Avenue, (510-528-8405). Our contact person for both stores is (Richie). Sizes will start at (1) and when the shoe is selected, **all members of the team will be expected to purchase the same team competition track shoe.**

Transportation

Transportation to and from track practices and track meets are the responsibility of the parent or guardian. Please insure that your child(ren) arrives to practice and track meets **on time.**

Behavior Guidelines

Behavior guidelines for 3M parents and athletes are attached. **Please review!** All rules will be enforced.

Team Telephone Numbers

Coach Pittman (Head Coach)	- (510) 581-4428
Coach Casey (Hurdle Coach)	- (510) 792-0984
Coach Parker (Throwing & RW Coach)	- (510) 222-9206
Coach Harvey (Jumping & Mid. Distance Coach)	- (510) 262-0399
Coach Hammerquist (Throwing Coach)	- (510) 848-8583
Mrs. Donna Moore (3M Booster President)	- (510) 655-2519

Program Policy

The following policies were adopted & implemented in 2005:

1. All revenue collected under the club's name and federal identification number, will go directly to the team account and used solely for the good of the entire program.
2. Parents will reimburse the program when their athlete misses a track meet where fees are paid in advance by club management. To avoid this matter, notifications to Coach Pittman must be made (3) weeks prior to the missed event date.
3. There will be no refunds of fees. This includes self-removal or management dismissal.
4. In an effort to prevent future mental anguish and possibly permanent physical damage to our young athletes, any 3M parent or potential member that engages in assistance from PERSONAL TRAINERS or from COACHES of other programs/schools will be dismissed from the 3M program.
5. All athletes returning to the 3M program that refuse to train exclusively with the 3M Coaching Staff will not be allowed to compete as a 3M athlete.

3M Track Club's Team and Parent Guidelines

Athletes

1. Go to bed early the night before the track meet.
2. Eat a healthy breakfast prior to track meets.
3. Go to the bathroom before arriving to track practice and track meets.
4. Arrive one hour prior to the start of the track meet. Be on time!
5. Don't forget your track shoes!
6. Arrive to the track meet well groomed and wearing your entire uniform. Do not arrive with curlers in your hair. No Head rags!
7. No combing hair in the stands.
8. No loud talking.
9. No large radios. CD's and Ipod's are okay, with head phones.
10. Do not leave the stands without receiving a coach's permission.
11. You must receive permission from a coach before eating or drinking during the track meet. This includes drinking water.
12. Sitting with your parents during the meet is not allowed. All athletes must sit with the team under the 3M-team tent.
13. Swimming during out-of-town meets is not permitted. This applies to all 3M athletes even if their event is finished prior to Sunday. There is no swimming during the season.
14. Be courteous to others at all times.
15. Do not brag or boast to your competitors.
16. Track shoes must be taken off after completion of your event.
17. Return immediately to team tent after your event.
18. After completing your event, obtain the time/distance and place if available and provide this information to Coach Pittman.
19. All runners will start from the down position except those running in distances 800 and above.
20. Put your name in all clothing and shoes.
21. Do not bring jewelry or money to track meets. This also includes expensive tennis shoes.
22. There will be no fighting, arguing or swearing.
23. If there is a problem at the starting line or at one of the relay positions, wave your hand to get the attention of a 3M coach. (Do not argue with officials).
24. Shake your competitor's hand and be friendly.
25. Do not play in the stands, bathrooms, under the bleachers, in the starting area or near any location where there is a competition.
26. Stay out of the sun as much as possible. (Stay under the team tent).
27. Arrive at the track meet prepared and ready to compete.

Parents

1. Please ensure your child gets to bed early the night before a track meet.
2. Please ensure your child eats before the track meet/at least 2 hours before the meet starts.
3. Please ensure your child has packed his/her track shoes.
4. At the track meet, please do not feed or give drink to your child without a coaches' permission.
5. Please do not send your child away from the stands without notifying a coach.
6. Please do not give advice to your child regarding an event, which contradicts that of his/her coach.
7. Please do not smoke, drink (alcohol), or swear at practices or track meets.
8. If you become irritated by an action taken by another or some other discourtesy, please advise Coach Pittman for resolution. Do not take matters into **your own hands**.
9. Please take the necessary precautions to ensure your child's proper behavior during all track meets.
10. Please reframe from sending your child to the snack bar or other places, which may cause the athlete to travel up and down the bleachers.
11. Please insure that your child has a lunch in his/her back pack during track meets.
12. Please do not allow idol gossip at the practice site and/or riffs between children to cause you to engage others physically or verbally. Please bring all matters of this nature to the attention of Coach Pittman for resolution
13. All business related questions or inquiry associated with the operation of the 3M Track Club should be directed to Coach Pittman.
14. **It is vital that (you) transport your child to away track meets. Children have a tough time adjusting to new surroundings and this is particularly so, when you are not there. If you are unable to attend, then it may be best for all involved that your child not participate in this particular track meet.**
15. **Please do not travel to away track meets on the night before. Traveling in a car does not provide the needed comfort and the child does not rest even through they appear sleep. As a result, they are sluggish and can not reach their normal performance level the following day. You are request to have all athletes attending away track meets there, at least a full day & night in advance if not more.**

3M Track Club's Athlete Nutrition Advice

All 3M athletes prior to all track meets should consider the following advice:

