



Castro Valley Track Club



510-409-9308 (phone)
www.cvtrackclub.com

A Nonprofit Public Benefit Corporation
A 501 (c) (3) tax exempt entity

Club #0010 of Pacific Association of
USATF

August 1, 2017

Dear Parents and Athletes,

The following reflects Castro Valley Track Club's inspirations and expectations for the upcoming 2017 Cross Country Season.

CVTC MISSION STATEMENT

We believe cross country should provide a fun, safe and competitive environment for each athlete to excel to his or her full potential. Accordingly:

- We focus on each athlete's self-improvement which comes from PERSISTENCE—consistent, dedicated and serious attendance at practices and meets.
- We strive to provide positive feedback to all our athletes and to teach proper running form, training and competition.
- We believe success is defined by each athlete's best possible individual performances, including steady improvement of their own personal records ("PR's") throughout the season.
- We help each athlete set and attain realistic "stretch" goals as determined by the athlete and head coach.
- We believe practices and meets can and should be FUN for our athletes as they work hard to achieve their personal goals.

PRACTICE AND MEET INFORMATION

In line with our Team Mottos, athletes are expected to attend all practices and meets. Excused absences from CVTC practices are for school cross country practices/meets. Otherwise, absences from meets and practices are excused for illness or injury or academic reasons. Athletes who belong to other competitive sports teams during the track and field season are discouraged from joining CVTC.

Weekday practices generally run 90 minutes Monday through Thursday, with hours depending on daylight.

Practices are held at Canyon Middle School or locations at Lake Chabot Regional Park and other local venues. Locations and times are announced weekly via email.

Email Coach Jim at castrovalleytrackclub2001@gmail.com to receive our practice schedule.

Transportation to and from practices and meets is the responsibility of each athlete's parent or guardian. Do not drop off your child at practice until at least two members of the coaching staff are present. Please be sure to arrive on time for pick up.

Practices are held rain or shine and cancelled only if downpours requiring wipers on "high" or when threat of lightning.

Our meet schedule is:

- October 1: Contra Costa Cheetahs
- October 8: Hampton Phillips
- October 15: Castro Valley
- October 22: Santa Cruz
- October 29: Team Analysis
- November 5: Peninsula Flyers
- November 12: OPEN NON Grand Prix Date
- November 19: PA XC Junior Olympics;
- November 26: Region 14 XC Junior Olympics; Central CA Association Hosted---FOR A VARIETY OF REASONS, WE WILL NOT BE COMPETING AT THIS MEET OR AT NATIONALS THIS YEAR. BUT WE DO PLAN ON ATTENDING 2018 NATIONALS IN FORCE AT RENO NEXT YEAR!

COST:

The cost is \$20 to PAUSATF for their membership cost and no dues to Castro Valley Track Club. Parents pay for the meet entry costs on race day (about \$6). For those who don't have our uniforms, uniforms are required at a cost of \$50. Optional to purchase are warm ups and sweatshirts, hats, backpacks, water bottles and umbrellas.

CVTC COACHING STAFF

Our coaching staff is headed by Jim Phillips, a USATF certified coach with over 16 years experience. See www.cvtrackclub.com to learn more about our talented assistant coaches.

BECOMING A MEMBER OF THE CVTC FAMILY

In order to join CVTC, please return ALL of the following documents to Coach Jim:

1. TWO copies of athlete's birth certificate.
2. Two-page 2017 Registration Form completed and signed by both parents/guardians.
3. Completed PAUSATF Membership form.
4. Completed USATF Concussion Waiver form.
5. Completed USATF Waiver of Liability and Assumption of Risk Form.
6. Signed Castro Valley Track Club's 2017 Codes of Conduct.

By all means, if you have any questions regarding the above, please feel free to call or email me.

