

MWYTC Handbook

REGISTRATION:

- **Team Roster**
 - We are limited to a roster size of 60 athletes.
 - Renewing members have first priority with annual registration.
 - The number of new member roster spots will be determined after the renewal deadline.
 - New members will be added in the order their registration is received. **see waitlist*
- **Membership Waitlist**
 - Waiting new members are encouraged to submit their registration forms ASAP to secure their place on the membership waitlist.
- **Registration Forms**
 - **All** forms must be submitted before registration deadline or athletes will lose their spot on the roster.
 - All forms can be found on our website <http://www.mwyc.com/youth/registration/>

New Member Form List:

1. Registration Form
2. Registration Fee
3. Code of Conduct Form
4. Waiver
5. 2 Copies of Birth Certificate
6. A Copy of Insurance
7. Health History Form

Returning Member Form List:

1. Renewal Form
2. Renewal Registration Fee
3. An updated copy of Insurance card (if needed)
5. Updated Health History Form (if needed)

- **Registration Fee**
 - Registration fee must be submitted before registration deadline or athletes will lose their spot on the roster.
 - Both the amount of the renewal fee and new member fee is subject to change every year.
 - Annual fees will be posted on the website.
- **Registration Deadline**
 - Registration will take place every year in the month of October.
 - Renewals and new member deadlines will be posted annually on the website.
 - If renewing athletes miss their deadline they lose their spot on the roster. Only if there is an open spot after new member registration can they sign back up.

COMMUNICATION:

- Communication will be done primarily through **email** and **text** message. Information will also be shared on our **Facebook** page. Please feel free to contact Vicky Pounds via email, text or cell.
 - **Website-** <http://www.mwtc.com/youth/>
 - **Email-** vpounds@mwtc.com
 - **Facebook-** Mountain West Youth Track Club
 - **Text Message-** 406-370-9499
 - **Cell-** 406-370-9499
 - **Mailing Address-** 409 Rainier Court Missoula, MT 59803

PRACTICE:

- **Days/Times** (*subject to change annually*)-
 - **Winter Season:**
 - **Mondays** and **Wednesdays** at the **PEAK** Health and Wellness Center TIME: 7:00pm-8:30pm
 - **Tuesdays** at the University of Montana - Adams Center (East Auxiliary Gym) TIME: 6:00pm-7:30pm
 - Additional practice days may be offered throughout the season. Once the venue is confirmed, the days and times will be posted on Facebook and email.
 - **Summer Season:**
 - **Monday, Wednesday, and Fridays** Time- TBD

**No late pick-ups after practice. Parents are expected to be on time to pick up their child at the end of practice.*

- **Practice Locations**
 - **The Peak Health and Wellness Center**
5000 Blue Mountain Rd
Missoula, MT 59804
 - **Adams Center** (West Auxiliary Gym)
32 Campus Drive
The University of Montana
Missoula, MT 59012
 - **Dornblazer Field** (UM Track)
Higgins & South
- **Attendance**
 - Attendance will be taken at practices.
 - For excused absences athletes must text their event area coach before the start of practice.

- **Missed Practices**
 - Athletes are required to attend practice 2 times a week.
 - If athletes are consistently unable to attend practice 2 times a week they will not be able to compete in the meets.
- **Injuries**
 - Do not come to practice if you are injured and can't participate.
 - Try to discuss injuries with your coach either before or after practice time.
 - Coaches aren't medical professionals. If athletes are hurting they must seek medical help.
 - If you cannot practice the first 2 weeks because of an injury, you must give up your spot on the team.
- **Sickness**
 - Please do not come to practice if you are sick!
 - Sickness will count as an excused absence.
- **Track Safety**
 - Athletes will be training on a 2 lane 200m indoor track so space is very limited.
 - Athletes can exit and enter the track via the west stairs.
 - Athletes must keep the track clear until their scheduled practice time.
 - General rule- sprints will be working out in lane 2 and distance will be working out in lane 1.
 - Athletes need to be aware of where they are on the track at all times to avoid collisions.
 - Athletes must pay attention and listen to the coaches' instruction at all times.
 - If these safety measures are not followed athletes will be asked to leave practice.
- **Peak Rules**
 - MWYTC are guests at the Peak Health and Wellness Center and we are expected to obey the following rules:
 - Athletes will have use of the locker room and track only. We **do not** have use of the basketball court, weight training equipment, swimming pool/hot tub or cardio equipment.
 - Noise level needs to be at a minimum and athletes need to be respectful of the Peak staff and members at all times.
 - Athletes are required to sign in at the front desk before every practice.
 - Athletes must keep the track clear until the practice time (7:00PM).

