



New Horizon Track Club
4413 Wilder Ave, Bronx, NY 10466
718 881-2940 (O)
Chris Malcolm (678)230-8889 newhorizontf@yahoo.com
Coach Hutton (646)401-2094 coach_3924@yahoo.com

NEW HORIZON TRACK CLUB' TRACK & FIELD PROGRAM

New Horizon Track Club is a sports organization geared to promoting the development and competitiveness of athletes across multiple sports. We participate in the Amateur Athletic Union (AAU) and USA Track & Field (USATF), two of the highest levels of sports competition in the country, in addition to a number of other competitive sports leagues.

Our Mission

New Horizon Track Club strives to deliver to its members, fans and competition the highest level of competitive sports play. With a special blend of sports and technology the experience you will receive will be second to none.

As a member, you will be given some of the most challenging training you may ever experience. This training will then carry over into highly competitive sports competition.

As a fan, get ready to have your blood pressure go through the roof because the sporting events you will watch will be very intense.

As a competitor, you better bring it because we will not stop until the game is over.

So, if you want to be part of a sports club that delivers high impact, highly competitive sports play, then here is the place to be.

So, if you are serious about your sport and feel that you are ready, come and get some at **New Horizon!**



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Education

We believe that an athlete must not only strive to achieve and excel in the sports they play, but also academically. That is why we require our members to maintain passing grades. The successful blend of athletics and academics creates a more powerful and wiser athlete, a **New Horizon** athlete. It also positions the athlete to take advantage of college recruiting opportunities, when the time comes, and the rigid requirements for competing at the college level.

NEW HORIZON TRACK CLUB' TRACK & FIELD PROGRAM

New Horizon Track Club' Track & Field program is committed to providing quality training to all athletes age 8 and under -18 who reside in the New York metropolitan area. We strive to teach, improve and master fundamental Track & Field skills to our members. An emphasis is placed on conditioning, developing skills, commitment, and teamwork, practice and meet experience, parent participation, and preparation for upper level competition. Our goal is to give each New Horizon Track Club Track & Field member a competitive sports experience that will contribute to their own physical and psychological well being.

COMMITMENT

New Horizon Track Club is committed to the development of New York's finest Track & Field athletes. Each year at coaches carefully select athletes who will offer the club a strong commitment to total personal development. Attendance at practices and events is strongly recommended, however, practices and meets with your school teams will always take precedence. New Horizon Track Club' Track & Field programs are as follows:

- **Fall Conditioning Program** – (September – December) Designed to give sprinters, middle distance runners and field event athletes the strength and conditioning needed to compete at full capacity during the remainder of the year. There are no competitions in this program.



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- **Cross Country Program** - (September – December) Regular season for middle to distance runners. There are practices and competition during this program. Competition includes local, travel, district, regional and national meets and championships.
- **Indoor Program** – (December – March) Regular season for all athletes. There are practices and competition during this program. Competition includes local, travel, district, regional and national meets and championships.
- **Outdoor Program** – (April – August) Regular season for all athletes. There are practices and competition during this program. Competition includes local, travel, district, regional and national meets and championships.

TRAINING

Training will consist of many facets dedicated to the total development of the athlete and team. Each season will include a series of practices given by the Head Track & Field Coach and or other New Horizon Track & Field Coaches. These practices will standardize fundamental techniques and concepts within the club, from athlete to team, creating a **New Horizon** style of competing. Practices will involve individual event training for all events and team training for relays. Each practice and workout session throughout the year will offer a good mix of individual technique training, team systems training, conditioning and sport education. We strongly encourage practice participation receive maximum results during competition.

COMPETING TIME

Competing time at meets will be determined by the type of meet being attended. For the most part, all athletes may participate at a meet in up to 4 events. However, there are some meets that limit participation to certain qualifications (i.e. times or measurements or qualification at a qualifier meet).

Other factors that will determine an athlete's participation at any meet are; regular attendance, health, personal attitude, abilities demonstrated at practice, and sustained personal progress. The coaching staff will recommend the meets and events that an athlete should participate in.

Relay selections are made completely at the discretion of the coaching staff. Athletes are always encouraged to give their best performances in practices and meets to assist the coaching staff in making the best selection.



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ELIGIBILITY

Unlike school competition, athletes compete, for the most part, against other athletes in age appropriate groups. This allows athletes to compete against their peers and not have to worry about running with older and much stronger athletes.