Sincerely,

Jim Phillips,
President and Head Coach
Castro Valley Track Club
A Nonprofit Public Benefit Corporation
A 501 (c) (3) tax exempt entity

Please See Forms Starting Next Page

2017 REGISTRATION FORM

FOR PARENTS/GUARDIANS CASTRO VALLEY TRACK CLUB

A California Nonprofit Public Benefit Corporation

President and Head Coach Jim Phillips

(1) Team Number 38-0010 Under

The Pacific Association of USA Track & Field, Inc.; and

(2) A Road Runners Club of America

Email: mail@jamesjphillips.com

www.cvtrackclub.com

PLEASE PRINT - Use one form per child.

Child's Name: _____

School: _____ Grade: _____ Date of Birth: _____ Boy or Girl? _____

Mother's Name: _____ Father's Name: _____

Home Address: _____ Zip: _____

Home Phone: _____ Mother's Work Phone: _____ Mother's Cell: _____

Father's Work Phone: _____ Father's Cell Phone: _____

Mother's Email: _____ Child's Email: _____

Father's Email: _____ Other Email: _____

Release of Liability and Assumption of Risk Agreement PLEASE READ BEFORE SIGNING

This is to certify that I am the parent or legal guardian of the above-named minor have the legal authority and capacity to enter into this Agreement, Waiver and Release of Liability on his or her behalf, and by executing this Agreement do knowingly and fully assume all risks of injury on his or her behalf. I understand that minor's participation in cross country may be dangerous and includes risks of harm, permanent injury or death, including but not limited to falls, uneven surfaces, debris, poison oak, dehydration, asthma attacks, allergies, contact with other participants, bicyclists, horses, dogs, bees, snakes, and other wildlife (including local mountain lions). I understand that the practices will be held at Canyon Middle School track and fields and on its terrace levels above the soccer fields, on the "Canyon Mile" course on the hills, on the fire road up from Crow Canyon Road and on the sidewalk from Cull Canyon Road, at Castro Valley High School, and at trails at Lake Chabot Park, and at other venues, including those venues where USATF Meets may be held. I acknowledge and assume all risks associated with minor's participation in the Castro Valley Track Club and training at these various locations. I understand and acknowledge that it is my responsibility to ensure that minor is medically and physically able to participate in the Castro Valley Track Club and to consult with minor's physician before allowing minor to do so. For and in consideration of minor's participation in the Castro Valley Track Club the adequacy and sufficiency of which considerations is hereby acknowledged, I do hereby waive, release, covenant not to sue and forever discharge, the Castro Valley Track Club, its officers, directors, coaches, including but not limited to Jim Phillips, Helen Brusco, Ben Davis, Jim Chaney, Robin Tanabe, Ruben Paredes, Grace Paredes, and other assistant coaches and/or volunteers, and agents from any and all liabilities, actions, claims for damages against any of the aforementioned individuals arising out of or in any way connected with minor's participation in the Castro Valley Track Club, including without limitation any discomfort, illness, injury or accident which may occur traveling to or from practice or meets, while practicing or participating in a meet or while on the premises of any location of a meet or practice.

Printed Name of Mother/Guardian

Signature of Mother/Guardian

Dated: __/__/17

Printed Name of Father/Guardian

Signature of Father/Guardian

Dated: __/__/17

Person to contact in case of emergency:

Name _____ Relationship _____ Phone _____

Medical Insurance _____ ID/Policy # _____

I understand that the Castro Valley Track Club does not assume responsibility for payment of a physician in any case. However, in an emergency the Castro Valley 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 _____
To any foods? Yes _____ No _____ If yes, what _____

Does your child have any chronic illness? (Asthma, diabetes, heart disease, epilepsy) Yes _____ No _____
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(s) of _____, a minor, do hereby authorize a representative of the Castro Valley 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 Castro Valley Track Club program, or unless revoked in writing and delivered to the above-mentioned agent(s).