COMPETITIONS:

- **Required Meets**
 - We are a competitive track club, which means we expect our members to compete in the track meets.
 - Athletes must compete in a minimum of 2 meets.
- **Entry Process into the Meets**
 - All athletes will be entered in the meets by MWYTC.
 - MWYTC will pay for all event entries.

- **Meet Entry Form**
 - Before each competition, athletes must fill out a **Meet Entry Form** stating what events they want to participate in along with their time or mark in that event. Forms will be emailed to the email address on file.
 - We suggest that athletes discuss what events to participate in with their event area coaches.
 - The **Meet Entry Form** must be submitted before its deadline or athletes will not be able to participate in the meet.
 - This form needs to be emailed or mailed to Vicky Pounds. (*Vpounds@mwtc.com or 409 Rainier Court Missoula, MT 59803*)
 - Travel space to the meets is limited so athlete participation will be determined by the order in which the **Meet Entry Forms** are received.

- **Opening Heights in Field Events**
 - Some meets that MWYTC compete in have high opening standards for some field events. For safety reasons, coaches will allow entry into these events for each athlete at their own discretion.

- **TRAVEL & ACCOMODATION:**
 - All costs of travel and accommodation will be covered by MWYTC. The cost of meals will be the athletes' responsibility.
 - Transportation to the meets will be on Beach Transportation buses.
 - Seating on the bus will be; boys sitting with boys and girls sitting with girls.
 - Be respectful to the bus driver at all times and adhere to Beach Transportation safety rules.
 - Accommodation will be arranged by MWYTC.
 - Room requests will be considered but not guaranteed. Please give requests to event area coach.
 - No room changes will be allowed unless agreed upon by the coach.
 - Athletes may socialize in hotel in designated, approved, chaperoned areas. There are to be ABSOLUTELY NO boys in girls' rooms and NO girls in boys' rooms.
 - Athletes must stay in the confines of the hotel unless accompanied by a chaperone or authorized by their chaperone to leave.
 - Athletes must be in their designated rooms by 10:00PM, lights out by 10:30PM, quiet by 11:00PM.

- **Travel with Parents**
 - If an athlete is not going to be traveling or staying with the team at a competition they must indicate so on the **Meet Entry Form**.
 - Parents must be responsible in getting their child to the competition site at least 1 hour before their first scheduled event.
 - If an athlete plans on leaving the competition site with a parent, he/she must inform a coach/chaperone before departing.

- **CHAPERONES**
 - Parents who are interested in being a trip chaperone should indicate this on the **Meet Entry Form**.
 - 2-4 chaperones will be selected for each trip.
 - Transportation and accommodation will be provided for chaperones.
 - All chaperones must sign up as a volunteer through USATF where they will have to complete a background check.

POLE VAULT:

- **Practice**
 - Vault practice will take place on Tuesday nights at the Adams center. Athletes are expected to participate in speed training session on either/both Monday or Wednesday's practices at the Peak.
 - Additional Events- Pole Vault athletes are expected and encouraged to participate in other event(s).
- **Competitions**
 - Some competitions have a high opening height for pole vault. For safety reasons, coaches will only allow entry into this event for each pole vaulter at his/her own discretion.
 - Participation for the pole vault is dependent on the presence of the pole vault coach.
- **Poles**
 - MWYTC will provide 2 poles for practice and competitions.
 - Athletes are welcome to use their own poles but are fully responsible for the care and transportation of their poles to practice and competition.

EQUIPMENT:

- **Uniforms**
 - New athletes will be provided with a track singlet and a warm up jacket.
 - Athletes must wear their own black bottoms for competition and warm up.
 - Athletes are expected to wear team issued gear at the competitions.
 - If an athlete out grows their uniform they can order a new one through the swag sale or check with me to see if we have any second hand uniforms.
- **Shoes**
 - Athletes are required to train in running shoes. Competition shoes are optional; these include a lighter training shoe and or track spikes.
- **Water Bottle**
 - Athletes are encouraged to bring their own water bottle to practice and competitions.
 - To avoid the spread of germs, athletes will refrain from drinking out of other athletes' water bottles.
- **Practice Gear**
 - Athletes are encouraged to have warmer clothes for after practice.