1. Get plenty of rest. Eat lots of carbohydrates such as bread, pasta, cereal, pretzels and fruit. Begin this regime 5 to 7 days before a track meet.
2. Drink plenty of water to replace body water lost through sweat during training. Clear or pale yellow urine indicates an athlete is well hydrated. Dark urine means an athlete may be dehydrated.
3. All caffeinated beverages such as soda, coffee & tea must be avoided the day before and the day of competition.
4. Deli meats, ice cream and pepperoni pizza must be avoided the day before a track meet. These foods take a long time to digest.
5. The night before a track meet, eat a simple dinner that is easy to digest. It should consist of foods high in carbohydrates and low in fat. A good example of a power packed dinner is: (1) large baked potato with 1/3 cup of low-fat grated cheese; (2) large squares of corn bread; (1) glass of non-fat milk; and (1) cup of frozen yogurt topped with fruit.
6. On the day of the track meet, eat an early breakfast 2 hours prior to the event. You can munch on 1 ½ cups of cereal and a slice of toast topped w/fruit jelly. Quench your thirst with a cup of fruit juice. Any fat products eaten during this time could make you nauseous.
7. During the track meet, your body must stay fueled. To accomplish this, munch periodically on raisins, pretzels, sports/power bars, and or bananas. If you must have a sandwich, a turkey sandwich without mayo is the best choice. Please note: You must receive permission from a 3M Coach prior to consuming any of the above.
8. As mentioned earlier, it is most important to stay hydrated. You must drink water frequently during the day. A long day at the track meet can easily make you dehydrated. Headaches, fatigue and light-headedness are sure signs of this.
9. Following the above suggestions will protect your health and may provide you with an edge over your competition.

3M TRACK CLUB'S
2010 (TENTATIVE)
TRACK MEET SCHEDULE

*****MARCH*****

13 –

20 –

27 –

*****APRIL*****

3 – 4 – ARIZONA CLASSIC INVITATIONAL – GLENDALE, ARIZONA

10 –

17 –

24 –

*****MAY*****

1 – 2 – UMOJA INVITATIONAL – SANTA CLARA HI SCHOOL, SANTA CLARA

15 – 16 – 3M INVITATIONAL – JAMES LOGAN HIGH SCHOOL, UNION CITY, CA.

29 – 30 – L.A. JETS INVITATIONAL –

*****JUNE*****

4 – 5 – [HIGH SCHOOL STATE MEET – (BUCHANAN HIGH SCHOOL, CLOVIS, CA)]

12 – 13 – PAC CHAMPIONSHIPS –

19 – SUB-BANTAM CHAMPIONSHIPS – GRANADA HIGH, LIVERMORE, CA.

25 – 27 – J.O. (TOP 8) CHAMPIONSHIPS – MODESTO, CA.

*****JULY*****

NO J.O. (TOP 3) CHAMPIONSHIP THIS YEAR. WE ARE REGION HOST THIS YEAR.

16 – 18 – TRACK CITY INTERNATIONAL CLASSIC – HAYWARD FIELD, EUGENE, OREGON

27 – 8/1– JR. OLYMPIC NATIONALS – SAC. STATE, SACRAMENTO, CA.

3M Track Club Waiver

Athlete's name _____ Date of Birth _____
Home Address _____ Zip _____ Phone _____
Father's Name _____ Day Phone/Cell# _____
Mother's Name _____ Day Phone/Cell# _____
Parent Email address: _____

Person to contact in case of emergency:
Name _____ Relationship _____ Phone _____
Medical Insurance _____ ID/Policy # _____

I understand that the 3M Track Club does not assume responsibility for payment of a physician in any case.

However, in an emergency the 3M Track Club may choose a physician. Yes _____ No _____

Name of Doctor _____ Phone _____

Name of Hospital _____ Phone _____

Is your child allergic to any medication? Yes _____ No _____ If yes, what _____
foods? Yes _____ No _____ If yes, what _____

Does your child have any chronic illness? (Asthma, diabetes, heart disease, epilepsy)

If yes, what _____

Does your child take any medicines on a regular basis? Yes _____ No _____

If yes, what and what for? List: _____

Tylenol may be administered to my child in case of headache? Yes _____ No _____

CONSENT FOR TREATMENT

(I), (We), the undersigned parent(s) or legal guardian of _____ a minor, do hereby authorize a representative of the 3M Track Club as agent (s) for the undersigned do consent to any x-ray exam, anesthetic, medical or surgical diagnosis or treatment and hospital care that is deemed advisable by, and is to be rendered under the general or special supervision of any physician and surgeon licensed under the provisions of the California Medicine Practice Act on the medical staff of an accredited hospital, whether such diagnosis or treatment is rendered at the office of said physician or at said hospital..

It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power on the part of the above-mentioned agent (s) to give specific consent to any and all such diagnosis, treatment or hospital care that the above-mentioned physician in the exercise of his or her best judgment may deem advisable.

This authorization shall remain effective until the affected party is no longer a member of the 3M Track Club program, or unless revoked in writing and delivered to the above-mentioned agent (s).

Father's Signature _____ Date _____

Mother's Signature _____ Date _____

Waiver and Agreement

For and in consideration of the benefits accruing to me as a result of the sponsorships of the 3M Track Club the adequacy and sufficiency of which considerations is hereby acknowledged, I do hereby waive and release any and all rights and claims for damages which may accrue in my favor against the 3M Track Club, and their respective officers, agents, and sustain in any manner whatsoever arising out of or in any wise connected with the 3M Track Club.

AGREE TO THE FOREGOING: Signature _____ Date _____

USATF Membership Card

I/we give permission to the 3M Track Club management to purchase USATF Membership Cards for my child/children. In addition, team management is allowed to have said cards delivered to the mailing address of the 3M Track Club.

Parent/ Guardian Signature: _____ Date: _____

2010

3M TRACK CLUB

INFORMATION BOOKLET



WE PRACTICE HARD, TO WIN!