



2015

Junior Development Program

Member Handbook

Welcome to the Langley Mustangs Track and Field Club.
The Mustangs have a long history of success and we look forward to this
continuation for all members.

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MUSTANGS PURPOSE

As a member club of the British Columbia Athletics Association, our purpose is to provide training and competition opportunities for all athletes to succeed in the sport of athletics.

MUSTANGS VISION

Embracing the Long -Term Athlete Development model to develop athletes' athleticism, help them achieve their goals, establish healthy habits of wellness, and hold in highest regard the individuality of athletes and development of their character.

Our dream is see athletes achieve their very best whether that is at a local track meet or the highest level of International Sport.

STRUCTURE

Langley Mustangs Track and Field Club is a non-profit organization governed by a volunteer Board of Directors. Please refer to our website for our current Executive and their contact information.

FUNDRAISING

Fundraising activities are an important source of revenue for the Mustangs. In addition to the revenue directly earned through fees, the Mustangs actively fundraise in order to meet the financial requirements to run a growing and effective club. Hosting meets, selling raffle tickets, and applying for government grants are the main source of fundraising. These funds allow the Mustangs to maintain its moderate fee structure while increasing the quality of the training offered. Your participation and assistance in all fundraising activities is vital for the success of the program.

The minimum fundraising requirements for each program are listed in your registration form and must be adhered to as a term of membership.

All parents MUST be available to volunteer for our annual track meet hosted by the club on Father's Day weekend.

HARASSMENT POLICY

The Langley Mustangs Track and Field Club is committed to providing a sport environment in which all individuals are treated with respect and dignity. The Club has adopted the harassment policy and procedure written by Sport BC. The harassment policy applies to all members of the Club.

WITHDRAWAL FROM THE PROGRAM

Written notice of withdrawal received within two weeks of the start of a program is eligible for a refund of training fees. The BC Athletics fee is non-refundable once paid, regardless of when withdrawal is requested. There are no refunds provided after the initial two weeks of training.

INJURIES/ILLNESS

Mustangs place the health and safety of our athletes first. However, injuries can be a part of competitive sports. When an athlete is injured and will not be able to take part in full training, it is the policy of the club to encourage the athlete to remain active as appropriate to the injury.

Please recognize the importance of communicating with the coach regarding injuries. It is imperative to have as much information as possible when handling injuries. Our coaches are knowledgeable with respect to the human body but they are not medical professionals. It is also important to keep the coach informed of any rehab an athlete is doing outside of track and field.

TEAM UNIFORMS

We will provide all athletes with a free training t-shirt which is appropriate for practices and meets. Club singlets are encouraged for competitions but not mandatory, and are available through the track office from our registrar. Team tracksuits and other apparel are optional. There are one or two opportunities to order these items per season. Members will be notified by email of the costs and order process.

ROLES AND RESPONSIBILITIES

For Athletes

- Individual commitment and accountability;
- Hard work and diligent training to develop one's abilities to the utmost;
- Striving through cooperation for team success;
- Victory is achieved not only in winning but also in personal best performances;
- Development of character and confidence to accept with equal grace both winning and not winning
- Complete rejection of and abstinence from banned/restricted substances and methods, or any other means of unfair competition.

For Coaches

- Commitment and dedication first and foremost to the needs of the athlete;
- Create a safe and enriching environment that is conducive to learning;
- Continue to increase one's knowledge of the best ways in which to assist in the physical and mental preparation of all athletes for which one is responsible;
- Recognition that athletic development and performance is only one part, and not the whole, of a person;
- Respect for and cooperation with fellow coaches, parents, officials, and other participants in the sport; and
- Exemplify qualities of sound judgment, integrity, and the utmost ethical and professional conduct.

For Parents

- Support your child's athletic endeavors. Ensure they arrive to practices a few minutes early so they are ready to train on time. This applies for meets as well.
- Inform the coach of any physical or personal issues that may impact your child's experience in our club.
- Encourage and promote healthy eating habits and teach the athlete to make educated nutritional choices.
- Please do not disturb or interrupt practice. You are welcome to sit in the stands and observe. Any questions can be directed to the coaches after practice.
- Refrain from making technical comments or suggestions to your child during practice. Those could interfere with the progression sequence followed by the coach and act to confuse the child. Discuss progression concerns directly with the coach.
- Once your child moves beyond the Junior Development age (ie Grade 8), coaches will begin to choose the events to be competed, in conjunction with the athlete, rather than it be done with the parents.
- As a member of the Langley Mustangs, you must not seek outside coaching in athletics or additional training for your child in the sport. Your child's coach is a qualified track and field coach, committed to your child's proper long-term development, not only as an athlete, but as a person as well. Overtraining does lead to injury.
- Contact a member of the board for further discussion if you still have concerns, questions, after discussing the issues directly with your child's coach.