Father's Signature _____ Date _____, 2017

Mother's Signature _____ Date _____, 2017

**PLEASE DO NOT DROP OFF YOUR CHILD UNTIL THERE ARE TWO COACHES PRESENT.
PLEASE BE ON TIME TO PICK UP YOUR CHILD, AS THE COACHES ARE NOT RESPONSIBLE FOR
STAYING LATE UNTIL ALL CHILDREN ARE PICKED UP. THANK YOU!**

PACIFIC ASSOCIATION/USA TRACK & FIELD ANNUAL MEMBERSHIP APPLICATION

Please print clearly or type all information.

IMPORTANT INFORMATION FOR YOUTH ATHLETES! A birth certificate must be submitted with new or lapsed memberships.

New member? Renewal? Previous USATF Number _____

Name: _____
Last First Middle initial

Address: _____
Street or P.O. Box City State Zip+4

Sex (M/F) _____ Age Today _____ Date of Birth _____
month / day / year

U.S. citizen? If no, country of citizenship _____

Phone Number _____

PA/USATF Club # 0010 PA/USATF Club Name CASTRO VALLEY TRACK CLUB

Email: _____

Sports: X Cross country

AY = Athlete - Youth (under 18)

DATE OF APPLICATION: _____, 2017

READ AND SIGN

By my signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations and Rules of Competition for my level(s) and category(ies) of membership.

_____, 2017

SIGNATURE & DATE (if under 18, parent/guardian must sign instead of athlete)

FEES \$20.00 YOUTH MEMBERSHIP (PAYABLE TO PAUSATF)

Full name of Athlete(s) (as shown on her/his birth certificate): _____

USATF CONCUSSION INFORMATION FORM AND WAIVER

By signing below, I indicate that I HAVE READ AND UNDERSTOOD the **Concussion Information Form** and the **Waiver of Liability and Risk**. I hereby represent that I am the parent, natural guardian or legal guardian of the Athlete(s) named above, and I agree that Castro Valley Track Club may execute this release and waiver on my behalf.

Name of parent or guardian: _____

Date: _____, 2017

CONCUSSION INFORMATION FORM

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly**. In other words, even a "ding" or a bump on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	
Headaches, neck pain, amnesia, nausea or vomiting "Pressure in the head" Balance problems or dizziness Blurred, double, or fuzzy vision, sensitivity to light or noise Drowsiness, feeling sluggish or slowed down; foggy or groggy	Irritability, confusion, or emotional confusion "Don't feel right" Fatigue or low energy, sadness, nervous, or anxiety Concentration or memory problems Repeating the same question/comment
Signs observed by teammates, parents and coaches may include:	
Appears dazed, answers questions slowly Vacant facial expression Confused about assignment or forgets plays Moves clumsily or displays lack of coordination Is unsure of game, score or opponent	Slurred speech Shows behavior or personality changes Cannot recall events prior to hit or events after hit Seizures, convulsions, or loss of consciousness Any change in typical behavior or personality

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries; and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for a student-athletes safety.

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. **No athlete may return to activity** after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, **without written medical clearance from a licensed health care professional**. Close observation of the athlete should continue for several hours.

You should also inform your child's coach if you think that your child may have a concussion. Remember, it is better to miss one game than to miss the whole season. When in doubt, the athlete sits out! For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

By signing below, I indicate that I HAVE READ, UNDERSTAND AND COMMIT to following the guidelines in this form. I agree that I will, as the parent/legal guardian of this athlete, insist that they be removed from a practice or competition if they are suspected to have sustained a concussion or head injury. I will not allow them to return to play until they receive written medical clearance from a licensed health care professional trained in the evaluation and management of concussions.

If any of the registrants are under 18 years of age, I hereby represent that I am the parent, natural guardian, or legal guardian of said athlete, or have obtained the consent of such parent, natural guardian, or legal guardian to execute this release and waiver, and that I am, in fact, acting in such capacity to execute this release and waiver and do so with full knowledge of the facts as outlined above and will take full responsibility for the all club athletes. I further agree to be bound by the terms of this Agreement.

