



Welcome to the X-Factor Track Club Family. You are joining not only a track club but a movement. We believe that each student is destined for greatness and our aim is to unleash their greatness on and off the track. Track is the platform we use to help each student athlete recognize the greatness within.

Practice & Track Meet Policies

X-Factor schedules regular practice sessions that each athlete must attend. The practice schedule will be provided by the coaching staff. Supplemental, unauthorized workouts outside the X-Factor workout structure are prohibited, unless authorized by an X-Factor coach. Please also download the Covid Safety Steps we are taking.

Practice Regulations for Athletes

Athletes must attend **ALL** scheduled practices. Attendance will be taken at each practice. Athletes are **NOT** allowed to miss more than **5** unexcused practices. More than 5 absences will be grounds for termination or other disciplinary actions.

Athletes must arrive on time and ready to workout.

Athletes must have the following at each practice:

- **WATER BOTTLE**
- **SHORTS AND T-SHIRT**
- **SWEATS PANTS AND TOP**
- **RUNNING SHOES (NO BASKETBALL SHOES)**
- **SPIKES**

Athletes must follow the directions of the coaching staff during practices. This includes participating in all drills and completing the training program. Athletes must adhere to the following:

- **NO DISTRACTIONS WILL BE TOLERATED**
- **PROFANITY, HORSEPLAY, ABUSIVE LANGUAGE, AND/OR FIGHTING IS PROHIBITED.**
- **MEMBERS UNWILLING TO PARTICIPATE IN WORKOUTS WILL BE DISMISSED FROM THE TRACK OR PRACTICE AREA AND WILL NOT BE ALLOWED TO RETURN UNTIL COACHES HAVE SPOKEN WITH THE PARENTS.**



- **REPEATED MISCONDUCT, DISTRACTIONS AND/OR REFUSALS TO DO WORKOUTS WILL BE GROUNDS FOR TERMINATION FROM THE PROGRAM. MEMBERSHIP FEES WILL NOT BE REFUNDED UPON TERMINATION.**

Practice Regulations for Parents

Parents are **NOT** permitted on the track or in practice areas during practices.

Parents shall refrain from coaching and/or instructing athletes during practice sessions. Coaching is the exclusive responsibility of the X-Factor coaching staff.

Coaches are available to answer questions before and after practice or during scheduled appointments.

PLEASE NOTIFY THE COACHING STAFF IF YOUR CHILD WILL NOT BE ABLE TO PARTICIPATE IN A SCHEDULED PRACTICE. THIS NOTIFICATION SHOULD BE GIVEN AS EARLY AS POSSIBLE AND PREFERABLY PRIOR TO SCHEDULE PRACTICES.

Inclement Weather

Practice will be held as scheduled except in the event of dangerous weather such as extreme cold, heavy rain, and/or lighting. In the event that a scheduled practice is cancelled due to the weather, the club will send correspondence by email, team website, Facebook and/or GroupMe at least 30 minutes prior to practice start time.

Track Meet Policies

Meet information will be provided prior to each meet at www.xfactortc.com.

X-Factor coaches will determine which events athletes will participate in for each meet. Parents may discuss this with the coaches prior to entry, however, coaches will make the **FINAL** decision.

If an athlete will not be competing at a meet, this must be communicated to the coaches **ONE** week prior to the start of the meet. All athletes are not allowed to miss more than **2** scheduled track meets.

The Club will have a designated area for X-Factor athletes during meets. All athletes must sit in this area.



IT IS VERY IMPORTANT THAT ALL ATHLETES ADHERE TO THE REPORT TIME FOR SCHEDULED MEETS SO THAT THEY MAY PARTICIPATE IN TEAM WARMUPS. IN THE EVENT THAT YOUR ATHLETE IS RUNNING LATE, IT IS YOUR RESPONSIBILITY TO CONTACT A COACH WITH YOUR ETA. FAILURE TO DO SO MAY RESULT IN DISCIPLINARY ACTION.

Athlete Expectations

Upon arrival at a meet, check in with the team at the designated area. There you will be given further instructions.

Athletes **MUST** be sitting in the designated team area unless warming up or completing a field and/or running event.

Athletes **MUST** report to the check-in tent at the designated time.

Wear your uniform and have your bag containing shoes and a water bottle (with water or sports drink). Please be sure to bring warm-up clothes to each meet, due to unpredictable weather. **BE PREPARED.**

Athletes must be prepared physically and mentally for your events. Your attendance is **MANDATORY** for team warmups.

Be sure to have plenty of healthy foods and/or snacks. See the Nutrition section of this handbook for ideas.



These high-carbohydrate foods can be packed and taken along for midday snacks, long workouts and/or completions:

Breads, bagels, muffins
Crackers and pretzels
Fig Newtons, oatmeal raisin cookies
Bananas, grapes, and melon
Yogurt
Fruit roll-ups
Sports drink and water
Chocolate milk (soy or almond is great for recovery)

Pre-competition Meals

The night before a track meet eat pasta, pizza, vegetables, brown rice, etc. Load up on carbs. The day of the track meet eat 2-3 hours prior to your event- oatmeal, eggs, wheat toast. Try to avoid fast food items.

All Day Events

Athletes should consider the amount of time between eating and performance when choosing foods at all-day events.