MEMBER, PARENTS, COACHES CODE OF CONDUCT

The Langley Mustangs Track and Field Club has adopted the BC Athletics Codes of Conduct in their entirety and adherence is a condition of club membership. The code applies during practices, competitions, training camps, and any other time representing the Mustangs including social media.

- Compete/participate in a spirit of fair play and honesty.
- Compete/participate within the rules of Athletics.
- Avoid the use, advocating, condoning, promotion and distribution of banned substances, cases and methods as outlined in the handbook on Drug Classification published by the Canadian Centre for Ethics in Sport.

- Refrain from using tobacco products within the competition arena and/or competition area.
- Refrain from using alcohol at athletic events (Athletics and other sport activities) or in victory celebrations at the competition site and of legal age in British Columbia, consume these products responsibly in association with BC Athletics social events.
- We have a "zero tolerance" policy with respect to the consumption of alcohol and non-prescription drugs by any athlete while a member of the Langley Mustangs in a club training camp or competition setting in Canada or overseas, under the age of 19, irrespective of any other legal requirements. This "zero tolerance" policy on the
- consumption of alcohol also applies to all team members (including team staff and coaches) while involved in a competition setting specifically for Junior and/or Youth athletes, regardless of the team member's age.
- Abuse of alcohol and intoxication or drug abuse will not be tolerated and will result in an immediate suspension from the Club and are subject to any disciplinary measures as may be determined by the Board of Directors.
- Refrain from using profane, insulting, harassing or otherwise offensive language in the context of the activities of Athletics.
- Address athletes, coaches, officials, volunteers, event organizers, spectators and others associated with Athletics in a courteous and respectful manner.
- Act in a manner that will bring credit to the Athletics Community and yourself, both within and outside the competition arena and/or competition area.
- Respect an individuals' dignity; verbal or physical behaviors that constitute harassment or abuse are unacceptable. (Please refer to the BC Athletics Harassment Policy)
- Ensure the safety of others when taking part in your Athletics activity.

TRACK & FIELD MEETS

Listing of Track Meets

See the Langley Mustangs website for JD Practice and Meet Schedule which lists the approved track meets. To see a complete listing of all meets in BC go to the BC Athletics Website Calendar of Events:

<http://www.bcatletics.org/CalendarResults/>

Meet Packages and Info

Track meets attended by the Mustangs are sanctioned and as such follow strict guidelines and standards in many aspects of running the meet. Every meet director publishes a meet package which lists information such as a schedule, cost of entry, standard rules of competition, and awards. Please review thoroughly to gain a better understanding of the sport and to avoid surprises! Links to the meet host is provided on our website.

Track Meet Schedules

Meets at the Junior Development level are structured in age groups according to the year of birth. Please remember that when reading schedules. If age is used for the schedule instead of year of birth, then go by age of your athlete as of December 31, 2015.

Remember that according to the rules, events can be either running late or running early so plan your absences accordingly. An event can be moved up to a maximum of 30 minutes earlier than originally scheduled.

Signing Up For Events

Meet signup is done via our central online meet registration link on our website. This is because our registrar is required to submit all entries for our athletes in a single submission. This is also why the registrar will send out reminders and including a submission deadline no less than 7 days prior to the track meet, so that there is enough time for processing.

When entering your athletes in events, keep in mind these factors:

- Time for recovery between events – check the schedule
- Confidence in the events that are more technical in nature such as high jump and hurdles. Talk to the coach if you are unsure.
- Athlete's interest – follow their lead!
- When in doubt: one run, one jump and one throw; so that may be a sprint (60m, 100m), long jump and shot put
- 2-3 events per day is average and reasonable to manage
- Late entries are usually accepted by the host club, but parents must do that individually at the meet. Ask for guidance from the coach if unsure.

Relays

Most meets offer a relay event and this is a great team building opportunity that the Mustangs fully support. Athletes can sign up online for relays the same as their individual events, but there is no guarantee they will be put on a team. The head coach will collect all the names of the athletes who wish to run a relay, and form into teams of 4 in advance of the meet, often combining athletes a year apart in order to make as many teams as possible. On the day of the meet, the head coach confirms that each athlete is able to participate, and adjust teams as necessary. Recruitment of athletes from other teams may happen to form a complete team if needed. The cost of the relay is split 4 ways between each team member and is typically \$4 per athlete and is collected at the next practice.