Athletes should not, however, think that the completion will be easy. Their peers around the country are working just as hard, if not harder, than they are to be the best in their division. Athletes may also find themselves competing against peers that are stronger and more talented than they are and should not become discouraged. They will be able to see where they need to be in their athletic development and use it to challenge and motivate them.

There are also district, regional and national recognitions are given to all top athletes in all age divisions and college coaches are always watching.

AAU Track & Field Age Determining Date:

AAU Divisions	Abbreviation (Girl / Boy)	Age Guidelines (AAU)
Primary	PG/ PB	8 and under
Sub Bantam	SBG / SBB	9
Bantam	BG / BB	10
Sub Midget	SMG / SMB	11
Midget	MG / MB	12
Sub Youth	SYG / SYB	13
Youth	YG / YB	14
Intermediate	IG / IB	15 - 16
Young	YW / YM	17 - 18



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USATF Track & Field Age Determining Date:

USATF Divisions	Abbreviation (Girl / Boy)	Age Guidelines (USATF)
Bantam	BG / BB	10 and under
Sub Midget	SMG / SMB	11
Midget	MG / MB	11 - 12
Youth	YG / YB	13 - 14
Intermediate	IG / IB	15 - 16
Young	YW / YM	17 - 18
Open	OW / OM	- 29
Masters	MW / MM	30 +

FEES

New Horizon Track Club is constantly striving to bring the best sports experience at the lowest possible cost to its members. Our fees are structured to help provide the athlete with the best training and opportunity to participate in challenging Track & Field meets around the country. We offer many payment options, including scheduled payments. We encouraged families to participate in our **New Horizon Souvenir Journal** program to assist with the payment of their fees. Families may also hold their own fundraisers.

Limited sponsorships are also available, on a first come first serve basis, to qualifying families. Please feel free to ask us for more information.



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Our current fee structure is as follows:

Annual Fees

	<u>Fee</u>
New Horizon Track Club registration	\$25
AAU registration (Sept 1 - Aug 31)	\$14
USATF registration (Jan 1 - Dec 31)	\$15

As Needed Fees

Uniform Set (Speedsuit, Warm-ups, Bag & Tshirt) \$200 (One time purchase unless a new one is needed)

Seasonal Fees

Fall Conditioning or Cross Country Program

Coaching Fee **Fee**
\$200

Indoor Program

Coaching Fee **Fee**
\$200

Outdoor Program

Coaching Fee **Fee**
\$200

Meets

Fees will be paid, by athletes, prior to each meet as part of the meet's advance registration process. These fees may vary from meet to meet, but average \$8 per event.

Additional Fees

Travel & Lodging to out of town meets are above and beyond the fees listed above.

Insurance

All New Horizon Track Club members will be registered with the AAU and USATF. The both organizations maintain insurance programs that provides coverage for their associations, member clubs/teams, and individual members conducting and/or participating in its sanctioned events. There are two broad types of insurance coverage included in the AAU insurance program: General Liability and Sports Accident.



REGISTRATION FORM

Athlete's Information

Sport: **TRACK & FIELD**

Uniform Size: _____

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Telephone: _____ Birth Date: _____ Male: _____ Female: _____

Social Security Number: _____

Parent's / Guardian's Information (Athletes under the age of 18)

Father/Guardian's Name: _____ Occupation: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____ Email Address: _____

Mother/Guardian's Name: _____ Occupation: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____ Email Address: _____

All registration information will be kept on file and will be used solely for the purpose New Horizon Track Club athlete management. New Horizon Track Club may also use athletes' photos and videos on its website and other methods of promotions.

I _____, the registering athlete, acknowledge that the above information is correct.

SIGNATURE: _____ DATE: _____
Athletes over the age of 18

I _____ the parent/guardian of _____

Acknowledge that the above information is correct.

SIGNATURE: _____ DATE: _____
Parent/Legal Guardian of athlete under the age of 18



MEDICAL & CONSENT FORM

Athlete's Information

Sport: **TRACK & FIELD**

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Telephone: _____ Birth Date: _____ Male: _____ Female: _____

Medical Information

Doctor's Name: _____ Doctor's Phone#: _____

Health Insurance Carrier: Policy #: _____

Any Medical restrictions/problems? _____

Any Medical restrictions/problems? _____

Any allergies or medications being taken? _____

Consent for Medical Treatment (Minor)

As the parent or legal guardian of the above mentioned player, I hereby give my consent for emergency medical care prescribed by a duly licensed Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever conditions are necessary to preserve the life, limb, or well-being of my dependant. Please accept one of the parties named below as having received my permission to authorize medical treatment for my child in my absence:

Authorized Contacts for Medical Treatment:

1. _____ Phone: _____

2. _____ Phone: _____

I, the parent/guardian of the registrant, a minor, agree that I will abide by the rules of New Horizon Track Club, its affiliated organizations and sponsors. Recognizing the possibility of physical injury associated with playing competitive sports, I hereby release, discharge and/or otherwise indemnify New Horizon Track Club, its affiliated organizations and sponsors, their employees, volunteers and associated personnel, including the owners of the facilities utilized for the programs, against any claim by or on behalf of the registrant as a result of the registrant's participation in the programs and/or being transported to or from the same, which transportation I hereby authorize.