One hour before competition:

Fruit and vegetable juices
Fresh fruit (bananas, raisins, grapes, oranges, peaches, watermelon)

Two to three hours before competition:

Fruit juices
Fresh fruit
Breads, bagels, muffins with a small amount of cream cheese
Sandwich with wheat bread

Three to four hours before competition:

Fruit juices and fresh fruit
Breads with or a light spread of peanut butter or 1 slice of cheese
Bagels with a light spread of cream cheese
Muffins
Bowl of cereal with milk
Yogurt



Relay Team Policies

HEAD COACH APPROVES ALL RELAY TEAM MEMBERS

1.) Relay teams can and will change from week to week from the Spring season to Nationals. That means no one has a confirmed spot on a relay team at any time no matter how many times they've run on the relay in previous meets.

2.) Alternates are in place in the event that another member cannot fulfill their relay responsibilities due to injuries, vacation, school/education, sickness, religion and personal family issues. Your relay spot is not guaranteed when you return.

*You cannot lose your relay spot due to injury. You have at least 1 meet to prove you are healthy and can hold your spot.

3.) In the event that an alternate runs in for a preliminary event, that individual will receive the medal in the finals.

Use of alternates must be approved by the head coach

4.) Relay team are comprised of performance, practice attendance, competition attendance, attitude/behavior and commitment!

5.) If you leave a competition meet early and you were scheduled to participate on a relay, you will be removed from the relay team as a member. The head coach will determine the athlete's return to the relay team.

Travel Policies

Everyone traveling to out of town meets, that require an overnight stay of one or more days must register 10 days prior to the start of event date. All hotel, flight and travel arrangements must be submitted along with meet registration. Failure to do so will result in athlete being scratched from individual events and/or removed from relay teams and replaced by an alternate.



Indoor Meets

TBD - December 5th – Birmingham, AL

TBD – December 18th – Birmingham, AL

TBD – January 9th – Birmingham, AL

Spring Meets

4 – X-Factor Home Meets @ Banneker High School

2-3- Additional Meets TBD

Summer Meets

TBD

Membership Cost

Indoor Registration

\$250(New)

****First payment (\$125) due October 3rd****

****Final payment (\$125) due November 5th****

Compression Top (*additional cost*)

Compression Pants (*additional cost*)

1-2 Meets

Misc. Fees (training, equipment, facility, banquet)

Returning from last Spring - \$50 plus indoor registration fees

Parents are responsible for purchasing their child's AAU card

Spring Registration

New- \$250 (*Multiple athlete discount*)

- Two Athletes \$420

- Three athletes \$600

****First payment (\$125) due January 5th****



****Final payment (\$125) due February 15th****

Uniform (New only)
Compression Top (*additional cost*)
Compression Pants (*additional cost*)
4-6 Developmental Meets
Misc. Fees (training, equipment, facility)

Summer Registration

New- \$375

Returning- \$275

****First payment (\$187.50) due May 8th****

****Final payment (\$187.50) due May 22nd****

Uniform (New only)
4-6 Meets
Misc. Fees (training, equipment, facility, AAU membership - *Aau club # w34bcf)

Train Only (no partial payments)

\$150 (October-December 3rd)

\$200 (January-March)

\$200 (April-July)



MEMBERSHIP HANDBOOK AGREEMENT

I have read the 2020-21 X-Factor Track Club membership handbook and agree to abide by the policies set forth by X-Factor Track Club. I understand the club vision, mission & philosophy.

Parent or Guardian _____ Date _____

Athlete: _____ Date: _____

Athlete: _____ Date: _____

Athlete: _____ Date: _____

X-Factor Track Club agrees to provide facilities, a safe environment, coaching, training & instructions for all 2020-21 club members.

Your child/children will go through our program and given the proper tools, guidance, confidence and discipline to be able to compete on a national level in the world of track & field.

Welcome to X-Factor!

Regards,

X-Factor Staff

Please provide copies of the following documents:

Physical Taken in last 6 months

Birth Certificate



PARENT CONSENT

Athlete: _____ Age: _____

Athlete: _____ Age: _____

Athlete: _____ Age: _____

Athlete: _____ Age: _____

I, the undersigned parent and or/legal guardian of the above named son/daughter hereby grant permission for his/her participation in the activities of the X-Factor Track Club and their related activities.

On Behalf of my son/daughter and myself, I acknowledge that he/she will be using facilities at his/her own risk and I, on my own behalf, hereby release, discharge and indemnify the X-Factor Track Club Coaches from all liability for injury to person of damage to entrant. I understand that X-Factor Track Club does not guarantee that my child or family will not contract Covid-19 or other illnesses that spread in public areas. I further understand this release applies to transportation to and from all track meets and practices. You are authorized on my behalf and at my account to take measures and arrange such medical and/or hospital treatment, as you may deem advisable for the well-being of my son/daughter.

Parent or Guardian

Name: (Please Print): _____ Date: _____

Signature: _____



MEDIA RELEASE FORM

I understand that X-Factor Track Club will take & use action/still photos and video of my child participating in regular scheduled X-Factor practices, organized meets, and functions.

Images will be used for official club purposes such as: website, internet, social network sites, brochures, flyers, newsletters, marketing materials, media & press releases.

Furthermore, I consent to the organizations right to publish such images and video for announcements, marketing & advertising.

I have fully read and consider all of the terms and statements contained in this release before affixing my signature.

Parent or Guardian

Name: (Please Print): _____ Date: _____

Signature: _____