



**2012 TRACK CLUB MEMBERSHIP HANDBOOK  
&  
REGISTRATION PACKET**

**“RUN WABBIT RUN”**

**Mailing Address:  
Jackrabbit Track & Field Clinic  
2090A Hwy 317 #422 Suwanee, GA. 30024**

**Physical Address:  
4729 Nelson Brogdon Blvd. Suite E  
Sugar Hill, GA. 30518**

**[www.jackrabbitclub.com](http://www.jackrabbitclub.com)  
[info@jackrabbitclub.com](mailto:info@jackrabbitclub.com)  
678-294-7448  
678-261-1873 Fax**

**Dear Parents & Supporters,**

**Thank you all for your interest in Jackrabbit Track & Field Clinic. We are fast becoming one of the top track & field clubs in the state of Georgia and being recognized on a national level. We're in our fourth year and our third full season. The success of this organization has been due to the fact of some very hard working student/athletes, a dedicated coaching staff and a supportive community. We are a Tax Exempt Non-Profit Organization. Our club trains and competes on a national level. We are members of the AAU (Amateur Athletic Union) and USATF (United States of America Track & Field)**

**Jackrabbit members have qualified for the Junior Olympics for the past four seasons and we ended our 2011 season with two All Americans. We had a great number of student/athletes finish the 2011 season fast and strong. Our club policy is education first, training second. We instill discipline and focus into our student/athletes. Our primary goal is the development of your child.**

**"The team mission is to produce quality youth through the promotion of fitness, sportsmanship, and the encouragement for high academic achievement. We will build confidence, instill drive and give comfort to every child. The Jackrabbit Track & Field Clinic goals are to encourage and help young people to develop physically, emotionally, educationally and socially through their involvement in track and field."**

**Goals for this 2012 season is to continue the growth of our program, reach higher standards and get more involved with the community. We anticipate a great number of student/athletes to register for our 2012 Spring/Summer track & field season. Our season will start the middle of February and end the middle of July. We train 3-4 days a week and meets are on Saturdays during the Spring (developmental season) and Saturdays with finals and relays on Sundays during the Summer (competitive & qualifying season).**

**See you on the track,**

**Coach Andre Al-Ghani-Founder**

## Membership Cost

**\$625.00 New Members**

**\$450.00 Returning 2011 Members:**

**Registration cost includes:** All Invitational & Developmental Meet Entry Fees, Administration Fee, AAU Membership Fee, USATF Membership Fee, Equipment & Supplies, Operating Cost, Facility Training Venue Cost, Spirit Fee, Speed Suit, Warm-up, Sport Bag, T-Shirt, Insurance Coverage, Training & End of The Season Award .

**\*Multi-child discount: 10% for 1<sup>st</sup> additional child. 15% with 2<sup>nd</sup> additional child. Members must live in the same household.**

**November 4<sup>th</sup> 2011:** Orientation for 2012 Track Season

**November 15<sup>th</sup> :** Registration opens on line at [www.jackrabbitclub.com](http://www.jackrabbitclub.com) or in person @ Jackrabbit Sports Clinic (20% Deposit Required All Monies Is Non-Refundable)

**February 13<sup>th</sup>:** All balances are due

**February 18<sup>th</sup>:** First Day of Practice. (No One Can Practice Until all Balances Are Paid in Full)

**February 25<sup>th</sup> & 26<sup>th</sup>:** Uniform Fitting.

### **Additional Cost:**

**Running Shoes \$50-75.00**

**Running Spikes \$45-75.00**

**Qualifying Meet Entry Fees \$25.00 x 2 = \$50.00**

### **Travel Cost Estimated:**

Orlando Club Championships \$1800.00, Nationals Junior Olympics \$1300.00

**\*\*\*Club membership cost does not cover travel, hotel & food. It is our goal as a club to raise money through fund raising and sponsorships to cover these costs.**

## ***Practice & Track Meet Policies***

The Club schedules regular practices sessions that each athlete must attend. The practice schedule will be provided by the coaching staff. Supplemental, unauthorized workouts outside the Jackrabbit workout structure are prohibited, unless authorized by a Jackrabbit coach.

