

Peachtree City Flash
Youth Track Program
Spring 2010

Information &
Registration Package

Welcome to the Peachtree City Flash 2010 Spring Track Season.

We will hold an informational meeting in late January where we will provide additional information and can answer any questions about the program. In the meantime, however, this informational packet will hopefully provide parents and athletes an overview of the program and what can be expected this season. Within the attached pages you'll find a lot of information about the program as well a registration form and tentative practice/meet schedule for the full season. Here are a couple of key things to know about the Flash 2010 Spring Track Season:

The Flash Spring Track program operates under the Georgia Recreation & Parks Department (GRPA) and competes in events against teams based in Cobb County. Our season will culminate in the State Championship Meet held in Augusta, GA on May 1st and 2nd.

Dates and locations are still being finalized but we expect to compete in six Developmental Meets between March and April with the Cobb County Youth Track League (CCYTL). We will likely host two of these meets at Riley Field in Peachtree City with the remaining meets taking place at various locations in Cobb County.

In late April, we will compete in the District 3 Championship Meet where athletes will seek to qualify for the State Championship Meet in Augusta. We have once again volunteered to host the District Meet at Riley Field. A final decision should be made by February. Although, past performance is no guarantee of future results, we fully expect to once again send a large contingent of Flash athletes to Augusta.

As many of you know, the Flash has a long-standing history and outstanding reputation within Peachtree City as well as throughout the state of Georgia. This reputation is the direct result of the parents and athletes that have participated in the program over the years. Our goal for this season is to continue building upon this tradition.

As a final note to our athletes, the Flash has two guiding principles (and a third principle that we think is pretty important as well). We expect that each athlete will try to always keep these principles in mind:

1. When you walk off the track after every practice or a race, you can say to yourself that you did your best regardless of the result.
2. Regardless of the result, you had fun.
3. Whether during practice or a race, there is NO walking in running.

If we can answer any questions before the informational meeting, please contact us at running@ptcflash.com or (770) 487-2682. On behalf of all the coaches, we look forward to another successful track season. Thank you for your support and participation in the Peachtree City Flash Track Association.

Jeff Bilsky
Head Coach

Jennifer Bilsky
Team Manager

Peachtree City Flash Track Association

Track and Field Spring Season 2010

Frequently Asked Questions

When and where do we hold practices?

Beginning on Monday, January 25th we will hold practices on Monday and Thursday from 6:00 PM to 7:15 PM and on Saturdays from 9:00 AM to 10:30 AM. Additionally, an optional practice will be held on Tuesdays from 6:00 PM to 7:15 PM where athletes can work on their running or field events. All practices will start at Riley Field in Peachtree City. Although the primary focus of the Flash Program is on the running events, beginning in late February we will try to make field events available for at least 30 minutes on Thursday and Saturday (in addition to the Tuesday practice). During practices, we encourage parents to get on the track and either participate in your athlete's work-out or do your own. Additionally, we will incorporate "golf cart path" runs into some of our practices to give the athletes some time "off-track."

Who are the coaches?

The Peachtree City Flash Track program is led by Jeff Bilsky, a USATF Level 1 Certified Coach. Additionally, Don Livingston, a former Division I collegiate athlete and current Masters athlete, will be working with the Flash distance runners. The team will also benefit from several other experienced coaches including: Jennifer Bilsky, John James, Jim Sanders, and Chad Lohman. Additional information about our coaches is available at www.ptcflash.com

What are the different age groups and what is the birth date cutoff?

The athlete will participate in the age group determined by the athlete's age as of December 31, 2010. The age-group classifications for Spring Track 2010 will be as follows:

Sub-Bantam (8 & Under):	Born in 2002 or after
Bantam (9 – 10 yr old):	Born in 2000 or 2001
Midget (11 – 12 yr old):	Born in 1998 or 1999
Youth (13 – 14 yr old):	Born in 1996 or 1997
Intermediate (15 yr old):	Born in 1995

What events are contested at the track meets?

