



Parent and Athlete Handbook

Mission Statement

To provide the youth of our community an introduction to track and field and cross country, while promoting healthy lifelong habits, encouraging hard work and discipline, and developing sportsmanship and teamwork.

Dear Parents,

The goal of this handbook is to provide athletes and parents an understanding of the expectations of the Gulf Coast Runners Youth Team. This handbook will keep you organized with contact information and help provide you with a better knowledge of running in southwest Florida. Please carefully read this booklet and review the contents with your children. We are looking forward to a great season!

Sincerely,

GCR Youth Team Coaching Staff

Team History:

The Youth Team was started in 2011 for the purpose of taking a group of gifted middle school runners from Gulfview Middle School to the Middle School State Track Championships in Melbourne, Florida. The Team then continued running all year and was expanded to include all local middle school and elementary school aged athletes with an interest in running. Since the inaugural year, the Team has sent representatives to the Cross Country or Track and Field State Meet every year. In 2013 both the boys and girls teams won the Florida State Middle School Championship Meet for the club division. As the Team continues to grow, we look forward to you helping to write our history.

Code of Conduct:

We expect all athletes to be on their best behavior while at practice or meets.

All athletes are expected to abide by a code of conduct. We expect each one of our athletes to respect their teammates, fellow athletes, coaches, officials, and volunteers. We also expect all athletes to listen and follow directions. Any behavior deemed disrespectful by the coach will have consequences:

1st offense- Sit out for 5-15 minutes

2nd offense- Sit out for the rest of practice that day and a coach will speak with the athlete's parent

3rd offense- If poor behavior continues to be a problem, the athlete will be asked not to return to the team for the remainder for the season

Parent's Role:

Parents are expected to ensure their children arrive to practice on time and pick them up promptly at the conclusion of practice. Parents should model good sportsmanship and provide an encouraging environment where their child's love of running can grow.

Please ensure your child is wearing proper running clothes (moisture wicking is preferred) and shoes. Provide your child with a water bottle to bring to practice and encourage them to hydrate throughout the day. Additionally, ensure your child has applied sunscreen and has extra to reapply, when appropriate.

Practice Dates and times:

The team practices on Mondays and Wednesdays from 5:30-6:45 at the Naples High School track and on Saturdays from 9:00-10:15. There will not be practices on days there is a Gulf Coast Runners race or on days Collier County Public Schools does not have school, including Spring Break. There may be times that practice locations will change due to a conflict with the facility. In the event of a location change, athletes will be notified the practice prior to the change. You can always check the Youth Team's FaceBook account for any changes or other information.

Inclement Weather Procedure:

When inclement weather is in the area, our first priority is the safety of the athletes and coaches. At times it may be necessary for us to cancel practice. In such situations we will use the Youth Team's Twitter account *@GCRYouthTeam* to announce the cancellation. Whenever possible, we will make the decision to cancel practice before the start of practice. But due to the unpredictable nature of weather in Southwest Florida, there will be times that we will need to cancel practice after it has already started. We appreciate your understanding.

Coaches Contact:

Cassie Barone 239-248-4265
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Jesse Crum 239-595-4310
Crumjesse2@gmail.com

Brian Marler 239-537-5793
brianmarler@comcast.net

Justin Moomaw 419-308-4399
moomaw8@hotmail.com

Helpful Websites:

gcryouthteam.org

gcrunner.org

collierschools.net search: Thormobile (to access the lightning prediction system)

fl.milesplit.com

Goal Setting:

It is important for every athlete to set goals. Through setting goals we know why we are training. Remember that athletes have different potentials and aspirations. Each athlete is expected to set their own personal goal and strive to improve their performance at their own pace.

Goals should be written, realistic, measurable, and time-bound.

Examples:

- I will run two miles, three times a week all season
- I will always stretch before I run and warm down after running
- I will take ten seconds off my mile time this season
- I will win the County Cross Country Championships

Goal #1:

Goal #2:

Goal #3:
