

REGISTRATION

Before you can register for Mark of a Champion Track & Field Club(MOC) all athletes must have a current USATF membership.

Below are the instructions to obtain the USATF membership:

Directions to obtain USATF Membership:

Parent/Guardian are responsible for obtaining USATF (\$20.00) membership for their athlete(s) before completing the MOC registration.

Below are the instructions on how to obtain a correct USATF Membership:

USATF (<http://www.usatf.org>)

USATF Online Membership Application

Directions: USATF

- Go to <http://www.usatf.org>
- From the toolbar click on products/services
- Scroll down to individual membership
- Click on register or renew online
- USATF-Registered Club Number is **33-0730**
- Sports code check (√) track events and field events
- Membership category check (√) athlete
- Cost = \$20.00
- USATF Age Verified: If you have not already verified your age, you must submit a copy of your athlete's **Certificate of Birth, Passport, etc.** to USATF Southern California
- 11911 Artesia Blvd, Suite 204
- Cerritos, California 90701
- Tel: (562) 924-0382
- Fax: (866) 591-2670
- Email: info@scausatf.org

Mark of a Champion Track & Field Club Track

Rules and Procedures

Team Philosophy

The coaches of Mark of a Champion Track & Field Club Team are committed to developing champions both on and off the field. A champion is one who lives by high standards, knows how to set realistic goals, and dedicates themselves toward achieving them. The goals of the Mark of a Champion Track & Field Club are to provide young student athletes with:

- The knowledge of the benefits of fitness and teamwork.
- The confidence to overcome difficult and adverse challenges in life.
- The understanding of the planning and determination required to make and meet successful goals.
- The opportunity to compete with a successful team at the intensity of their choice.
- The rewards of teamwork.
- The enjoyment and positive effects physical fitness have on the body and mind.
- All athletes are expected to behave with respect and sportsmanship towards teammates, opponents, coaches, parents, and officials.

Although success in track is one of our main goals, there are many other respectable goals for each athlete on the team to strive for.

As with most athletic endeavors, the sport of track and field requires a year-long commitment. It is not required that the athlete trains year-round; however, it is highly recommended that the athlete takes no more than six weeks off from training throughout the year.

Although athletic success is one of our main goals, there are many other respectable goals for the athletes on the team to strive for.

Respect, patience, integrity as well as countless other intangible benefits can and should be acquired through participation in this sport. In other words, even though how fast one runs is important, one will be respected for other forms of personal development.

Failure to attend practice can result in suspension from participation in competition, ineligibility for post-season awards, and the dismissal from the team. If you qualify for a post-season championship meet you are expected to participate in that meet. This sport is expected to be one of your highest priorities including your school work.

Attendance will be taken during practice. You must inform one of the coaches of any reason for you not attending. If you will be delayed, such as for extra help, please see or get word to one of us before practice. If an athlete has more than **four** absences in the two weeks prior to a meet, the athlete will not be allowed to participate in the meet.

Practices are Monday, Tuesday & Thursday, unless there is a meet. Generally, practice begins at 4:30 PM to 7:00 PM. Check the online schedule for specifics. Be dressed and ready to run by then, so that we can begin promptly. You must "check out" with us at the end of practice so that we know all runners have completed their workouts accounted for. We practice even if there is inclement weather. Be dressed for it, such as wearing rain gear, or hats, gloves and spandex if the weather is cold. Cancelled practices are rare. Check with the coaches if you are unsure. Do not rely on other teammates or "rumor".

Requirements and Forms

The following forms are to be submitted to Mark of a Champion Track & Field Club

1. A clear and legible copy of the participant's birth certificate
2. Parent-Student Agreement Form
3. Participation Fee
4. A completed and signed 2018 MOC registration form.
4. A completed medical form stamped by your child's pediatrician for the current school year.
5. Emergency Treatment Consent. In addition to these forms, both the parent and the athlete must read the following before practice begins:
 6. Philosophy and Rules, Practice and Participation as communicated above, constant and consistent conditioning is extremely important in keeping an athlete fit. Any absence or lateness, excused or unexcused will make it difficult to compete safely and at a high level. Therefore, failure to attend practice will result in suspension from participation in competition, ineligibility for post-season awards, and the dismissal from the team.