For the 2010 GRPA season, we will be contesting each of the following events at all meets. Each athlete will be allowed to participate in up to 3 events plus all relays. Each athlete can participate in either: 2 Running & 1 Field Event or 1 Running & 2 Field Events. The following also reflects the tentative meet schedule (please note that we will not be contesting any hurdle events):

RUNNING EVENTS

Event 1:	1600M
Event 2:	4x75M Relay (4-6 yr old)
Event 3:	4x100M Relay (7-15 yr old)
Event 4:	50M (4-10 yr old)
Event 5:	400M
30 Minute Lunch Break	
Event 6:	100M
Event 7:	800M
Event 8:	200M
Event 9:	4x400M Relay

FIELD EVENTS

Event 10:	Softball Throw
Event 11:	Shot-Put (10 – 15 yr old)
Event 12:	Running Long Jump
Event 13:	Standing Long Jump
Event 14:	High Jump (10 – 15 yr old)

Does a parent need to be present at each practice and meet?

A parent is required to either remain at each practice/meet or designate (in writing) another person as having responsibility for the athlete. In other words, unless specifically discussed with a coach prior to practice, someone responsible for the athlete must be present at practice. Please note that this is primarily a medical/liability matter where we're trying to ensure the safety of the athletes.

Why do we compete against teams from Cobb County rather than in Fayette County?

The Flash is one of the original members of the CCYTL and has had a long and successful relationship with this program. We originally joined CCYTL because of a lack of teams based in Fayette County and the surrounding areas. Currently, the Flash is the only track team in Fayette County that competes in the GRPA league. While we will compete against different teams at our District Meet in April, we believe the CCYTL provides us with a high level of competition as well as an extremely organized program.

How does event sign-up work?

Beginning the Monday before our first meet, and each Monday preceding subsequent meets, we will have a Meet Sign-up Sheet available at practice. Each athlete will need to check off the events they want to compete in for the upcoming event. If you're not present at the Monday practice, you can e-mail your athlete's preferred events no later than midnight on Tuesday. This timing is necessary in order for us to get the sign-ups into the Meet Manager software in time to be included in the upcoming meet schedule. It is not possible to submit late entries.

Can the athlete pick different events to try?

Absolutely. Our goal is to help the kids get the most out of the program. We will be encouraging all of the athletes to try something different, both at practice and during the first few meets. We plan our season in a manner that lets the athletes try different distance races and then focus on their key events as we move closer to the District Meet. Also, we will work on the three relay events and do our best to assemble relay teams such that each interested athlete has an opportunity to compete in these unique races.

What does the registration fee include?

The Registration fee is \$100 for all athletes. Additional family members can register for \$90 per member. This fee covers all meets that Flash participates in during the Spring track season. Fees must be paid prior to participating in practice, however, the fees are refundable should the athlete decide to withdraw from team during the first week of practice. Registration fees cover the cost of equipment, entry fees to all meets, trophies and insurance premiums for general liability insurance.

What are my volunteer obligations?

Any parent, regardless of prior experience, is more than welcome to volunteer to help during practice. The more parents involved, the more the kids will get out of the program. At our AWAY meets, we will generally be asked to act as a co-host. Essentially, we will work with the hosting team to help ensure a smooth and efficient meet operation. In order to achieve this goal, we will need 1 parent per athlete to volunteer. The objective will be to have the parent working for no more than 2 hours during the meet.

At our HOME meets, we will operate the entire meet with Flash-only volunteers (with the possible exception of event timing). In our experience, assuming full control of meet operation increases the likelihood of an efficient meet. In order to achieve this goal, however, we will need a larger time commitment. As we get closer to a HOME meet, we will discuss this in more detail.

What form of communication is used by the club to reach parents/athletes?

We will send e-mail communications on at least a weekly basis. Additionally, the coaches will try to be at practice a few minutes before and after the scheduled times to talk with parents or athletes to address any questions or concerns.

Are there additional expenses required by the athlete?

We will not ask for any additional money, however, the athletes are responsible for their uniform and transportation to all meets. The uniform cost is \$50.00 (tentative) for shorts and singlet (uniforms from cross-country or prior track seasons are fine). There are additional PTC Flash shirts, bags, etc. for sale, but purchase is optional. If you are interested in purchasing any of these items, please submit your order by **February 1, 2010**, since we have an early cutoff to order track and field items. We will have an order form posted on the website at www.flash.com as soon as possible.

What running gear does my child need?