MEDICAL:

- Athletes must fill out and submit a Health History Form.
- If a medical emergency does arise, the coach will assess the situation and determine whether or not 911 needs to be called.
- Parents or an emergency contact person will be contacted immediately.
- No medical treatment can be given without parent's consent.

VOLUNTEER REQUIREMENTS:

- **MWYTC** needs members to volunteer for the MWYTC Mimi Meet in January and the Mountain West Classic Cross Country meet in September. Please check for emails around these dates for sign up.

SWAG:

- Please support Mountain West Youth Track Club by buying apparel with the MWYTC logo. \$5 FROM EACH ITEM PURCHASED WILL BE DONATED TO THE CLUB.
- Sales will be twice a year (November and January). Swag information will be posted and emailed during sale dates.

LETTERING:

- MCPS allows lettering for high school indoor track.
- The lettering form can be found on MWYTC website. The form needs to be filled out and submitted to head coach by the first grad check on November 30th.
- Please refer to lettering form for athlete requirements.

CODE OF CONDUCT:

- Athletes and parents who do not follow the MWYTC Code of Conduct will kindly be asked to leave the team.
- Please refer to attached Code of Conduct requirements.

CODE OF CONDUCT:

ATHLETES:

1. Do your best to make every practice and be on time.
2. Arrive at practice ready to listen, work hard and learn.
3. Be supportive of all athletes on your team.
4. Show respect for coaches, officials, teammates and opponents.
5. Learn the rules and always compete by them.
6. Use only appropriate language around the club events.
7. Conduct your actions to promote sportsmanship.
8. Athletes do not leave the premises of track meets (even with parents) without informing a coach/chaperon.
9. ABSOLUTELY NO drugs or alcoholic beverages are to be in the possession of any team member at any time.
10. Athletes will compete in the designated MWYTC's uniform unless prior approval is received from the Head Coach.
11. Curfew will be set by the Head Coach and chaperones for each day of a respective competition.
12. Athletes may socialize in designated, approved, chaperoned areas.
13. There are to be ABSOLUTELY NO boys in girls' rooms and no girls in boys' rooms.
14. Athletes are to remain in the confines of the hotel, or competition areas unless accompanied by a chaperone or authorized by their respective chaperone(s) to leave.

PARENTS:

1. Parents, coaches, adult volunteers, and friends of the MWYTC must be role models for children by conducting themselves as responsible, moral, ethical adults worthy of the respect and emulation of children.
2. Coaches will monitor attendance at practice, at track meets, etc., to provide safety and protection for your children. Parents are to inform your child's coach, in advance if your child will not be able to participate in a scheduled practice.
3. Parents are responsible for providing transportation for their children to and from practice, to insure safety and protection.
4. Parents are responsible for getting their children to practice and picking them up from practice on time. Coaches will NOT leave the premises of the track until ALL children are accounted for.
5. Parents are not permitted on the track or in practice areas during practice or meets.
6. Parents are not to remove their children from the practice field, competition site, the bus, etc. without letting the appropriate coach/chaperone know.
7. Support coaches and officials. Parental interference with Coaching will not be tolerated. Parents may discuss their athletes training/coaching program with coaches following practice.
8. Parents are to inform the coach of any special needs your child may have.
9. Support the club by volunteering to help with meets and fundraising events.
10. Any complaints or disagreements regarding coaches or the club shall be communicated to the MWTC Board of Directors via the following email: jend@neptuneaviation.com. Speaking ill of the Club and/or creating dissention among Club members will not be tolerated.

Coach Contact List

Vicky Pounds- Executive Director
406-370-9499
vpounds@mwtc.com

Diane Cummins- Head Coach
406-529-2013
dianecummins@hotmail.com

Jo Ruby- Head Distance Coach
406-544-0965
rubbyjp4@yahoo.com

Brandon Gruver-Head Field Events Coach
207-240-5363
brandongruver@gmail.com

Lindsey Hall- Head Sprint/Hurdles & Field Events Coach
406-241-3797
lindseyhallmt@gmail.com

Mark Messmer- Assistant Distance Coach
406-214-6337
mmessmer21@yahoo.com

Dylan Hambright-Assistant Sprint Coach
702-622-5585
dylanjhambright@gmail.com

Dennis Norman- High Jump/Distance Coach
406-626-4012
norm4012@gmail.com

Melinda Withrow-Pole Vault Coach
406-531-3988
melinda.withrow@mso.umt.edu