DATE: _____, 2017

SIGNATURE OF PARENT/GUARDIAN OF MINOR

USATF WAIVER OF LIABILITY AND ASSUMPTION OF RISK

ANY PERSON WHO WILL BE SIGNING THE WAIVER OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT HEREIN ON BEHALF OF THE PARTICIPANT (OR PARTICIPANT'S LEGAL GUARDIAN), IS PERSONALLY LIABLE AND RESPONSIBLE FOR OBTAINING WRITTEN CONSENT TO DO SO FROM THE PARTICIPANT (OR PARTICIPANT'S LEGAL GUARDIAN).

IT IS RECOMMENDED THAT YOU MAINTAIN A COPY OF SUCH CONSENT IN YOUR RECORDS.

USATF Club Membership No. **38-0010** USATF Club Name **Castro Valley Track Club**

For and in consideration of USA Track & Field, Inc., its subsidiaries, affiliated entities, and their respective members, member clubs, associations, sport disciplines and divisions, sponsors, employees, directors, agents, volunteers, successors, licensees and assigns (USATF) allowing me, the registrant, to participate in the event I am registering for herein (the Event or Events); I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the Agreement).

1. I hereby represent that (i) I am at least eighteen (18) years of age or older (or that this document is also agreed to by my parent or legal guardian); and (ii) I am in good health and in proper physical condition to participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well-being at all times and under all circumstances while at the Event site.

2. I understand and acknowledge that participation in track & field, road running, race walking, track and field, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person's physical and mental limits. I understand and acknowledge the risks and dangers associated with participation in the Event and sport of track & field and related activities, including without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or man-made objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers (as defined below); and other undefined, not readily foreseeable and presently unknown risks and dangers (Risks). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event.

3. I agree to be familiar with and to abide by all the rules and regulations established for the Event, including but not limited to any Competition Rules adopted by USATF, any anti-doping rules as established by the appropriate entity, and any safety regulations established for the benefit of all participants. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.

4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless USATF, and, if applicable, the following parties: United States Olympic Committee (USOC); the event directors, organizers and promoters, sponsors, advertisers, coaches and officials; the local organizing committee and the facility, venue and property owners or operators upon which the Event takes place; law enforcement agencies and other public entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the Released Parties or Event Organizers), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorney's fees) of any kind or nature (Liability) which may arise out of, result from, or relate in any way to my participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

5. As a condition of my participation in the Event, I hereby grant USA Track & Field, Inc. a limited license to use my name, likeness, image, photograph, voice, video, athletic performance, biographical and other information (collectively, "Likeness"), in any media platform or format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting Event, USATF, or the sport of Athletics. The foregoing grant, however, does not constitute consent for USATF or any third party to use my Likeness in an endorsement of any product or service without my specific written consent.

6. If applicable, I certify that the birth date and age information confirmed in the entry process is true and accurate.

7. If the participant is under the age of 18, the parent, natural guardian, or legal guardian (the Guardian) hereby agrees to release and discharge USATF as follows:

a. The Guardian acknowledges and understands that the Event is inherently dangerous and represents an extreme test of a person's physical and mental limits. Further, the Guardian acknowledges and understands the Risks, as defined above.

b. The Guardian acknowledges the rights waived by both the Guardian and the participant by accepting this Agreement.

c. The Guardian acknowledges that the Guardian will indemnify the Released Parties from any and all Liability which may arise out of, result from, or relate in any way to the participants participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.

If any of the registrants are under 18 years of age, I hereby represent that I am the parent, natural guardian, or legal guardian of said athlete, or have obtained the consent of such parent, natural guardian, or legal guardian to execute this release and waiver, and that I am, in fact, acting in such capacity to execute this release and waiver and do so with full knowledge of the facts as outlined above and will take full responsibility for the all club athletes. I further agree to be bound by the terms of this Agreement.

