

# SPEED HOUZE

**FAITH • FOCUS • FINISH**

## Parent/Athlete Handbook

### WELCOME

Speed Houze is honored that you have elected to join our program for the 2022 Track & Field Season. This handbook is designed to provide a basic knowledge of the program and the club's expectations of parents and athletes. We look forward to working with you and your child/children this season. Please take the time to review this information, sign and return the waiver form.

Sincerely,

Speed Houze Coaching Staff

## PRACTICE INFORMATION

ALL Team practices will be held at Colony High School in Ontario, CA, unless otherwise determined.

*Training Schedule (Schedule is subject to change)*

### Colony High School

Club Informational Meeting – **Monday, January 3, 2022 @ 6:00pm**

Monday, Tuesday, Thursday                      6:00PM to 7:30PM

**FEES – All fees are non-refundable. This includes self-removal or coaching dismissal.**

- **All Athletes-\$600.00 per calendar year includes training, competition fees, uniform, & facility fees**

Please assist Team management by ensuring all fees are paid on time. Your cooperation regarding this matter is greatly appreciated. All fees must be paid, in full by **January 30, 2022**.

## CLUB MEMBERSHIP SIGN UPS ON USATF

Parents are responsible for signing up their athlete on **USATF**. Copies of birth certificates are mandatory for your child/children to participate as a competing member of the Speed Houze.

**Instruction on registering for USATF are below:**

**To join log onto USATF.org:**

- Click Join/Renew tab
- Click Register renew online tab – Individual Membership
- Fill out the online membership application
- **Speed Houze #**

**Any questions please contact Byron Walker/Head Coach**

## MEDICAL WAIVERS

All team parents **must** complete and sign all required sections of the medical waiver **BEFORE** the first practice, **NO EXCEPTIONS**. The completion of this document is mandatory for **ALL** athletes and must be completed prior to your child's participation with the program.

## TEAM COLORS

The primary Speed Houze team colors for this year are **Purple, White, and Black**.

## UNIFORMS

**Uniforms and sweat suits for all athletes with a zero balance will be distributed in March 2022.**

## TRACK SPIKES

Track spikes can be purchased at the following location:

- VS Athletics
- Dick's Sporting Goods
- Eastbay.com
- Nike.com

For running/practice shoes SPEED HOUZE Coaches suggest that you purchase shoes that fit your child's feet comfortably, have new tread, and lace up. No Velcro (hook and loop) closures.

## TRANSPORTATION

Transportation to and from track practices and track meets are the responsibility of the parent or guardian. Please ensure that your child/children arrive to practice, and track meets **on time**.

## PARENT PARTICIPATION

In order to ensure that our Coaches and staff are able to fully fulfill their duties, we are asking that SPEED HOUZE parents sign-up as a Meet Volunteer for each track meet. Tasks include, but are not limited to:

- Tent Set-Up/Breakdown
- Snacks and Water
- Bleacher Block-Out
- 8 and Under Retriever
- Team Tent Support, etc.

The sign-up will be available for **each** meet on the SPEED HOUZE website.

## PARENT/TEAM COMMUNICATION

Please use Sports Engine to stay apprised of any and all SPEED HOUZE bulletins.

## MEMBER ONLY

To protect the privacy of our children, SPEED HOUZE has created a MEMBER ONLY section on the SPEED HOUZE website. Parents are encouraged to establish a Members Only Log In to get additional information about the season, travel and accommodations information, specifics related to meet schedules, race videos, and additional athlete photographs.

## OUT-OF-TOWN-MEETS

SPEED HOUZE may participate in up to 4 out-of-town track meets. SPEED HOUZE will make a concerted effort to ensure that parents are given sufficient notice related to these meets to prepare financially for travel and hotel accommodations. It is also the desire of SPEED HOUZE Coaches and Management that all athletes stay in the same hotel during travel meets.

## TEAM CONTACTS

**BYRON WALKER**

*COACH*

coachb.speedhouze@gmail.com

(951) 460-8408

**SPEED HOUZE Website**

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

# **Athlete and Parent Guidelines**

## **ATHLETES**

1. Go to bed early the night before the track meet.
2. Eat a healthy breakfast prior to track meets.
3. Go to the bathroom before arriving to the track meet.
4. Arrive one hour prior to the start of the meet. Be on time!
5. Don't forget your track shoes!
6. Arrive to the meet well groomed and wearing your entire uniform
7. No loud talking.
8. No large radio. Small headset radios are okay.
9. Do not leave the stands without receiving a coach's or parents' permission.
10. All athletes must sit with the team during track meets.
11. Swimming during out-of-town meets is not permitted. This applies to all Speed Houze athletes even if their event is finished prior to Sunday.
12. Always be courteous to others.
13. Do not brag or boast to your competitors.
14. Track shoes must be taken off after completion of your event.
15. Return immediately to team tent or stands after your event.
16. After completing your event, obtain the time/distance and place if available and provide this information to your event coach.
17. All runners will start from the down position except those running the 800M or

1500M.