Your child will need to have a pair of athletic running shoes for practice and meets. Appropriate running attire should include warm ups, running shorts, long and short sleeved shirts. Spiked shoes are not allowed at any meets during the Spring track season. Athletes can use running shoes including trainers or racing flats.

Where can I buy running shoes?

You can buy running shoes at any of the sporting goods stores, e.g., Dick's, The Sports Authority, etc. Smith & Davis Clothing at 1552 Highway 54 West, Fayetteville carries a good selection of running shoes. Also, *Phidippides* located at 1544 Piedmont Road, Atlanta (ask for Kevin Graham) offers Flash athletes and coaches a 20% discount.

PEACHTREE CITY FLASH ATHLETE REGISTRATION FORM

(Please make sure you fill out all sections of the form – front & back- and write plainly and clearly)

Athlete Full Name: _____ Preferred Name: _____

Birth Date: _____ Gender: _____

Home Address: _____

County: _____ E-Mail Address: _____

School: _____ Home Phone Number: _____

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

Mother's Work #: _____ Father's Work #: _____

Mother's Cell #: _____ Father's Cell #: _____

Team Member's Physician: _____

Physician's Address: _____

Physician's Telephone #: _____

If an emergency arises and the parents' cannot be reached, list two people who can be notified:

Name: _____ Relationship: _____ Phone #: _____

Name: _____ Relationship: _____ Phone #: _____

Does the athlete have any allergies? Yes _____ No _____

Please list: _____

Is the athlete on any medication? Yes _____ No _____

Please list: _____

Does the athlete have any previous background in running? Yes _____ No _____

Please describe: _____

Date Form Completed: _____

Please send completed form with payment (made payable to "PTC Flash") to:

Jeff Bilsky
304 Coronado Drive
Peachtree City, GA 30269

For office use only:

Dues Paid: Amount: \$ _____ Date Paid: _____ Check #: _____ Cash: \$ _____

PARENTAL CONSENT FOR TREATMENT OF CHILD

(Please be certain to sign in each of the three places and fill-in the insurance information. This is NOT optional.)

Parental consent for the treatment of minors in the case of illness or accident. Parental permission must be obtained before medical treatment can be rendered to persons less than 18 years of age. The following consent form should be signed by the parent or guardian so that indicated care might be given with no unnecessary delay. No major procedures will be performed, except in extreme emergency, without parent being notified and fully informed. In the event that a parent does not want treatment rendered under any circumstance, the parent should cross out the word "give" on the form below and insert the word "refuse". If the form is not signed, it will be interpreted as a refusal of permission.

I give permission to the physician(s) at any physician's office, hospital, or clinic to carry out such emergency diagnostics and therapeutic procedures as may be necessary for my son/daughter and in the physician's absence for the nurse on duty to render emergency care in line with standing order.