Meet Fees

The club will cover the cost of the first three events only so the athlete is responsible for the costs of any additional events. Typical entry fees are \$8 per event. Any additional fees need to be paid in advance of the meet as the club is required to pay up front. If fees are not submitted in a timely manner, the club reserves the right to refuse to issue the athlete's competition number which prevents them from competing.

Coaching Support at Meets

Coaching support will be provided for JD athletes at these meets, however due to the large number of athletes and events, it is not possible to guarantee a coach is present for every athlete at all times. Typical coverage includes one coach for track events and one coach for field events. Athletes will have to be able to warm up on their own, and be organized enough to know when their events and where to check in.

Before Leaving Home

Clothes: bring a set of warm dry clothes as it frequently rains when least expected. Gloves a hat and an old blanket are great to keep warm on a cold day. Bring a large plastic bag to store your clothes while you compete. An umbrella and a towel are also useful. Make sure you have your spikes and singlet, as they are essential. If you are a thrower, bring an old towel to wipe the implement.

Nutrition

Athletes should arrive at the meet fully hydrated and with proper meals over the last 24 hours. Breakfast is known to be a critical meal of the day in order to kick start the body's energy and awakesness. Avoid heavy or fatty foods close to competition times. Beverages (except water) should be consumed at least one hour before any track event.

Preparing to Compete

Arrive at least one hour before your event starts. You will need to get the competition number from one of our coaches or a volunteer who will be sitting with the Mustangs. This needs to be pinned to your shirt or singlet and worn for all events. If a number is lost please see your coach immediately as officials will not let you compete without it. Make sure you know your event times and allow enough to warmup and check in.

Checking In – Marshalling

Track meets require athletes to check in at an official which is sometimes at the event itself (e.g high jump) or at a central location. Often for running events it is near the start of the race so ask others for guidance. Checking in means showing your number and confirming your lane assignment. If the event is approaching start time, officials may ask the athlete not to leave the area, and will have to warm up if not done so.

Warming Up

Warming up properly is something the athletes learn during practice and are expected to be able to replicate the routine at a meet. Often coaches will conduct organized group warmups whenever several athletes are preparing for the same event. A proper warmup should increase blood flow to heat the muscles, move joints through proper range of motion, and simulate the demands of the upcoming event. It also helps the athletes prepare mentally so it is important to ensure enough time for a warmup.

Footwear

Athletes may wear special track spikes for all events except discus, shot put, and hammer throw as they are conducted on a concrete circle. Maximum length of spikes on most synthetic surfaces is between 5mm to 7 mm. Check the meet package posted on the host club's website to confirm.

TRACK RASCALS - TRAINING AND PROGRAM OVERVIEW

General Description

The track rascal program is a RunJumpThrow (RJT) non-competitive program for those athletes aged 6-8 that would like to try track and field for the first time and want a fun recreational experience.

Developed by Athletics Canada, RJT is the grassroots development program for our sport. This FUNdamentals program teaches the skills of running, jumping and throwing and the technical skill progressions for track and field events. It is designed for boys and girls ages 6-8, has progressions for older athletes, and can be adapted for special needs.

RunJumpThrow skills form the basis of all land based sport and as such, RJT provides a strong foundation for success in all sports and physical activities, which allows participants to develop a positive self-image and be the best they can be.

RJT is:

- Integrated for development at all levels
- Broad based and progressive
- FUNdamental to all land based sports
- Inclusive for all abilities and maturational stages
- Adaptive to special needs and athletes with disabilities
- Gender equitable

RJT stresses:

- Skills of RUNNING, JUMPING and THROWING in age appropriate sequential progressions
- Individual improvement and positive reinforcement
- FUN and active learning environment
- Improvement in physical and emotional well being

Training

April 14 to June 18 – 10 Weeks

Tuesdays & Thursdays – 6:00pm to 7:00pm

Sessions are one hour in duration in which athletes are formed into groups of 15-20 and rotated

through various stations focusing on different skills and games. Training is led by the Mustangs High School group providing athlete-coaches volunteering their time to run the program. Lesson planning and program design is the responsibility of the Junior Development Head Coach with the assistance of a designated Track Rascal Coach Supervisor.

Meets

There are various track meets in the Lower Mainland that offer events specifically for Track Rascals aged athletes. The Mustangs registrar will send out a notice regarding details for signing up. It is a great experience for the track rascals to be exposed to a track competition environment and also to see the older athletes compete. It prepares them for the next level.

JUNIOR DEVELOPMENT- TRAINING AND PROGRAM OVERVIEW

General Description

Track and field at this age (9-13) is mainly a power and speed sport with a wide variety of events to choose from. The junior development program will help athletes develop the fundamental movements and coordination required in running, jumping, and throwing. Coaches structure their lesson plans to promote progression technically in all events through repetition and reinforcement with the intention of producing multi-skilled, well rounded athletes as they enter their high school careers.