18. Put your name in all clothing and shoes.
19. Do not bring jewelry or large amounts of money to track meets.
20. There will be no fighting, arguing, or swearing.
21. If there is a problem at the starting line or at one of the relay positions, wave your hand to get the attention of a Speed Houze coach. (Do not argue with officials).
22. Do not play in the stands, bathrooms, under the bleachers, in the starting area or near any location where there is a competition.
23. Stay out of the sun as much as possible. (Stay under the team tent).
24. Arrive at the track meet prepared and ready to compete.

## **PARENTS**

1. Please ensure your child gets to bed early the night before a track meet.
2. Please ensure your child eats before the track meet/at least 2 hours before the meet starts.
3. Please ensure your child has packed their track shoes.
4. Please do not send your child away from the stands without notifying a coach.
5. Please do not give advice to your child regarding an event, which contradicts that of his/her coach.
6. Please do not smoke, drink (alcohol), or swear at practices or track meets.
7. Please take the necessary precautions to ensure your child's proper behavior during all track meets.
8. Please refrain from sending your child to the snack bar or other places, which may cause the athlete to travel up and down the bleachers.
9. Please sit with or close to the team and coaching staff during the track meets.
10. Please do not allow idol gossip at the practice site and/or riffs between children to cause you to engage others physically or verbally. Please bring all matters of this nature to the attention of the Coaching Staff for resolution.
11. All business-related questions or inquiry associated with the operation of Speed Houze should be directed to Coach Byron.
12. **It is vital that you transport your child to away track meets. Children have a tough time adjusting to new surroundings and this is particularly so when you are not there. If you are unable to attend, then it may be best for all involved that your child does not participate in that particular track meet.**

# Athlete Nutrition Advice

All Speed Houze athletes prior to all track meets should consider the following advice:

1. Get plenty of rest. Eat lots of carbohydrates such as bread, pasta, cereal, pretzels and fruit. Begin this regime 5 to 7 days before a track meet.
2. Drink plenty of water to replace body water lost through sweat during training. Clear or pale yellow urine indicates an athlete is well hydrated. Dark urine means an athlete may be dehydrated.
3. All caffeinated beverages such as soda, coffee & tea must be avoided the day before and the day of competition.
4. Deli meats, ice cream and pepperoni pizza must be avoided the day before a track meet. These foods take a long time to digest.
5. The night before a track meet, eat a simple dinner that is easy to digest. It should consist of foods high in carbohydrates and low in fat. A good example of a power packed dinner is: (1) large baked potato with 1/3 cup of low-fat grated cheese; (2) large squares of corn bread; (1) glass of non-fat milk; and (1) cup of frozen yogurt topped with fruit.
6. On the day of the track meet, eat an early breakfast 2 hours prior to the event. You can munch on 1 ½ cups of cereal and a slice of toast topped w/fruit jelly. Quench your thirst with a cup of fruit juice. Any fat products eaten during this time could make you nauseous.
7. During the track meet, your body must stay fueled. To accomplish this, munch periodically on raisins, pretzels, sports/power bars, and or bananas. If you must have a sandwich, a turkey sandwich without mayo is the best choice.
8. As mentioned earlier, it is most important to stay hydrated. You must drink water frequently during the day. A long day at the track meet can easily make you dehydrated. Headaches, fatigue and light-headedness are sure signs of this.
9. Following the above suggestions will protect your health and may provide you with an edge over your competition.

***Speed Houze***  
***2022***  
***TRACK MEET SCHEDULE***

\*Indicates meets that Speed Houze **will** attend as a team

Start Date	End Date	Meet	Location
Feb. 26, 2022	Feb. 26, 2022	Long Beach Sprinters "B"	TBD
March 12, 2022	March 12, 2022	Bay Cities Unleashed "B"	TBD
March 26, 2022	March 26, 2022	LA Jets Relay Carnival	TBD
April 2, 2022	April 2, 2022	Chino Pumas "B"	Chino High School, Chino
April 9, 2022	April 9, 2022	Imani Speed City "B"	TBD
April 23, 2022	April 24, 2022	Pacific Coast Shockwaves "A"	TBD
April 30, 2022	May 1, 2022	Long Beach Sprinters "A"	TBD
May 14, 2022	May 15, 2022	Bay Cities Unleashed "A"	TBD
May 27, 2022	May 29, 2022	LA Jets "A"	TBD
June 3, 2022	June 5, 2022	Pacific Coast Shockwaves "A"	TBD
June 10, 2022	June 12, 2022	USATF SCA Youth Championships	TBD
TBD	TBD	USATF Region 15 Championships	San Diego-Imperial
July 16, 2022	July 17, 2022	California State Games	TBD, San Diego, CA
July 25, 2022	July 31, 2022	2022 USATF National Junior Olympic Championship	Sacramento, CA

Schedule is subject to change. Please check [www.speedhouze.com](http://www.speedhouze.com) for updated Meet Schedule