



NRG Track Club Handbook (2025–2026 Season)

Welcome to NRG Track Club!

Located in the Bronx, New York, NRG Track Club is a nonprofit organization and proud member of both USATF and AAU. Our mission is to foster excellence in youth by promoting fitness, sportsmanship, and academic achievement—providing a strong foundation for lifelong success.

Coaching Staff

- **Head Coach:** Mervyn Francis
- **Sprint Coaches:** Chanell Smith and Desiree Moorner
- **Distance Coach:** Rohan Aarons
- **Jump Coach:** Marcus Hickman
- **Life Coach:** Roderick Bradford

Our coaching team brings a wealth of experience and passion, with a shared commitment to developing each athlete on and off the track.

Our Motto: *Be Better Today Than Yesterday*

Team Belief: *Together Everyone Accomplishes More (T.E.A.M.)*

1. Membership

Membership is open to athletes, parents, supporters, and donors aligned with our mission.

Fees

- 2025–2026 Season: \$300
- Late Fee: \$25 (applies after September 16th)

Requirements

- **USATF/AAU Membership:** Parents are responsible for registering their athlete with USATF (www.usatf.org) and AAU (www.aausports.org).
- **Meet Entry Fees:** Vary by event. Parents are responsible. Coaches will provide advance notice.

Academic Expectations

- Submit report cards/progress reports for all four quarters.
- Maintain satisfactory academic standing to compete.
- Notify coaching staff if additional study time is needed.

2. Fundraising

To help cover travel, uniforms, and equipment:

- Each family is required to raise or contribute \$200
- Club-led fundraising events will be announced

3. Health & Nutrition

Pre-Meet Preparation

- 8–10 hours of sleep
- High-carb meals 3–4 hours before the event (bread, fruit, veggies, water)

Healthy Snacks

- Fruits (bananas, grapes, oranges)

- Bagels, muffins, crackers, pretzels
- Juices, yogurt (if 3–4 hours before event)

4. Club Travel

Out-of-town meet costs are not included in the membership fee.

- Club will arrange hotel accommodations
- Parents are responsible for lodging and travel costs
- These are **athletic commitments**, not vacations
- If a parent is not traveling with their child, a signed notice designating a guardian must be submitted to the coach
- Parents must behave appropriately and avoid adult activities (e.g. alcohol) in front of athletes

5. Practices & Training

Schedule

- Practice 4 times per week (calendar sent monthly)
- Minimum 2 sessions per week required
- Notify coaches in advance if late or absent
- Practice is from 6:00 PM to 8:00 PM (some sessions may end early)

What to Bring

- Water bottle (mandatory)
- Proper running shoes (no skate shoes)
- Track spikes (only with coach approval)
- Weather-appropriate clothing
- Label all personal gear

Training Format

- Warm-up and stretching
- Drills
- Workout
- Strength and conditioning
- Warm-down

6. Code of Conduct

Coaches' Commitment

- Provide positive, skill-based coaching
- Develop custom training plans and nutritional guidance
- Serve as role models and mentors
- Promote learning from both victory and defeat

Parent Expectations

- Respect coaching authority
- Avoid sideline coaching
- Address issues privately, not in the group chat
- Refrain from gossip and disruptive behavior
- Ensure athletes are well-rested, fed, and arrive on time
- Pay fees on time to avoid disqualification

7. Track Meets

Athlete Responsibilities

- Arrive 1 hour before event
- Wear full uniform
- Bring shoes, water, and warm-ups
- Sit with the team

- Warm up with teammates
- Listen for announcements and check-in calls
- Be ready with bib number, uniform, and gear

Parent Responsibilities

- Ensure athlete is fed, rested, and prepared
- Be on time for meet check-ins
- Support the team through encouragement and positive presence

8. General Policies

- Keep your contact information updated
- Read all club messages and emails
- Notify staff of schedule changes
- Any damage to club equipment due to negligence must be reimbursed

9. Athlete Agreement

All athletes and parents must review and sign this agreement before participating.

Code of Conduct

I agree to:

- Follow all coach instructions
- Show good sportsmanship regardless of outcome
- Be honest and respectful
- Avoid illegal substances, tobacco, alcohol, and foul language
- Treat others with kindness
- Respect curfews, hotel rules, and all team expectations
- Attend practices on time
- Discuss grievances directly with coaching staff

- Pay all fees on time

Athlete Name: _____

Parent/Guardian Name: _____

Signature: _____

Date: _____