DATE: _____ 2017

PARENT/GUARDIAN SIGNATURE

Castro Valley Track Club's 2017 Codes of Conduct:

1. From Pacific Association of USATF
2. From CVTC for Athletes
3. From CVTC for Parents/Guardians

<i>1. From PAUSATF: Youth Sports Committee Code of Conduct</i>

We, the PACIFIC ASSOCIATION believe the sports of TRACK & FIELD, TRACK AND FIELD, and RACE WALKING should be fun as well as an integral part of a sound educational program. We believe those who coach youth and work with youth are first and foremost teachers who have a duty to promote life skills and develop good character.

All HEAD COACHES will be responsible for actions of ATHLETES, COACHES and PARENTS who are involved with their club.

- Spectators will be given one warning of inappropriate conduct; if it continues they will have to leave the stadium.

Detrimental Conduct: Acts in a manner detrimental to the purposes of USATF or Athletics

Definition of Behavior	Minimum Consequences
<p><u>Fighting</u> – purposeful conflict between one or more persons, often involving violence and intended to establish dominance over the opposition.</p> <p><u>Verbal Threats</u> – making either a direct or veiled verbal threat of harm (i.e., predicts that bad things are going to happen); intimidation, put-downs, gestures, facial expressions, body gestures; range from explicit, detailed and impending to implicit and vague as to both content and time frame</p>	<p>1 year suspension and/or removal from the Association</p>
<p><u>Profanity</u> – vulgar or irreverent speech or action</p>	<p>1st – warning 2nd – 30-day suspension 3rd – 1-year suspension</p>
<p><u>Cheating</u> – a deception to profit yourself or club; create an unfair advantage usually in one's own interest and often at the expense of others; violating accepted standards or rules</p>	<p>Removal from Association</p>
<p><u>Theft</u> – wrongful taking of someone else's property without that person's willful consent. A crime against property</p>	<p>Removal from Association</p>

<u>Taunting</u> – derisive; abusing vocally; expressing contempt or ridicule; derisive laughter; jeering crowds; mocking smile; taunting shouts of ‘slow poke’ or ‘can’t run’	1 st – 30 day suspension 2 nd – 1-year suspension
<u>Drugs / Alcohol</u> – any substance that can be used to modify a chemical process or processes in the body to enhance a performance or ability, or to alter states of mind; no drugs or alcohol are allowed at any Youth PA/USATF events	1 st – warning 2 nd – 1-year suspension
<u>Unauthorized people on the field</u> – athletes, coaches, parents on the infield after the beginning of the first competition	30-day suspension
<u>Disrespect of Officials</u> – an official is someone who holds an office in an organization; an adult volunteer or coach who runs a team; an official (referee) at a competition	1 st – immediate team & coach disqualification from meet AND 30-day suspension 2 nd – 1-year suspension

2 and 3. From Castro Valley Track Club (in addition to the above)

2. For Athlete

1. Listen to coaches and respect what they have to say.
2. Respect pedestrians or others using the track or trails. Give way to others when necessary.
3. Be honest about your ability and how you feel.
4. Do not use inappropriate or offensive language at practice or at a meet.
5. Treat others with respect.
6. Do not push, hit, pinch, kick or cause any physical harm to anyone.
7. Inform the coaches if you are sick or have an injury that may affect your ability to train or compete.
8. Warn others around you of impending hazards or dangerous conditions.
9. Come to practice hydrated and bring water (not sports drink) to practice.
10. Do the warm ups and cool downs.
11. Try your best at every practice and meet. Support and encourage your teammates (example: say “good job”). Treat your teammates, coaches, officials, and all participants with respect and courtesy. Do not use profanity at practice or meets.
12. There are usually no bathrooms or portable toilets at practice. So go to the bathroom before practice.