Parent/Legal Guardian

Date

Insurance Company: _____

Insurance Co. Phone #: _____

Insurance Company Address: _____

Group Number: _____

Member Number: _____

Policy Holder: _____

HOLD HARMLESS AGREEMENT

IN CONSIDERATION OF THE PEACHTREE CITY FLASH YOUTH TRACK ASSOCIATION ALLOWING

(HEREINAFTER "CHILD") TO PARTICIPATE AND COMPETE WITH THE PEACHTREE CITY FLASH YOUTH TRACK ASSOCIATION PROGRAM I INTEND TO BE LEGALLY BOUND FOR MYSELF AND I INTEND TO LEGALLY BIND "CHILD" BY EXECUTING THIS AGREEMENT. I HEREBY WAIVE OR GIVE UP ANY RIGHT I OR "CHILD" MAY HAVE TO FILE A SUIT AGAINST THE PEACHTREE CITY FLASH YOUTH TRACK ASSOCIATION, ITS COACHES, PARENT VOLUNTEERS, FAYETTE COUNTY BOARD OF EDUCATION, FAYETTE COUNTY BOARD OF COMMISSIONERS OR ANY OTHER PERSON, ORGANIZATION, OR ENTITY ASSISTING THE PEACHTREE CITY FLASH YOUTH TRACK ASSOCIATION IN ITS TRACK & FIELD OR CROSS COUNTRY PROGRAM (HEREINAFTER PEACHTREE CITY FLASH TRACK CLUB, ITS COACHES, PARENT VOLUNTEERS, FAYETTE COUNTY BOARD OF EDUCATION, FAYETTE COUNTY BOARD OF COMMISSIONERS OR ANY OTHER PERSON, ORGANIZATIONS, OR ENTITY ASSISTING THE PEACHTREE CITY FLASH YOUTH TRACK ASSOCIATION COLLECTIVELY "PTC FLASH"). THIS AGREEMENT APPLIES TO ANY CIRCUMSTANCE INCLUDING BUT NOT LIMITED TO ANY WAY BY PARTICIPATING WITH, FOR, OR AGAINST THE PEACHTREE CITY FLASH YOUTH TRACK ASSOCIATION OR ANY ORGANIZATION THAT IS AFFILIATED WITH INCLUDING THE STATE OF GEORGIA (OR ANY SUBSIDIARY), FAYETTE COUNTY, COBB COUNTY, FAYETTE COUNTY BOARD OF EDUCATION, FAYETTE COUNTY BOARD OF COMMISSIONERS OR ANY OTHER ORGANIZATION, PERSON, OR ENTITY. THE PURPOSE OF THIS AGREEMENT IS TO ASSURE THE PEACHTREE CITY FLASH YOUTH TRACK ASSOCIATION THAT IN THE EVENT "CHILD" IS INJURED OR DAMAGED AS A RESULT OF HIS/HER PARTICIPATION WITH THE PEACHTREE CITY FLASH YOUTH TRACK ASSOCIATION, I AND/OR "CHILD" WILL NOT HOLD THE PEACHTREE CITY FLASH YOUTH TRACK ASSOCIATION RESPONSIBLE OR LIABLE AND I PROMISE ON BEHALF OF MYSELF AND "CHILD" THAT I AND/OR "CHILD" WILL NOT FILE SUIT AGAINST THE PEACHTREE CITY FLASH YOUTH TRACK ASSOCIATION FOR ANY DAMAGES OR INJURIES TO "CHILD".

Parent/Legal Guardian

Date

CONSENT TO SIGN TRACK MEET ENTRY FORM

Parental consent is given to permit the coaches and/or the President of the Peachtree City Flash Youth Track Association to sign an entry form for entry of my son/daughter into any track & field competitions to be contested by the Peachtree City Flash Youth Track team during the Spring 2010 season.

Parent/Legal Guardian

Date

PEACHTREE CITY FLASH

ORDER FORM (PRICES & PRODUCTS TENTATIVE)

Name: _____

Phone: _____

Total Order Amt: _____

Item Description	Youth				Adult				Unit Cost	Qty	Total Price
	S	M	L	XL	S	M	L	XL			
Flash Uniform – Shorts & Singlet									\$50		\$
Tracksuit – Pants & Jacket									\$45		\$
Tracksuit – Jacket Only									\$30		\$
Team T-Shirt (Short Sleeve)									\$10		\$
Team T-Shirt (Long Sleeve)									\$15		\$
Hooded Fleece Sweatshirt									\$25		\$
Polo Shirt – Women	X	X	X	X					\$25		\$
Polo Shirt – Men	X	X	X	X					\$25		\$
Flash Team Track Bag	X	X	X	X	X	X	X	X	\$15		\$
Total											\$

Tracksuit



Color: Blue/White

Team T-Shirt (Long-Sleeve)



Color: Blue

Polo Shirt (Women)



Color: Blue/White

Track Bag



Color: Blue/White

Team T-Shirt (Short-Sleeve)



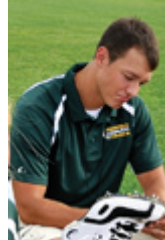
Color: Blue

Hooded Fleece



Color: Blue

Polo Shirt (Men)