Name: _____

Signature: _____

Parent/Legal Guardian (PLEASE PRINT)



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NEW HORIZON TRACK CLUB' PARENTS' CONTRACT

Parents are a vital part of the New Horizon Track Club program. They are expected to be supportive and respectful of all the management, coaches, officials and athletes. No other sports organization has more loyal, dedicated and hard working or more loyal coaches anywhere.

We need our parents to help support our views of healthy eating and living.

- For example, New Horizon Track Club does not allow junk food or soda to be brought on trips. It would help our cause if the parents did not bring it either.
- In support of academic excellence, we ask the youth to fill out a daily schedule and goal sheet each season. This helps the children with time management and helps them develop skills, which are very valuable later in life.
- Lastly, we ask that you allow the coaches to coach. That means, parents should not give instructions to their child, which may be contradictory to the coaches' wishes. This means both during and after competitions and practices. If you ever have any questions regarding your child's status, it is expected that you will contact a coach before verbally voicing your opinion to your child or another parent.

These rules are in place to avoid confusion to your child and to promote the healthiest environment for everyone involved:

1. Make sure your child attends every practice on time and call if they cannot make it
2. Fill out and return all permission slips in a timely manner, so we can plan properly for all events
3. Pay for your dues and all fundraiser items when they are due and call the treasurer if there is a problem
4. Check your child's file at least once a season, to make sure that all items are current and correct
5. Attend all parent meetings and participate in the teams' fundraisers and functions, bring your ideas to the meetings or even better, call or e-mail a coach today
6. Make sure that your child is getting extra rest and is eating healthy on a daily basis (limit junk foods)
7. Encourage your child to do there best and refrain from making negative remarks in public or private
8. Volunteer your time for the club and ask the coaches if there is anything that you can do outside of practice sessions or track meets
9. Communicate with the coaches if you have any needs or concerns
10. Allow the coaches to do their jobs by not trying to train your child outside of practice time or suggesting to the child that they are going to be able to participate in particular events, relays or meets. That has, and always will be the coach's job!

I _____ the parent/guardian of _____
have read and will follow the rules stated above concerning parents rules and responsibilities.

SIGNATURE: _____ DATE: _____



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NEW HORIZON TRACK CLUB' ATHLETES' PROFILE

New Horizon Track Club strives to promote the efforts and talents of all of our athletes. Our greatest vehicle for doing this is through our website. We create web profiles for all of our athletes, so that they may proudly display themselves to recruiters, family and friends. Please provide us the below information, so that we may customize your New Horizon Track Club Profile.

Name: _____		City: _____	
Height: _____		Weight: _____	
Personal Website: _____			
School Name: _____			
Year of Graduation from HS or College (which ever comes first): _____			
Major: _____		GPA: _____	
Scholastic Achievements: _____			
School Sports: _____ Years (200x-200x) _____			
Position: Level (Modified, JV, Varsity, etc): _____			
Sports Achievements: _____			
Non-School Sports: _____ Years (200x-200x): _____			
Position: _____ Level (AAU, CYO, etc.): _____			
Sports Achievements: _____			



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VOLENTTEER FORM

Volunteer's Information

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Home #: _____ Work #: _____ Cell #: _____

Drivers License #: _____ Birth Date: _____

Social Security #: _____ Email Address: _____

Employer: _____ Occupation: _____

Birth City: _____ Birth State: _____ Birth Country: _____

Volunteer Interest

Sport: **TRACK & FIELD**

Assisting Team: _____ Driving: _____ Coaching: _____

I hereby authorize New Horizon Track Club and / or its affiliated organizations to perform the necessary background checks to ensure my eligibility in participating in their programs. Background checks will include, but are not limited to; any crimes against children, any sexual offenses, drug convictions (5 year statue of limitation), weapons (or used in connection with a crime), assaults, battery and any other crime of violence, and lewd conduct. (An additional background checking application may be required.)

Name: _____ Signature: _____

Date: _____