Track Phi Track Elite Track Club

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 2027 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 to succeed.

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 is a community-based youth track & field developmental/competitive program located in Henry County, Georgia. Track Phi participates in various track and field, and cross country meets in different parts of the United States. Members of T-Phi have attracted attention as winners, record breakers, national champions, student athletes, and as 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 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 function 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 consists 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 18th.

Coaching Staff Contact Information
Kristan Moses (770) 633-8769
Cedric Roberts (770) 713-0096
Karsten Edwards (404) 391-2663
Ryan Ferguson (770) 990-8889
Crystal McBride (470) 929-4237
Chris McBride (678) 308-0184
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Antonio Carter (404) 786-6522
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Practices

1. Practices are held at Stockbridge High and additional locations within Henry County. Athletes must be under the direction of the T-Phi coaching staff only.
2. The first day of Spring practice begins Monday, January 18, 2027.
3. Practice days and times: Mondays, Tuesdays, and Thursdays, 6:15p.m. – 8:30p.m., and Saturdays, 10:30a.m. – 1:00p.m. Days, times, and locations are subject to change at the coaches' discretion. Training sessions will be separated into 2 groups (A and B). The athlete's group will determine their time slot for practices.
4. Time Slots: Group A (6:15p.m. – 7:30p.m.), Group B (6:45p.m. – 8:30p.m.) during the week and Group A (10:30a.m. – 12:00p.m.), Group B (11:00a.m. – 1:00pm) on Saturdays.

Athletes

1. Athletes should plan to attend all practices and notify a coach if he/she is not present.
2. Athletes should arrive on time and ready for the 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
   - Sweatpants 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 the team without a refund.
6. All athletes will conduct themselves in a respectful manner. Disrespect towardsteammates, parents, coaches, chaperones, and officials may result in immediate dismissal from the team without a refund.
7. Please respect our practice venues. All clothing, water bottles, and trash should be picked up after practice, and the 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 2027 track season is as follows:

   - Registration: $325 (non-refundable) for returning athletes and $430 (non-refundable) for new athletes to be paid on or before January 18, 2027. Registration covers AAU club fees, USATF club fees, website maintenance, supplies/equipment, dri-fit shirt, entry fee surcharges, coaches' memberships/background checks, coaching certifications, coaches/staff meet entrance fees, coaches gear, and travel. Discounts are also available for multiple children. Contact Coach Moses for details.

   - Track Phi Team Gear: $225 (Includes warm-up outfit and racing uniform)

   - Monthly Entry Fees for track meets: $70 a month (non-refundable) paid on the 15th of each month; February – July. Dues cover track meet entry fees for athletes.

2. Spring/Summer registration fees may be paid online, in person, or via Zelle.
3. 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.**
4. **Track meet schedule will be available February 8, 2027.**

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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 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 2026-2027 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. Commit to a well-balanced diet with plenty of fruit and vegetables.
8. Willingness to compete.

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