### **Practice Regulations for Athletes**

- Athletes must attend all scheduled practices. Roll call will be taken at each practice. You are not allowed to miss more than 5 unexcused practices. More than 5 absences is 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)
- Athletes must follow the directions of the coaching staff during practices. This includes doing the exercises, participating in all drills and completing the training program.
- No distractions will be tolerated
- The following is not allowed: profanity, horseplay, abusive language, or fighting.
- 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. No membership fees will be refunded if a membership is terminated.

### **Practice Regulations for Parents**

- Parents are not permitted on the track or in practice areas during practices.
- Parents shall refrain from coaching or instructing athletes during practices sessions. Coaching is the exclusive responsibility of the Jackrabbit 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.

### **Practice and Bad Weather**

- The coaches will not cancel practice because of rainy weather in general. Practice will be held as scheduled except in the event of dangerous weather,

such as extreme cold, heavy rain, or lighting. In the event that a scheduled practice is cancelled ahead of time due to the weather, the club will try to inform the members by email, text or posting on Jackrabbits' website.

Meet information will be provided prior to each meet. This will be in paper form, email, and/or on the web site ([www.jackrabbitclub.com](http://www.jackrabbitclub.com)). Jackrabbit parents and athletes are responsible for knowing the athlete's meet events and times. All meet entry fees are due the Monday prior to the following weekend track meet.

Jackrabbit coaches determine what events the athlete will participate in for each meet. The parent may discuss this with the coaches prior to entry, but the coaches have the final say.

If an athlete will not be competing at a meet, this must be communicated to the coaches 1 week prior to the start of the meet. All track club members are not allowed to miss more than 2 scheduled track meets.

The Club will have a designated area for Jackrabbit athletes to stay during the meet. All athletes must sit together in this area. Parents will have a separate sitting area.

### **Athletes' Responsibilities**

**Check your event time prior to the Meet.** Arrive at the meet at least 2 hours prior to your scheduled event times. Rolling start schedule athletes must arrive at start of meet.

**Check in with the Club.** Upon arrive at a meet, check in with the Club at the designated area and get your numbers and instructions.

**Sit with the Club during the meet.** Athletes must stay in the Club area during the meet.

**Come prepared.** Wear your club uniform. Have your shoe bag containing shoes and water bottle (with water or sports drink). Bring warm-up clothes to every meet – weather is unpredictable. There are to be absolutely no flip flops of any kind worn to a track meet.

**Warm-up.** Warm-up with your team mates. Arrive in time to get prepared physically and mentally for your events.

**Bring food.** Bring plenty of healthy food. See the Nutrition section of this handbook for ideas.

**Concession Stands.** Concession Stands are off limits during the meet.

## ***Nutrition***

### ***Snack Hints***

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

- Breads, bagels and muffin
- Crackers and pretzels
- Fig Newtons, oatmeal-raisin cookies
- Fruit yogurt
- Bananas, grapes, & melon
- Fruit roll ups
- Sports drink & water
- Chocolate Milk (soy or almond great for recovery)

### ***Pre-competition Meals***

The night before a track meet Eat pasta, pizza, vegetables, brown rice etc.  
The day of a track meet Eat 2-3 hours prior to your event starting...oat meal, eggs, wheat toast etc.

### ***All Day Events***

Athletes should consider the amount of time between eating and performance when choosing foods at all-day events. Suggested pre-event foods include the following:

#### ***One hour before competition:***

fruit and vegetable juices such as tomato juices, and/or  
fresh fruit such as bananas, raisins, grapes, oranges, peaches, or watermelon

#### ***Two to three hours before competition:***

fruit juices and fresh fruit, and/or breads, bagels or muffins, with a small amount of cream cheese, Sandwich w/wheat bread.

#### ***Three to four hours before competition:***

fruit juices and fresh fruit, and breads, bagels or muffins and a light spread of peanut butter or 1 slice of cheese for breads, or a light spread of cream cheese for bagels, and or a bowl of cereal, with milk or yogurt

#### ***Four hours or more before competition:***

sandwich with 2 slices of bread and 2 ounces of lean meat, and breads, bagels or muffins, with a small amount of cream cheese

## **Relay Team Policies**

Being a member as one of Jackrabbit relay teams is a privilege. All relay teams will be announced by May 21st 2012. Relay teams will consist of 4 members plus 1 alternate. Relay teams will be determined by the following criteria.

***Performance***

***Attitude***

***Work Ethic***

***Participation***

***Practice Attendance***

If you are not a member of a relay team and you meet the following criteria above. You are allowed to challenge any member of the relay you chose for their spot.