Phases of Training

Precompetition Phase: March 3 – April 2

Strength & Agility: Tuesday and Thursday / 5:30 to 6:30pm

Conditioning: Wednesday / 5:30 to 6:30pm

This phase is to prepare a base of conditioning and introduce the basic movements of athletics for returning and new athletes alike. It has a relatively high intensity large group format completed over one hour with non-technical, non-event specific drills and activities.

Early Competition Phase: April 6 – May 31

Power & Speed: Tuesday and Thursday / 5:00 to 7:00 pm

Middle Distance: Monday / 5:30 to 6:30pm

Power and Speed: Practice in this phase focuses on the application of fundamental movements of running, jumping, and throwing in specific technical events. Event specific drills and practice in the event itself provides the repetition and reinforcement required to progress athletes to improved performance over time. This phase is when we switch to the small group format with a rotation through the following specific technical events:

- Long jump
- High jump
- Throws – shot put, javelin, discus
- Sprint
- Hurdles
- Strength and agility

Middle Distance: this group is optional in that it allows those athletes wanting to work on their endurance and interested in the middle distance events of track and field to receive some specific training. The goal of this component is to improve endurance, running technique, racing strategies, and mental toughness through sustained effort running.

Late Competition Phase: June 1 to July 18

Power & Speed: Tuesday and Thursday / 5:00 to 7:00 pm

Middle Distance: Monday / 5:30 to 6:30pm

Training content during this phase tends to increase in intensity and decrease in volume as we draw closer to the final competitions of the year. Higher percentages of coaching time is spent on fine tuning the technical aspects of each event as well as more focus on mental preparation. Some practices may incorporate more meet-like scenarios to simulate competition situations.

Competitions

Organized track meets provide a safe environment for athletes of all ages and abilities to attain personal bests in their specific events, compete against others in the Lower Mainland and British Columbia, and builds team within the club. Athletes are encouraged to enter at least one competition to experience track and field more fully.

There are two provincial championship meets in the season that all athletes are eligible to enter as there are no standards for any junior development track meet:

BC JD Pentathlon Championships – they are hosted in June/July and athletes compete against their own age in five events: long jump, high jump, shot put, hurdles and 600m (800m for 12/13 year olds). This is a fun one-day multi-event competition where athletes receive points in each event according to a standardized list based on their performance. Medals for the first three and ribbons for 4th to 8th are given.

BC JD Championships held in July which provides athletes the chance to compete in any event with the top 3 winning provincial medals. The focus for this meet is to help the athletes prepare for optimum performance in a small number of events. This gives them the experience of preparing to “perform when it counts” which helps them form valuable skills for later in the sport.

PARENT EDUCATION

For further education on sport, here are several resources:

- [Canadian Sport for Life](#) (CS4L) is a movement to improve the quality of sport and physical activity in Canada. CS4L links sport, education, recreation and health and aligns community, provincial and national programming. LTAD is a seven-stage training, competition and recovery pathway guiding an individual’s experience in sport and physical activity from infancy through all phases of adulthood. CS4L, with LTAD, represents a paradigm shift in the way Canadians lead and deliver sport and physical activity in Canada.
- The [Long-Term Athlete Development \(LTAD\)](#) supports training, competition, and recovery programs based on developmental age — the physical, mental and emotional maturation of the individual — rather than chronological age. It is athlete-centered in that it is designed to serve the best interests of each athlete’s long-term development, encouraging growth in skills and achievement while ensuring each individual remains engaged in sport.

LTAD is based on sport research, coaching best practices, and scientific principles. LTAD expresses these principles, research, and practices as 10 Key factors essential to athlete development.

To optimize the development of our athletes, we need to take advantage of the best sport science and best practices in coaching and training. Long-Term Athlete Development (LTAD) does this by codifying important elements of sport science and coaching practices into the 10 Key Factors of LTAD:

- [Excellence Takes Time](#)
- [FUNDamentals](#)

- [Specialization](#)
- [Developmental Age](#)
- [Trainability](#)
- [Physical, Mental, Cognitive and Emotional Development](#)
- [Periodization](#)
- [Competition Planning](#)
- [System Alignment and Integration](#)
- [Continuous Improvement](#)
- [Growing Champions for Life Inc.](#) is a non-profit organization dedicated to improving the youth sport experience in America by providing parents with positive strategies and practical tools for building cohesive families and principle-centered athletes. Through workshops, articles, books and online membership program they help parents discover the most effective way to play their role so young athletes reach their full potential as competitors and as young men & women. To accomplish this they focus our attention on the relationship between parents and athletes, athletes and coaches, and coaches and parents.