

Track Phi Track Elite Track Club

380 Brook Hollow Drive
McDonough, Georgia 30253
www.trackphitrackelitetc.com



Dear Parents and Athletes,

Welcome to Track Phi Track Elite! Congratulations on becoming a part of the T-Phi family for the 2025 Fall/Off-Season Program! Our expectation is that you will take full advantage of the foundational and competitive training prescribed throughout the fall and winter months. 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 Off-Season:

- 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!

Track Phi Track Elite Track Club

380 Brook Hollow Drive
McDonough, Georgia 30253
www.trackphitrackelitetc.com



Membership Packet

Track Phi Track Elite was founded in 1998 in Lithonia, Georgia by Karsten Edwards, and John Lambert. Track Phi's goal every fall is to prepare each individual athlete in such a way that they can compete on a national level and qualify for the Junior Olympic Games.

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 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 fall/winter competition season consists of meets being contested from October to March. Some meets may have a qualifying standard that will be announced prior to the entry deadline.

Coaching Staff Contact Information

Kristan Moses – (770) 633-8769
Karsten Edwards – (404) 391-2663
Cedric Roberts – (770) 713-0096
Ryan Ferguson – (770) 990-8889
Crystal McBride – (470) 929-4237
Chris McBride – (678) 308-0184
Kenneth Revere – (470) 399-3674

One Team, One Goal, Dominate!

Track Phi Track Elite Track Club

380 Brook Hollow Drive
McDonough, Georgia 30253
www.trackphitrackelitetc.com



Practices

1. Track Phi Track currently serves Henry County and surrounding areas. 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 Fall training begins Tuesday, September 9, 2025.
3. Practice days and times are Tuesdays and Thursdays, 6:15pm – 8:15pm; Saturdays, 10:30am – 1:00pm. Days, times, and locations are subject to change at the coaches' discretion.
4. Locations: Various locations in McDonough and Stockbridge.

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 to work out – this means all gear in place including training/running shoes.
3. Athletes should have the following at each practice:
 - **Water bottle**
 - **Shorts and T-shirt**
 - **Sweatpants and top**
 - **Training shoes and spikes**
 - **Yoga mat or towel**
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.
6. All athletes will conduct themselves in a respectful manner. Disrespect towards teammates, parents, coaches, chaperones, and officials may result in immediate dismissal from the 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 the team should leave the facility clean and in good order. We are fortunate enough to use quality facilities for our training sessions.

One Team, One Goal, Dominate!

Track Phi Track Elite Track Club

380 Brook Hollow Drive
McDonough, Georgia 30253
www.trackphitrackelitetc.com



Parents

1. Parents, please allow the coaches to coach. Parental encouragement is welcomed, however practice discipline, event selection, workouts and practice structure are the 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 Fall 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 cost of the program for the 2025 Fall program is as follows:
 - Registration: \$165 (Non-Refundable) for returning athletes and \$235 (non-Refundable) for new athletes to be paid on or before September 9, 2025.
 - Fall Club Fundraiser: \$100 minimum requirement per family. Fundraiser begins November 1.
2. Fall registration fees should be paid online when the registration form is complete. Cash, Cash App, Zelle, or money order may be an option. No personal checks will be accepted.
3. The following is due by the first day of practice: **Registration cost, Registration form filled out completely and copy of birth certificate.**

One Team, One Goal, Dominate!

Track Phi Track Elite Track Club

380 Brook Hollow Drive
McDonough, Georgia 30253
www.trackphitrackelitetc.com



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 meal.
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 2025-2026 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.
5. Trust the process and training plan.
6. Hydrate, hydrate, and hydrate some more.
7. Well-balanced diet with plenty of fruit and vegetables.
8. Be willing to compete.

One Team, One Goal, Dominate!