Challenges must be made at least 1 week prior to a scheduled track meet. If you loose your spot you must wait two scheduled track meets before you are allowed to make a challenge. ***\*No challenges for a relay spot can be made after May 21<sup>st</sup> 2012. \*You can not challenge a member who is injured, nor can you lose your relay spot due to injury. \*If you return after May 21<sup>st</sup> due to an injury, the coaching staff has the authority to decide if your fit to return to the relay team.***

4x100 Challenge is 200M run off

4x400 Challenge is 400M run off

4x800 Challenge is 800M run off

**Relay teams are:**

Primary Boys & Girls

Bantam Boys & Girls

Midget Boys & Girls

Youth Boys & Girls

Intermediate Boys & Girls

Young Men & Women

Jackrabbit coaching staff has the authority to remove any members from a relay team due to excessive tardiness, absence, lack of participation, & behavior towards coaches & other athletes.

## ***Fund Raising, Sponsorships & Donations***

### **Fund Raising**

Everyone is encouraged to participate in fund raising. All fund raising activities will be coordinated by The Fund Raising Committee. If you participate in fund raising, monies earned goes towards Jackrabbit Track Club for travel, qualifying meet entry fees, extra facility rentals, outside training & equipment upgrades.

Only those participating in fund raising activities are subject to having part of their monies earned to help off set additional cost for their child/children.

### **Donations & Sponsorships**

Donations and sponsors will be coordinated through the Sponsorship Committee. No one other than the board members is allowed to collect donations or sponsors. If you know of an individual or organization. That wants to make a donation or become a sponsor. It must be coordinated through the Sponsorship Committee.

All donations and sponsors go towards the overall operations of Jackrabbit Track Club. Website, operating cost, advertising, additional apparel, transportation, certification etc.

It is the board's desecration as to where and when fund raising, sponsorship & donation monies are spent and allocated.



## ***Awards & Banquet***

### **Coaches Award**

- 1.) Participated with Jackrabbit Track Club for the entire 2012 season Spring/Summer.
- 2.) Participated in 90% of JTC scheduled practices, track meets & conditioning.
- 3.) Consistently responded to training, coaching & instructions at both practice & scheduled track meets.
- 4.) Finish in the top nine in one or all of their events at least 6 individual meets.
- 5.) Consistently PR (personal record) in at least 1 event at 9 individual track meets.
- 6.) Parents allow athlete to be coach able during practice & training sessions.
- 7.) Parent & Athlete fully comprehend Jackrabbit Track Club concept, vision & mission.

### **Spotlight Award**

- 1.) Participated with Jackrabbit Track Club for entire 2011 season Spring/Summer.
- 2.) Exemplifies an excellent attitude at practice and meets through out the season.
- 3.) Always performed to his/her ability during track meets.
- 4.) Finish top 100 in the nation.
- 5.) Consistently PR (personal record) in at least 1 event at 9 individual track meets.
- 6.) Parent & Athlete fully comprehend Jackrabbit Track Club concept, vision & mission.

### **Green & Gold Award**

- 1.) Finish top 25 in the nation in an individual event or as a member of a relay team.
- 2.) Participated with Jackrabbit Track Club for entire 2012 season Spring/Summer.
- 3.) Participated in 90% of JTC scheduled practices, track meets & conditioning.
- 4.) Parent & Athlete fully comprehend Jackrabbit Track Club concept, vision & mission.

**Jackrabbit Award**

- 1.) Qualify for Nationals (Junior Olympics)
- 2.) Participated with Jackrabbit Track Club for entire 2012 season Spring/Summer.
- 3.) Participated in 90% of JTC scheduled practices, track meets & conditioning.
- 4.) Parent & Athlete fully comprehend Jackrabbit Track Club concept, vision & mission.

**"Run Wabbit Run Award"**

- 1.) Finish top 15 in the nation in an individual event.
- 2.) Finish top 9 at Nationals
- 3.) Participated with Jackrabbit Track Club for entire 2012 season Spring/Summer.
- 4.) Participated in 90% of JTC scheduled practices, track meets & conditioning.
- 5.) Performs as a leader both on and off the track.
- 6.) Exemplifies an excellent attitude at practice and meets through out the season.
- 7.) Parent & Athlete fully comprehend Jackrabbit Track Club concept, vision & mission.

