Parent’s Information:

Practice Information:

* Beginning April 15 practices will be held at the Bettendorf HS track. Later, date TBD, we will also practice at the Pleasant Valley High School track. Club practices will end in late July.
* Summer practices are offered 6 days per week to ensure all athletes, even while in other summer activities, will benefit from the program. We recommend at least 3 practices per week. Athletes in the competitive program are required to practice NLT 3 times per week.
* Weekday practices start at 6:00 PM. Please be on time. Monday, Wednesday & Friday - primary running days. Tuesday & Thursday include running, but emphasizes field events, starting blocks & relay work. Saturday practices start times will vary and will emphasize endurance training. Hurdlers practice days dependent on coaching availability.
* Weekday practices normally end between 7:30 and 7:45 if everyone arrives on time.
* Practice uniform: running shorts (NO BASKETBALL SHORTS), short sleeve top, & running shoes. Spikes can be used when coaches give the ok, and generally for hurdle, block start, long jump & high jump practices.
* Bring a water bottle to practice every day. No soda, Kool Aid, etc. Sports drinks are good for AFTER practice.
* Practice will not be held if it is raining at the practice start time. We will stop practice if there is a heavy rain and practice will stop if there is lightning in the immediate area.
* Please do not allow your children to eat RIGHT before practice. A light meal or snack after school and dinner after practice is recommended if possible.
* Please have your child go to the bathroom before practice. The high school rest rooms may not always be available.
* Practices will probably result in some sore muscles and joints. Sore ankles and various leg muscles soreness are normal and should disappear during the first few weeks when practices are regularly attended. If your child has continuing pain, particularly in the foot or around the ankle, knee or shin areas, make sure the coach knows!
* Bring sweats to practice. Always dress warmer than you think necessary. It is easier to take off sweats than put on the sweats you didn’t bring! You want to keep your muscles warm throughout the practice.
* We are a team and strongly support athletes encouraging each other during practices and track meets.

## MVTC Communications:

* MVTC will use the MVTC website and email to send reminders, meet information and MVTC news.
* Please use the MVTC website for additional information about MVTC. The meet schedule and departure information is posted on the website as early as possible.
* Periodic parent meetings will be held during MVTC practice times. Please try to attend.

Club Contacts: Coach Contacts:

|  |  |
| --- | --- |
| Pres -Matthew McQuillen / matthew.mcquillen@bsci.com | Ben Hulbert / mvtc\_trackcoach@hotmail.com |
| V Pres - Kevin Greenley / kgreenley@icloud.com | Rudy Walker / rvtino@aol.com |
| Sec – Cassie Baker / bakercassie@aol.com | Sean Graves / graves.sean@gene.com |
| Treas – Chris VonGries / vongriestribe@mchsi.com |  |

## MVTC Website: [www.eteamz.com/mvtc](http://www.eteamz.com/mvtc)

## General Track Meet Information

1. MVTC competes in both AAU (Amateur Athletic Union) and USATF (USA Track & Field Association) sanctioned track meets and in their National Junior Olympic series of track meets.
2. All athlete meet entry fees are paid from your MVTC registration fee. The track club does not pay for spectator entry fees, meals, transportation & lodging, if required.\*\*
3. MVTC uniform is required for all track meets. A deposit of $25 will be collected for uniforms. Check or cash deposit will be returned when the uniform is returned to MVTC. The MVTC T-shirts provided are yours to keep.
4. New to MVTC - We need a photocopy of your child’s STATE birth certificate with the completed MVTC Registration form. Birth certificate required PRIOR to attending any track meets. Returning athletes who provided a copy in a previous year do NOT need to submit another copy.
5. Athletes under 13 can compete in a maximum of 3 events (running or field events). Athletes 13 & over can compete in a maximum of 4 events.
6. MVTC members can meet at a common location and travel together to track meets outside the Quad Cities.
7. Bring sweats to meets. Always take warmer clothes than you think necessary. It is easier to take off sweats than put on the sweats you didn’t bring! You want to keep your muscles warm throughout the meet.
8. Food & Drink – eat a normal breakfast. At the meet limit to fruit, health bars and water to stay hydrated. Limit sports drinks intake and only immediately after your event. Water should be the primary drink during the meet.
9. Relay teams – We will try to enter as many relays teams as possible at each meet for fun and athlete development. We try to place the fastest athletes on the “A” relay, next fastest on the “B” team, etc.
10. Check the MVTC web site for the latest news and meet information - www.eteamz.com/mvtc

2013 AAU & USATF National Junior Olympics Information

MVTC plans to compete as a team in the AAU Junior Olympics in the Detroit area, (July 28 to Aug 3). To compete at this competition individual athletes MUST compete & qualify in the following series of meets. AAU Series:

--- June 8 -- AAU District meet - Location: Williams Stadium, East HS, DesMoines- Top 8 advance

--- June27-30 -- AAU National Qualifier - Location: Williams Stadium, East HS, DesMoines -Top 5 advance

--- July 28-Aug 3 -- AAU Nationals – Location: Eastern Mich. Univ., Ypsilanti, Mich.

MVTC athletes will also compete at the USATF Iowa State Meet, and a very limited group may compete beyond the state meet. USATF series schedule:

--- June 15-16 -- USATF State Meet – Location: Iowa State University in Ames, IA.

--- July 13-14 -- USATF Region Meet - Location: Northern State University in Aberdeen, SD.

--- July 22-28 – USATF Nationals – Location: North Carolina A&T University in Greensboro, NC.

