

Everything Select Track Club!!

Track and Field Season

Leaders Lead From The Front Not The Back!!

Philippians 4:13 I can do all things through HIM who gives me strength.



SUMMARY

Everything Select Track Club is a Christian Organization currently seeking athletes between the age of 5-16. We are looking for student athletes that want to be recognized by getting good grades, helping others, as well as excelling on the track. We look forward to developing a long-lasting partnership with you and your child. Thank you for your consideration. Please contact us: Coach Kevin McKnight (817) 821-8375 & Coach Rachel Hargers (682) 367-5685

Overview

Established in 2017, Everything Select Track Club is a non-profit 501(c) 3 organization, located in Fort Worth, Texas that promotes youth development, growth and personal awareness through a comprehensive track and field program.

The mission of Everything Select Track Club (ESTC) is to provide youth athletes ages 5-16 with the opportunity to reach his or her full potential by developing speed, endurance, and strength while fostering high self-esteem, personal accountability, self-discipline, goal setting, and goal achievement. ESTC seeks to develop well-rounded individuals who aspire to achieve in leadership, discipline, integrity, and excellence for education and athletics.

Everything Select Track Club was created with a vision for youth who desire to learn and compete in track and field on a local, state and national platform. We instill in our athletes that all things are possible if you believe that you can achieve and eliminate their own personal fears. ***Run as One! Work as a Team! Finish as a Family!***

Our club philosophy revolves around cultivating a safe, positive, family environment where our athletes will increase their leadership skills, public speaking, critical thinking skills, and community service opportunities and a lot more. Members of the ESTC will grow in their sense of ownership and decrease in their sense of entitlement.

Team Objectives and Goals

- 1) Become a more recognized track club.
- 2) Recruit more youth athletes.
- 3) Develop fundraising opportunities.
- 4) Offer more events for the kids.
- 5) Make it to Junior Olympics.

Athlete Objectives and Goal

- 1) Excel in academics
- 2) Serve their local community
- 3) Encourage a healthy lifestyle
- 4) Learn to be a great teammate
- 5) Perform to the best of their ability
- 6) Set and reach personal goals
- 7) Compete against elite competition
- 8) Earn scholarships

Beyond The Track

Academics and community service are extremely important to the Everything Select Track Club (ESTC) organization. Athletes will strive for academic excellence and serve their local community.

Academics: We will recognize all student-athletes that make the all A or A/B honor rolls and who also receive Satisfactory or Excellent Conduct each grading period by awarding them with a certificate of achievement and highlighting their academic achievements on social media sites.

Community Service: Our athletes will complete a minimum of two community service projects throughout the season to learn the value of serving their local community.

Athlete Benefits

We have confidence in the fact sports benefit our youth by addressing the following life values and skills:

- Physically – by learning skills related to sports/athletes and improving physical conditioning.
- Emotionally – by building their feelings of self-esteem through recognizing individual achievements
- Socially – by forming bonds of friendships and learning good sportsmanship.
- Technically – by Learning the sound fundamentals and maximize the opportunity for individual development

Track Season

Everything Select Track Club (ESTC) track season runs from February through August. The season consist of three types of non-competitive and competitive opportunities:

- Developmental meets
- District and Regional meets
- State Meet

The developmental meets typically occur in the Texas cities of: Dallas-Fort Worth and surrounding areas. District and Regional meets occur in Fort Worth, Texas. And this year's state meet will be held in Corpus Christi.



Team Rules During A Track Meet

1. All athletes MUST report by **6:30 AM**. Regardless if athlete does not compete until a later time unless otherwise stated by Coach Kevin and Coach Rachel.
2. All Athletes must immediately warm up upon arrival to the track and at least 45 minutes prior to their race.
3. All athletes must Sit With The Team
4. **Athletes are prohibited from wearing any "OPEN" toe shoes. This includes flip flops, sandals or slides unless they are completely done with their races.**
5. Uniforms must be properly worn at all times.
6. Athletes must have shoes on at all times.
7. Athletes are prohibited from eating at the "CONCESSISSION STANDS" during the track meet. **(NO JUNK)**
8. If athlete loses their Bibb number. Parents will be responsible for whatever the replacement cost is. Cost is normally between \$5-\$10
9. Parents must not come to the infield.

TEAM COOLER & SNACKS

Each family will be asked to bring something different to the meets each week **(If you are unable to do so please let one of the coaches know so that we can be sure every child is able to have something)** items will be consist of drinks and snacks for the athletes participating in the track meet. The cooler is not for non-athletes. No athlete is to enter the cooler without permission of a Coach or Team Mom. Each athlete will be provided at least 2 Waters, 2 Gatorades, sandwiches or Lunchables, and fruit along with a fruit snack.

Athlete/Student Name: _____ Date: _____

Parents Name: _____ Date: _____