\*There is an additional banquet fee for family and invited guest \$10.00-\$20.00

\*All members will be recognized at end of the season banquet. The above awards are for individual achievement & recognition.

**Membership Handbook Agreement**

I have read the 2011 Jackrabbit Track & Field Clinic membership handbook and agree to abide by the policies set fourth by Jackrabbit Track & Field Clinic. I understand the clubs concept, vision & mission.

Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

Jackrabbit Track & Field Clinic agrees to provide facilities, a safe environment, coaching, training & instructions for all 2012 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 Jackrabbit!

Regards,  
Coach Andre Al-Ghani Founder

**Please Provide:**

- Copy of Physical Taken in last 6 Months**
- Birth Certificate**
- Report Card (All Athletes Must Have a GPA of 2.8 or Higher)**

**Parent Consent**

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 Jackrabbit Track & Field Clinic 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 Jackrabbit Track & Field Clinic from all liability for injury to person of damage to entrant. 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 Jackrabbit Track & Field Clinic will take & use action/still photos and video of my child participating in regular scheduled Jackrabbit 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 understand by signing below. 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.

X

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Parent

*Run Wabbit Run 2022*

## Physical Form

Name: \_\_\_\_\_ Gender: M F Date of Birth: \_\_\_/\_\_\_/\_\_\_

Father's Name: \_\_\_\_\_ Daytime phone, pager, cell phone:

\_\_\_\_\_  
Mother's Name: \_\_\_\_\_ Daytime, phone, pager, cell phone:

\_\_\_\_\_  
Street address:

\_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Home phone:

\_\_\_\_\_  
Alternate Emergency Contact Person: \_\_\_\_\_ Daytime phone:

\_\_\_\_\_  
Please indicate MEDICAL ALERTS such as allergic reactions, contact lenses, etc.:

### Medical History:

Athletes and parents: This health record is a critical element in the determination of an athlete's risk of injury in sports.

Please take the time to read and answer all questions before seeing a physician for the athlete's physical examination.

1. Has anyone in the athlete's family (grandparents, mother, father, brother, sister, aunt, YES NO Don't Know uncle) died suddenly before age 50?
2. Has the athlete ever stopped exercising because of dizziness or passed out during exercise? YES NO Don't Know
3. Does the athlete have asthma (wheezing), hay fever, or coughing spells after exercise? YES NO Don't Know
4. Has the athlete ever had a broken bone, had to wear a cast, or had an injury to any joint? YES NO Don't Know
5. Does the athlete have a history of concussion (getting knocked out)? YES NO Don't Know
6. Has the athlete ever suffered a heat-related illness (heat stroke)? YES NO Don't Know
7. Does the athlete have a chronic illness or see a doctor regularly for any particular problem? YES NO Don't Know
8. Does the athlete take any medication(s)? YES NO Don't Know
9. Is the athlete allergic to any medications or bee stings? YES NO Don't Know
10. Does the athlete have only one of any paired organs? (Eyes, ears, kidneys, testicles, ovaries) YES NO Don't Know
11. Has the athlete had an injury in the last year that caused the athlete to miss 3 or more YES NO Don't Know consecutive days of practice or competition?
12. Has the athlete had surgery or been hospitalized in the past year? YES NO Don't Know
13. Has the athlete missed more than 5 consecutive days of participation in usual activities YES NO Don't Know because of illness, or has the athlete had a medical illness diagnosed that has not been resolved in the past year?
14. Are you, the athlete, worried about any problem or condition at this time? YES NO Don't Know

Please give details on any "YES" answer from the above health history.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**PHYSICAL EXAM – TO BE COMPLETED BY PHYSICIAN**

Height \_\_\_\_\_ Weight \_\_\_\_\_ Pulse \_\_\_\_\_ Blood Pressure \_\_\_\_\_  
Vision: R \_\_\_\_ / \_\_\_\_ uncorrected R \_\_\_\_ / \_\_\_\_ corrected L \_\_\_\_ / \_\_\_\_ uncorrected L \_\_\_\_ / \_\_\_\_ corrected

