



Welcome to the 2023 Track & Field season

COACHES:

Head Coach: Sherman Armstrong

Head Coach: Adia Armstrong

Head Coach X- Country Coach /Recruiter: Steven Gamble

Head Throw Coach: LaKeisha Gamble

Head Development Coach: Matthew Bolden

Head Long and Triple Jump Coach: Tim Russell

Assistant Sprints Coach: Ishan Garrett

Assistant Distance Coach: Carlan Arthur

Assistant High Jump Coach: Rachel Durham

Assistant Throw Coach: Kara Burke

Team Mom/Secretary: Jo Pierrelus

Executive Director of Non-Profit: Charlene Cleary

Team Coordinator: LaKeisha Gamble

Recruiter: Steven Gamble

Team Organization-One of the many aspects of track & field is there is an event for everyone. We welcome and encourage anyone who is willing to compete and contribute to our team goals. V.A.S.T values attitude and commitment just as much as athletic ability. Everyone has the capability to improve and fulfill his or her potential. Individual improvement and personal accomplishments are two of our primary goals. All we ask is that you TRUST THE PROCESS. Although our athletes have their individual events, Vast Track Club prides itself on family. Track is organized by event groups. There are 5 basic event groups that our athletes can participate in: sprints, hurdles, distance, jumps, throws, and multis.

Our primary source of communication is the Telegram messenger app. This has been the most efficient way of keeping everyone in the loop and allows you to ask questions. This also is how we communicate during meet days. If you have not been added, please let one of the coaches or staff know.

PRACTICE: Practice will be at LETO HS Tuesdays, Thursdays at 6pm and Saturdays at 8:30am. It is VERY important you get to practice on time. If there is a Meet on Saturday there will be NO practice, but an optional Make up day (coaches discretion). Times and location are subject to change PLEASE READ TELEGRAM MESSAGES. Please do not use the Leto track because it is not open to the public, we can not use the track without coaches present.

Boys and girls will practice together but compete separately on meet days within their age group (girls with girls, boys with boys). Our practice routine consists of a team/group warm-up, group/specialty training, a cool down then clap out.

**** NOTE: There are multiple groups in telegram coach Gambles have Cross country, coach Sherman has INDOOR ONLY and there's an VAST Track club chat. Please make sure you are posting in the appropriate chats this will help with the overall communication flow.**

FEES: payment forms are due PRIOR TO FIRST PRACTICE, IF YOU HAVE NOT turned this in YOUR CHILD WILL NOT BE ABLE TO PARTICIPATE!

- Club Fees are \$150.00 and \$75 for siblings monthly-This does not include meet entry fees or uniforms
- ALL FEES ARE NON-REFUNDABLE-automatic payments will be taken out the 5th of every Month, If you need to make any changes for the payment form, Please contact coach Adia directly. There will be a \$25 fee for returned payments.
- You will NEED to Purchase the AAU Membership (EXTENDED COVERAGE) prior to the 1st day of practice. play.aausports.org Club Code: W377W6
- **Meet Fee's**-Track meets DO require an entry fee to participate, these fees are separate from club fees as these are submitted to the meet host. These fees will need to be submitted by the due date listed on the schedule. **Meet fees will be collected VIA CASH APP to coach Adia \$agfg2004. OR Venmo @Adia-Armstromg-1 Late payments will not be accepted once entry closes its CLOSED, the coaches have no say in this!!**

**** Note: when you are submitting payment it is very important in the note section you include your athletes name and events.**

Track Meets: There will be 4 Mandatory meets.

Meets are typically held on Saturdays but can run Friday-Sunday most meets begin at 7am and go on a rolling schedule. Meaning they will not start a running event until they are all done with

the previous running event. (I.E the 100m run will not start until scheduled hurdle events are done). This can be the same for field events as well

We cannot stress this enough; Outdoor Track is an **ALL-DAY EVENT** please prepare.

*Hydration is especially important! Athletes should be hydrating at least 2-3 days prior to the meet.

Although your athlete events may be later in the day, we ask that you arrive at the meet location at the start of the meet. Tent spacing is limited, so getting there early allows us to be able to get a good team sitting area. Having the team sit together not only ensures a proper warm up as a team but it helps coaches easily locate our athletes and, of course, shows great team spirit.

**Please understand during the track meets coaches are literally everywhere. There is A LOT that goes on during a meet. We ask that Athletes please know what event you are doing, if your event is coming up, grab a teammate, even the group and warm up together.

What to Bring to a Track Meet?

Eat a healthy breakfast #1

Athletes should have on some type of warm up gear (any joggers, long sleeve-shirt, sweater to keep them warm and Uniforms underneath. A pair of running shoes to warm up in, spikes and a pair of slides(optional). backpack or duffle to carry this. If you are purchasing spikes, they NEED to be TRACK SHOES with 1/4 inch spikes. Coaches will go over specialty event spikes.



(Distance spikes)



(Sprint spikes)



** For results for the meet–The meet results link will be posted on telegram as soon as it's available.

Meets are again all day. The goal is to try to be as comfortable as possible for both the athletes and parents.

Bring entertainment-especially for the little ones

Battery pack

Tents for shade

Lawn/folding chairs

cooler with

Drinks/ water **hydration is important**

Appropriate snacks

fruit

Lunch

Sunblock

No fatty/oily or concessions stand food if you are still competing!!

UNIFORMS: uniforms orders will be Due NO LATER THAN JANUARY 28th, February 19th and March 26th(late comers)

We will NOT have uniform samples available at practice like we've previously done. There are just too many athletes, practice gets interrupted, and coaches held up after practice. Once orders are received it will be communicated through telegram. Please allow a 3-4 week Turn around

FAQS

1. HOW DO YOU KNOW WHAT EVENTS YOUR CHILD WILL DO? Its combination of the athlete's preference, and the coach's evaluation. TRUST YOUR COACHES! TRUST THE PROCESS events are not set-in stone. They can try different events and figure out what is the best fit for them.
2. WHAT TIME SHOULD YOU BE AT THE MEET/WHAT TIME DOES YOUR CHILD RUN? Again, meets are run on a rolling schedule. It's very hard to determine exactly what time an event is going to happen, so we encourage everyone to get there at the beginning of the meet. This also will help you get Tent space and warm up
3. HOW DO YOU KNOW IF YOUR ATHLETE IS IMPROVING? Keep track of your athlete's event and times. The goal is to get a lower time, highest Jump, furthest throw or jump. We refer to it as PR (PERSONAL RECORD)

Welcome to the VAST family!!!