Color: Blue/White

January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p>NOTES: Practice begins on January 25, 2010. The first 5 weeks will be our Base period where we will focus on building base speed and endurance. We will then move into the Preparation phase where the focus will be on building strength and adding more speed. Finally, we will begin the Peak phase where the goal is Speed, Speed, and more Speed. In addition to the three key phases, our training program will also include active recovery periods designed to help the athletes progress throughout the season.</p>					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
						REGISTRATION - TENTATIVE
24	25	26	27	28	29	30
REGISTRATION – TENTATIVE	FIRST PRACTICE Riley Field 6 – 7:15 PM	No Practice		Practice – Riley Field 6 – 7:15 PM		Practice – Riley Field 9 – 10:30 AM
31	<p>Additional Notes: Although this is Spring Track, it will be COLD, RAINY, and DARK in the beginning. We promise the sun will come and it will get warm. During the early weeks, please make sure the athletes dress in layers as the only reason practices are cancelled is due to lightening. In other words, we'll be running regardless of the weather.</p>					

2010

Base Period

Preparation

Peak

February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Practice – Riley Field 6 – 7:15 PM	2 No Practice	3	4 Practice – Riley Field 6 – 7:15 PM	5	6 Practice – Riley Field 9 – 10:30 AM
7	8 Practice – Riley Field 6 – 7:15 PM	9 Optional Practice – Relays & Field Events Riley Field 6 – 7 PM	10	11 Time Trials Riley Field 6 – 7:15 PM	12	13 Practice – Riley Field 9 – 10:30 AM
14	15 Practice – Riley Field 6 – 7:15 PM (WINTER BREAK)	16 NO PRACTICE (WINTER BREAK)	17 (WINTER BREAK)	18 Practice – Riley Field 6 – 7:15 PM (WINTER BREAK)	19 (WINTER BREAK)	20 Practice – Riley Field 9 – 10:30 AM
21	22 Practice – Riley Field 6 – 7:15 PM	23 Optional Practice – Relays & Field Events Riley Field 6 – 7 PM	24	25 Practice – Riley Field 6 – 7:15 PM	26	27 Kedron Heart-to- Heart 5k Road Race
28						

2010

Base Period

Preparation

Peak

March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Practice – Riley Field 6 – 7:15 PM	2 Optional Practice – Riley Field 6 – 7 PM	3	4 Practice – Riley Field 6 – 7:15 PM	5	6 Meet #1 – Location TBD
7	8 Practice – Riley Field 6 – 7:15 PM	9 Optional Practice – Riley Field 6 – 7 PM	10	11 Practice – Riley Field 6 – 7:15 PM	12	13 Meet #2 – Location TBD
14	15 Practice – Riley Field 6 – 7:15 PM	16 Optional Practice – Riley Field 6 – 7 PM	17	18 Practice – Riley Field 6 – 7:15 PM	19	20 Meet #3 – Location TBD
21	22 Practice – Riley Field 6 – 7:15 PM	23 Optional Practice – Riley Field 6 – 7 PM	24	25 Practice – Riley Field 6 – 7:15 PM	26	27 Meet #4 – Location TBD
28	29 Practice – Riley Field 6 – 7:15 PM	30 Practice – Riley Field 6 – 7 PM	31			

2010

Base Period

Preparation

Peak

April

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Notes: During the Peak period, we have deleted the "Optional" from the Tuesday practices in an effort to help the kids get ready for the District meet and State Championship.				1 Practice – Riley Field 6 – 7:15 PM	2	3 Meet #5 – Location TBD
4	5 Practice – Riley Field 6 – 7:15 PM (SPRING BREAK)	6 NO PRACTICE (SPRING BREAK)	7 (SPRING BREAK)	8 Practice – Riley Field 6 – 7:15 PM (SPRING BREAK)	9 (SPRING BREAK)	10 Meet #6 – Location TBD
11	12 Practice – Riley Field 6 – 7:15 PM	13 Practice – Riley Field 6 – 7:15 PM	14	15 Practice – Riley Field 6 – 7:15 PM	16	17 Practice – Riley Field 9 – 10:30 AM
18	19 Practice – Riley Field 6 – 7:15 PM	20 Practice – Riley Field 6 – 7:15 PM	21	22 NO PRACTICE	23 District Championship – Location TBD	24 District Championship – Location TBD
25	26 Practice – Riley Field 6 – 7:15 PM	27 Practice – Riley Field 6 – 7:15 PM	28	29 Practice – Riley Field 6 – 7:15 PM	30	

2010

Base Period

Preparation

Peak

May

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1 State Meet – Augusta GA
2 State Meet – Augusta GA	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

2010