Normal Abnormal Findings Initials

- 1. Eyes
- 2. Ears, Nose, Throat
- 3. Mouth & Teeth
- 4. Neck
- 5. Cardiovascular
- 6. Chest & Lungs
- 7. Abdomen
- 8. Skin
- 9. Genitalia-Hernia (male)
- 10. Muskuloskeletal: ROM, strength, etc.
  - a. neck
  - b. spine
  - c. shoulders
  - d. arms/ hands
  - e. hips
  - f. thighs
  - g. knees
  - h. ankles
  - i. feet
- 11. Neuromuscular

**Please Print/ Stamp**

Physician’s Name \_\_\_\_\_

Street Address \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_

I certify that I have examined this athlete and found him/her medically qualified to participate in sports. I also certify that

I am a licensed medical physician, physician’s assistant, or family nurse practitioner. (Doctor of Chiropractic Medicine is not satisfactory.)

Physician Signature \_\_\_\_\_ Date \_\_\_\_\_

**PARTICIPATION RESTRICTIONS:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## REGISTRATION FORM

- |  |  |
|--|--|
| <input type="checkbox"/> Fall Cross Country  | <input type="checkbox"/> Spring / Summer Track & Field |
| <input type="checkbox"/> Winter Indoor Track | <input type="checkbox"/> Year Round Conditioning       |

Athlete's Name: \_\_\_\_\_ Male \_\_\_ Female \_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Name of School athlete attends \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Family Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Does child have a medical condition or requires medication of which a coach should be aware, please specify;  
\_\_\_\_\_

**I AGREE TO ABIDE BY THE RULES OF JACKRABBIT TRACK & FIELD CLUB. I UNDERSTAND THAT ALL FEES ARE NON-REFUNDABLE.** I understand that, with my child's membership, I assume the responsibility of assisting with the fundraisers and the competitions that the club shall host/put on, in whatever capacity for which I am qualified and/or needed.

\_\_\_\_\_ Dated this \_\_\_\_\_ day of \_\_\_\_\_, 201\_\_

*Signature of Parent or Legal Guardian*

For more info, contact Jackrabbit Track & Field Club at 678-294-7448 or [www.jackrabbitclub.com](http://www.jackrabbitclub.com), or [andre@jackrabbitclub.com](mailto:andre@jackrabbitclub.com)

### Payment Options

Online  
[www.jackrabbitclub.com](http://www.jackrabbitclub.com)

Check by Mail  
2090A Hwy 317 #422  
Suwanee, GA 30024

Onsite Registration  
4729 Nelson Brogdon Blvd Ste. E  
Sugar Hill, GA 30518



## ***2012 Age Divisions***

### ***USATF Age Divisions:***

**Sub-Bantam 2004**

**Bantam 2002-2003**

**Midget 2000-2001**

**Youth 1998-1999**

**Intermediate 1996-1997**

**Young Men & Women 1994-1995**

### ***AAU Age Divisions:***

**Primary 2004 and after**

**Sub-Bantam 2003**

**Bantam 2002**

**Sub Midget 2001**

**Midget 2000**

**Sub Youth 1999**

**Youth 1998**

**Intermediate 1996-1997**

**Young Men & Women 1994-1995**

## ***Practice Locations***

### **Primary Practice Locations:**

Mountain View High School  
2351 Sunny Hill Road  
Lawrenceville, Ga. 30043

Jackrabbit Sports Clinic  
4729 Nelson Brogdon Blvd. Ste. E  
Sugar Hill, GA. 30518

### **Alternative Practice Locations:**

North Gwinnett High School  
20 Level Creek Road  
Suwanee, Ga. 30024

Buford High School  
2750 Sawnee Ave.  
Buford, Ga. 30518

\*We also practice at various parks in the Gwinnett County are for additional conditioning and hill work.

**"Run Wabbit Run 2012"**

## **Acomplishments**



**Sub Bantam Boys 7-8 Years Old 3<sup>rd</sup> in the Nation  
4x400 Relay USATF National Record Holders**



**Three 1<sup>st</sup> Place Division Wins Overall,  
Boys & Girls 1<sup>st</sup> Place and Male Athlete  
of The Meet @ Smart Memorial Day  
Meet 2011**

***“You can’t coach heart, you can never coach desire, they must always come from within. Rules may be learned, and skill developed, But you cannot be taught the will to win. You must reach a little deeper to bring out your best, you must be your own motivation. Keep going, Never Quit, You have to find a reason. You are your own strength, Your own Motivation”***