13. Never leave the group during practice without the coach's permission or without your parent being with you.
14. Do not use illegal performance enhancing drugs.
15. Do not bring electronic toys or music to practice.
16. Follow the Castro Valley Unified School District regulations of not bringing any dogs, skates, skate boards, or bicycles to practice. No food or gum is allowed inside the CVHS stadium.
17. Do not throw rocks, sticks, balls, Frisbee, or anything other than shot put, discus, javelin, turbo javelin, or other throwing gear at practice or at meets.
18. At meets, do not eat candy, chips, cookies, hot dogs, etc. Do not buy anything from the snack bar other than water or fruit. Do not drink sodas.
19. An athlete will be removed or suspended from the Club (without refund) if the above rules are not followed or if there is other inappropriate conduct or if an athlete has more than one unexcused absence from a meet or more than ten unexcused absence from practice..

3. For Parents/Guardians

1. Please ensure your child gets to bed early the night before a meet.
2. Please ensure your child eats properly before the track meet at least 2 hours before the meet starts.
3. At the meet, do not feed or give your child sodas, hotdogs, hamburgers, fries, candy, chips, or salty, fatty, or sugary foods, and do not bring any such foods into the stands or anywhere near where the club athletes are located.
4. Do not send your child away from the stands without notifying a coach.
5. Do not give advice to your child that contradicts that of his/her coach.
6. Do not warm up your child at the meets.
7. Do not interfere with the coaching by the coaching staff at practices or at meets.
8. Do not run with (or train with) your child during practice or at meets.
9. Parents of jumpers will not to call out advice or give "pointers" to athletes (including their children) at any point during the meet.
10. Do not smoke, drink alcohol, or swear at practices or track meets.
11. If you become irritated by an action taken by another or some other discourtesy, advise Coach Phillips for resolution.
12. Please ensure that your child has a healthy lunch in his/her back pack during meets.
13. Please do not allow idle gossip at the practice site and/or riffs between children or adults to cause you to engage others physically or verbally. Please bring all matters of this nature to the attention of Coach Phillips for resolution.
14. All business related questions or inquiry associated with the operation of the Castro Valley Track Club should be directed to Coach Phillips after practice or by email.
15. It is vital that you transport your child to the track and field meets. Please do not drop them off and leave without arranging a ride home prior.
16. Please follow the Castro Valley Unified School District regulations of not bringing any dogs to practice and, for practices at Castro Valley High School, not bringing food, gum, or candy to the Castro Valley High School Trojan Stadium.

17. For practices at Castro Valley High School Trojan Stadium, no parents or adults are allowed inside the black fence that surrounds the track. Only coaches and athletes are allowed inside the black fence that surrounds the track. For Canyon Middle School, parents and other adults are not allowed to run or train with the athletes during practice and parents and adults are not allowed on the track or the infield at Canyon during practice.
18. Parents will not leave their child at practice until two adult coaches are present, and will arrange to have their child picked up on time at the end of practice.
19. Parents agree not to have their children train with anyone other than CVTC coaches and agree not to train them anywhere but with CVTC at CVTC practices.
20. Please note: if an athlete misbehaves (be it for throwing or other reasons) and is told to go “sit in the stands” by a coach, then that athlete might have to sit there until the end of practice. If we coaches have the time to call the athlete’s parent to pick them up and if we feel it is necessary at the time to do so, then we will call the parent. But parents should not expect that the coaches will have the time (or deem it necessary) to call the parents before the end of practice to pick up an athlete who has misbehaved. Any athlete who throws anything (other than shot put, discus, or jav) before, during, or after practice (or who otherwise misbehaves) will immediately sit in the stands for the rest of practice. This includes throwing sticks, rocks, tennis balls, footballs, Frisbee, dirt clods, grass, etc.
21. Parents understand that your child can be removed from the Club (with no reimbursement of dues) if the parent violates the above rules or the athletes violates the above rules.

Signature of Father/Guardian: _____ Date: _____, 2017

Signature of Mother/Guardian: _____ Date: _____, 2017