

CHARDON INDOOR TRACK & FIELD 2023-2024 CONTRACT

Indoor Track & Field at Chardon High School is a club sport. All coaches are volunteers who have been approved by the school board and have been certified by the state for supervision of high school athletes. All athletes must abide by all school rules while participating with the Indoor Track & Field program whether at meets or at practice.

The primary purpose of the Indoor Track and Field program is to lay the foundation for outstanding championship performances during the outdoor season in May/June. However, many athletes use Indoor Track and Field to prepare for other spring sports, too. It is not a social club. Your coaches are sacrificing their personal time, and some are even using their vacation time to coach you. We expect a high level of commitment from our athletes, too.

Practices

This year the Indoor Track and Field program will run from Monday 12/4 until Friday 2/16. There are no required practices on days we are not in school. However, our first meet is on Wednesday 1/10, so if there are optional practices over the holiday break, it would be a good idea to attend them if you can. Any such practices will be determined within each event group.

Practices will be after school starting at 3:00 pm. Some event groups may have required practices fewer than 5 days/week, but practices are not optional. We expect every athlete to make a commitment to the team and their own development.

Anticipated absences must be discussed with your event coach well in advance of the absence. Failure to do so may result in loss of competitive opportunities up to dismissal from the team. Communication is the key to avoiding problems.

Most practices will be at Chardon High School. We are still working to secure training dates at Spire, but they will be limited, especially once competitions start in January.

Practice locations at Chardon High School will be outside. You should bring attire every day that is appropriate for the expected outdoor conditions.

Equipment

We will provide uniform tops; however, each athlete must provide their own appropriate solid black shorts for competition. During Outdoor Track and Field, you will be required to compete in school-issued shorts. You may want to purchase them now @\$25 instead of waiting.

We will order the following short designs at the end of the first week of practice for those who have provided a check:

Boys Compression Shorts

Boys Split Shorts

Girls Compression Shorts (4" inseam)

The fee for the shorts should be included with the club fee when writing a check to the "Chardon Athletic Boosters"

You may practice and compete in any appropriate running shoe. However, you will find a distinct competitive advantage to using spikes in competition and high-speed practices. Note that spikes are limited to ¼" or less on track surfaces at CHS and at Spire.

Every athlete should bring their own water bottle and should not share them with anyone else for your safety and theirs.

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Costs

All expenses of the program must be covered by the members through a Club fee. This includes paying \$10 for each athlete each time they practice at Spire. We must estimate the number of athletes and days and pay a month in advance for this training time. The Chardon Local Schools do not provide funding for this program.

We will have a two-fee structure:

- o Sprinters, throwers, and jumpers - \$200 + additional fees TBD for training time at Spire.
- o Distance runners - \$200. All workouts would be done here in Chardon.

The membership fee is required of all participants before they can practice unless alternate arrangements have been made.

Make checks out to "Chardon Athletic Boosters" with "Indoor Track" on the memo line and return them with this form. Include the \$25 fee for shorts if you want us to order them for you along with gender/type/size in the memo line. See the options for shorts in the sign-up form.

Meets

In the meets at Spire we have 4 entries in every individual event and 2 relay teams/event. That means tough decisions need to be made regarding who can run which events. Priority will often be placed on the development of our most accomplished/experienced athletes.

Competition Dates: 1/10, 1/24, 2/7 (All are Wednesdays from 4:30 pm to 9:00 pm)

Note that you are responsible for your own transportation to and from the meet. You should arrive early enough to prepare for your event and may depart when your event is done, so you don't need to stay from 4:30 to 9:00 pm.

There is a final All-Star meet on Friday, 2/16, for the top 24 individuals in each event in the conference. Note that there are more than 50 schools involved in the conference so this will be an elite meet. We can also enter one team in each relay event at the All-Star meet, so we can get some others to participate.

There are other meets during the season that are held primarily at college campuses. If you would like to participate in some of these meets, talk to your event coach in advance. We may pay your entry fees for some of these meets, but arrangements must be made before any financial commitments have been made. Your coaches will most likely not be at these meets with you. You will need to pay the entry fees for approved events and then provide a receipt to be reimbursed.

Final Forms

Since Indoor Track and Field is not a varsity sport, it is not listed in Final Forms. You will each need to sign up for Outdoor Track and Field in Final Forms. Once there we will put you in a special group for Indoor Track and Field. You will not be responsible for paying for Outdoor Track and Field unless you participate in Outdoor Track and Field.

You will need to have all forms signed in Final Forms, including a valid physical, before you can begin practicing!

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Parents,

Please sign this contract below acknowledging that you understand the following:

- My son/daughter will not be able to be at practice until:
 - They have all forms signed in Final Forms
 - They have registered (use the QR code below)
 - They have paid their fees (Check made out to "Chardon Athletic Boosters") Please wait to do this until our parent meeting on 12/5/23 when we will have a better understanding of additional fees for training at Spire for sprinters/jumpers/throwers.
- My son/daughter is expected to be at every practice unless other arrangements have been made. Weather emergencies will be treated as such.
- My son/daughter must be dressed appropriately to run outside at every practice. In the most severe weather conditions, we may still practice outside but will stay near the school.
- My son/daughter will communicate clearly with the coaches at least 24 hours in advance about schedule conflicts.
- My son/daughter will quickly communicate with their event coaches regarding aches/pains that may affect their ability to engage in any particular form of training. When medical professionals have recommended restricted activity, I will communicate this to the coaches and understand that medical professionals will need to release them to resume regular training activity.
- There is no school transportation to/from meets or alternate training sites (Spire). I will arrange transportation to/from off-site practices and meets for my son/daughter.

Parent Printed Name	Signature	Date
Athlete Printed Name	Signature	Date

Join [TeamApp](#) to keep up to date with all communications/information! See other handout.