SPECIAL NOTE: ALL OF THE ABOVE AAU & USATF SERIES MEETS REQUIRE

“PRE-REGISTRATION” AND “PRE-PAYMENT”

NOTE: ATHLETES WHO INTEND TO TRY AND QUALIFY FOR NATIONAL JUNIOR OLYMPICS MUST PRACTICE NOT LESS THAN THREE DAYS PER WEEK - JUNE THRU JULY.

AAU & USATF COMPETITION CATEGORIES:

Competition categories are based on an athlete’s age, AS OF DEC 31, not their grade level in school. The age group your child will compete in is based on the year he/she was born. The Age Divisions for AAU and USATF are shown below.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| AAU Age Divisions | Max Age (on 31 Dec) |  | USATF Age Divisions | Max Age (on 31 Dec) |
| 8 & under | 8 |  | 8 & under | 8 |
| 9 | 9 |  | 9-10 | 10 |
| 10 | 10 |  | 11-12 | 12 |
| 11 | 11 |  | 13-14 | 14 |
| 12 | 12 |  | 15-16 | 16 |
| 13 | 13 |  | 17-18 | 18\* |
| 14 | 14 |  |  |  |
| 15-16 | 16 |  |  |  |
| 17-18 | 18\* |  |  |  |

\* Athletes may compete in National Events if they do not turn 19 before the last scheduled day of the meet.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| AAU Relays\*\* | Max Age (on 31 Dec) |  | USATF Relays\*\* | Max Age (on 31 Dec) |
| 8 & Under\*\*\* | 8 |  | 8 & Under\*\*\*\* | 8 |
| 9-10 | 10 |  | 9-10 | 10 |
| 11-12 | 12 |  | 11-12 | 12 |
| 13-14 | 14 |  | 13-14 | 14 |
| 15-16 | 16 |  | 15-16 | 16 |
| 17-18 | 18\* |  | 17-18 | 18\* |

#### \*\* 4x100m, 4x400m and 4x800m Relays

#### \*\*\* AAU - 4x100 Relay only

\*\*\*\*USATF - 4x100 and 4x400 Relays

Athletes must run in their age group for all Individual and Relay team events. An athlete cannot run in an older division, even for relay teams. .

Athletes 12 years old and younger can compete in a maximum of three events in a meet.

Athletes 13 years old and older can compete in a maximum of four events in a meet.

# 2013 MVTC MEET SCHEDULE

PLEASE check MVTC’s Website [www.eteamz.com/mvtc](http://www.eteamz.com/mvtc) for Latest Information

|  |  |  |  |
| --- | --- | --- | --- |
| DATE | MEET | LOCATION | INFORMATION |
| Sat May 4 | USATF Qualifier | TBD | Open to all athletes. |
| Sat May 11 | USATF Qualifier | Waukee High School (Excalibur) | Open to all athletes. |
| Sat May 18 | USATF Qualifier | TBD | Open to all athletes. |
| Sun May 26 | USATF Qualifier | Cedar Rapids | Open to all athletes. |
| Sun Jun 2 | USATF Qualifier | Bettendorf HS | Open to all athletes. |
| Sun June 8 | AAU District | East HS Des Moines, IA | Top 8 qualify for AAU National Qualifier |
| Sat & Sun Jun 15 & 16 | USATF State Jr. Olympics Meet | Iowa State Univ.Ames, IA | Top 6 places (Top 3 relays) qualify for USATF Regional Meet Jul 13 & 14 |
| Tue& Wed Jun 25-26 | USATF World Youth T&F Trials | Edwardsville, IL | Top 2 qualify for IAAF World Youth team.IAAF World Youth Meet –Donetsk, Ukraine |
| June 25-30 | USATF Youth Championships | Edwardsville, IL | Qualification based upon athlete or relay team making USATF 2010 Standard. |
| Sat & Sun Jun29-30 | AAU National Qualifier Meet | East HS Des Moines, IA | Qualification at AAU district meet. Top 5 places qualify for AAU National Meet |
| Sat & SunJul 13 & 14 | USATF Regional Jr. Olympics Meet | Northern State University Aberdeen, SD | Qualification at USATF State Meet required. Top 5 places qualify for USATF National Meet |
| Mon – Sun Jul 22–28 | USATF NationalJr. Olympic Games | North Carolina A&T Univ. Greensboro, NC. | Qualification at USATF State and Regional meets required. |
| Sun – Sat July 28-Aug 3 | AAU NationalJr. Olympic Games | Eastern Mich Univ,  Ypsilanti, Mich. | Qualification at AAU District and National Qualifier meet required. |

Schedule Notes:

1. Only meets (shown in italics above - USATF Regional, USATF Nationals & AAU Nationals) require qualification at a previous meet.
2. All athlete meet entry fees are paid by MVTC out of the initial MVTC Registration fees.
3. Coaches must know if you are attending the AAU District, and USATF State meets by early June to register the athletes! These meets require pre-registration and payment by MVTC. Follow-on AAU and USATF meets also require pre-registration.
4. MVTC is planning to attend the AAU National meet in Detroit, MI area. MVTC will not be attending the USATF National meet as a team.
5. Coaches need a copy of every athlete’s birth certificate. (NOTE: AAU and USATF do NOT accept Hospital forms.)
6. Contact the club contacts to answer any questions.

Practice begins Mon, April 15th at the Bettendorf HS. (Senior High School athletes can begin practice when their track season is over.) Practices are held Monday through Friday from 6:00 PM to 7:45 PM. Field events, hurdles, starting blocks & relay handoffs are only practiced on Tuesday & Thursday. Sat. practice is at 10am

IMPORTANT: Schedule is subject to change!

Check the MVTC web site for latest information - www.eteamz.com/mvtc