

# Track Phi Track Elite Track Club

P.O. Box 2651

Stockbridge, Georgia 30281

[www.trackphitrackelitetc.com](http://www.trackphitrackelitetc.com)



Dear Athletes and Parents,

Welcome to Track Phi Track Elite! Congratulations on becoming a part of the T-Phi family for the 2023 track season! Our expectation is that you will take full advantage of the foundational and competitive training prescribed throughout the spring and summer. We trust that all participants will show a high level of commitment to their training and to the Track Phi Track program.

## **How to experience an effective Spring/Summer Program:**

- Commit to the process of training and have faith in delayed results
- Be consistent with attending training sessions
- Conduct yourself in good character away from practice in school and at home
- Set short and long-term goals
- Lead your teammates by example and be vocal in a way that motivates the team for success

T-Phi has a dedicated staff of coaches and leadership personnel that are committed to the development of each child. There is an abundance of expertise within our leadership team that ensures the best athletic experience in all events contested. Our family atmosphere will only continue to grow as you come on board and support the team's mission.

Please take the time to review the remainder of this packet and let us know if you have any additional questions.

Thank you for your interest in our program and we look forward to seeing you on the track!

*Kristan Moses*

Kristan Moses  
Head Coach

## **One Team, One Goal, Dominate!**

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## Membership Packet

Track Phi Track Elite was founded in 1998 in Lithonia, Georgia by Karsten Edwards and John Lambert. Track Phi begins its 24<sup>th</sup> year as a nonprofit community-based youth track & field developmental/competitive program.

Track Phi participates in various track and field and cross country meets in different parts of the United States. Members of Track Phi Track have attracted attention as winners, record breakers, national champions, student athletes, and as being well disciplined athletes. Thus, a high standard of excellence has been set for future athletes in the program.

The goal of Track Phi Track Elite, Inc. is to nurture, develop and encourage each athlete to reach his or her fullest potential mentally, physically, academically, and spiritually. Our vision is to evolve into an operation run by families and functioning in a business manner. Our desire is to set a new standard for track clubs in the nation.

Track Phi's mission is to be the best club in the country and the standard starts with us. We promote family, competition and enjoyment for the sport of track and field. Lastly, it is a priority to ensure the club operates in the most cost-effective manner making it affordable for all.

The competition season consist of track meets being contested from March to August. Some meets may have a qualifying standard that will be posted prior to the meet's entry deadline. Travel will be required for track meets held out of town. Spring/Summer season begins January 30<sup>th</sup>.

### Coaching Staff Contact Information

Kristan Moses (770) 633-8769

Karsten Edwards (404) 391-2663

Cedric Roberts (770) 713-0096

Ryan Ferguson (770) 990-8889

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## Practices

1. Track Phi Track currently practices at locations within Henry County. For you to participate with Track Phi Track, you must be under the direction of the T-Phi coaching staff only.
2. The first day of Spring training begins Monday, January 30, 2023.
3. Practice days and times: Mondays, Tuesdays and Thursdays, 6:15p.m. – 8:15p.m., and Sundays, 3:30p.m. – 5:30p.m. Days, times, and locations are subject to change at the coaches' discretion.
4. Locations: Salem Baptist Recreation Complex (Hwy 155) and Stockbridge High School

## Athletes

1. Athletes should plan to attend all practices and notify a coach if he/she will not be present.
2. Athletes should arrive on time and ready for training session – this means all gear in place including training shoes.
3. Athletes should have the following at every practice:
  - Water bottle
  - Shorts and T-shirt
  - Sweat pants and top
  - Training shoes and spikes
4. Athletes must follow the directions of the coaching staff during practices. This includes doing the conditioning exercises, participating in all drills, and completing the training program.
5. Profanity, horseplay, abusive language, etc., is not allowed and may result in immediate dismissal from team.
6. All athletes will conduct themselves in a respectful manner. Disrespect towards teammates, parents, coaches, chaperones, and officials may result in immediate dismissal from team.
7. All major issues concerning the athlete's behavior will be handled by the coaching staff.
8. Please respect our practice venues. All trash should be picked up after practice and team should leave the facility clean and in good order. We are fortunate enough to use quality facilities for our training sessions.

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## Parents

1. Parents, please allow the coaches to coach. Parental encouragement is welcomed however practice discipline, event selection, workouts and practice structure are coaches' responsibilities. No parent should be on the venue surface during practices unless requested by the head coach or event specialty coach.
2. Athletes with medical issues; prescribed inhalers or medicine; must inform the coaching staff before beginning practice.
3. Questions/concerns about rules, practice, travel, training program, etc. should be directed to the staff of coaches. Coaches are available before or after practice times.

## Membership

1. The program cost for the 2023 track season is as follows:
  - Registration: \$300 (Non-Refundable) for returning athletes and \$370 (Non-Refundable) for new athletes to be paid on or before January 30, 2023. Discounts are also available for multiple children. Contact Coach Moses for details.
  - Track Phi Team Gear: \$132 (Includes warm-up suit and racing uniform)
  - Monthly Club Membership Dues: \$65 a month (Non-Refundable) paid on the 15<sup>th</sup> of each month; February – June. AAU club membership fees, USATF club membership fees, website maintenance, supplies/equipment, athlete entry fees, facility rental, entry fee surcharges, coaches memberships/background checks, coaching certifications, coaches meet entrance fees, and travel.
2. Spring/Summer registration fees may be paid online or by cash, Cash App, or Zelle.
3. Referral Program: \$50 off club membership dues.
4. The following is due by the first day of practice: **Registration cost, Registration form filled out completely(online), and copy of athlete's birth certificate**

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## Nutrition and Diet

1. Athletes should receive 8 to 10 hours of sleep a night.
2. Athletes should eat a nutritious breakfast every morning.
3. Athletes should hydrate properly with water first and use sport drinks for after training sessions for fuel replacement.
4. Athletes should include foods high in protein as part of their dinner.
5. Parents should seek the advice of the coaching staff for personalized dietary plans for athletes.

## Goal Setting

Each Athlete will set short-term and long-term goals for the 2022-2023 training and competition season. Below are the requirements to reach these goals.

1. Consistency attending practice.
2. Positive attitude
3. Being coachable.
4. Post goals in a visible place in your room.
5. Trust the process and trust your training.
6. Hydrate.
7. Well balance diet with plenty of fruits and vegetables.
8. Be willing to compete

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