



Track Club

2013 Handbook

CHAMPIONS ELITE TRACK CLUB

“It takes more than the norm to be a champion”

MISSION

Champions Elite Track Club is a non-profit, non-liability track club that has been developed to give youth the opportunity to compete in a competitive environment both individually and as team in the sport of track and field. Our main objective is to provide a service to the youth in our community, so that they can excel in three major areas: academically, athletically, and as a person. We believe that success in those three areas mentioned will lead to long-term success in the many challenges that we face in life. Champions Elite Track Club also strives to prepare each individual in our club for college and the opportunity to earn a scholarship.

ABOUT US

Champions Elite Track Club (CETC) was developed as an entity of Champions Group. The idea came from Reginald (Reggie) Knighten, a current football and track coach in Avon Park who has had much success during his coaching tenure. In his first two years as a head coach, Reggie led the Avon Park Mitey Mites to undefeated back – to – back Super Bowl Championships in 2010 and 2011, and a runner up National Championship in 2010.

Knighten a former state medalists and finalists in several track events including the 200 meter dash, 4x100 relay, and the triple jump, first got involved in youth track by joining the Mark Anthony Track Club headed by James Carpenter in Wauchula back in 2009. Under the leadership of Carpenter, Coach Knighten and the Mark Anthony Track Club have had several top three finishers in Florida’s largest track meets including a few athletes who have qualified for the National Junior Olympics Games. This success has led to a growing demand of our community wanting to participate in track and field within Highlands County. With a desire for this need to be met, Knighten and his staff decided to venture upon a track club large enough for Highlands County therefore forming the Champions Elite Track Club.

CETC’s staff also includes the legendary Chet Brojek, the former athletic director, cross country and track coach at Avon Park High School. Coach Brojek has been involved in track for over 50 years and is the founding father to the success of Avon Park High School’s track and field success. After retiring from high school sports, Coach Brojek has founded and funded several charity events and runs including The Highlands Half 5k Run and Walk. His outstanding contributions have led to the Avon Park Track been dedicated and named after him.

With a staff of over 70 years combined of coaching experience and former medalist including Felita (Council) Knighten state medalist, Aseelah Jones, one of the nation's best 3000 meter runners and state medalist during her high school tenure, Israel Santiago, a former Syracuse University football player and Tarniz Williams, a top shot put and discus thrower in the Miami area in his high school days, the Champions Elite staff is experienced, primed and ready prepare our youth to become competitive in the sport of Track and Field.

CETC STAFF

President:	Reginald Knighten
Vice President:	Felita Knighten
General Manager:	Israel Santiago
Director:	Chris Hawthorne
Treasurer:	Melissa Hawthorne
Secretary:	Delsie Fletcher
Registration Coordinator:	Aisha Council-Butler
Athletic Director of Track and Field Operations:	Chet Brojek

CETC COACHES

Reginald Knighten

Chet Brojek

Israel Santiago

Felita Knighten

Tarniz Williams

Aseelah Jones

NOTE: Additional coaches will be added to the CETC staff at a future date.

GENERAL INFORMATION

Registration will take place in November 2012 and January 2013. Actual dates will be announced as we move closer to the sign up dates. Those who sign up in November may be eligible to compete in the Jimmy Carnes Indoor Invitational in January, located in Gainesville, Florida.

We will only accept a limited number of athletes and a limited number of participants in each division.

Below is the breakdown:

Maximum number of signups for club members: 60

No more than 7 athletes in each age division. (Special circumstances may apply)

Maximum number of signups for training only: 15

Items Required for Registration:

1. Physical Exam
2. Copy of Birth Certificate
3. Completion of Application
4. Payment for Fees
5. Copy of Insurance

COST BASIS

\$150.00 per athlete – registration fee (club members)

\$75.00 training only – includes 15 practice sessions total. Will train with Champions track club's normal practices and will not compete in any events. They will receive a club t-shirt however.

Club member's fees include but not limited to the following:

- AAU membership fee
- club t-shirt (*athlete keeps*)
- club warm up suit (*athlete keeps*)
- end of the year award

- Uniform rental – to be returned on the day of the last track meet
- entry fee for 4 track meets (cost is usually between \$12-\$20 per meet)

*****Each participant will compete in a minimum of 4 track meets*****

NOTE: ATHLETES KEEP ALL APPAREL EXCEPT THE ACTUAL TRACK UNIFORM.

Parents/Guardians are responsible for all meet fees not designated on meet schedule as “Club” under cost section. Please note that some meets are based on qualifying standards for entry.

PRACTICE AND MEET INFORMATION

Practice starts:

End of February 2013 – Athletes participating in high school can practice with CETC for training purposes, but can participate in either AAU or USATF sanctioned track meets until after their last high school meet.

Practice will be held at Avon Park High School

Practice Days and Times:

Monday, Tuesday, and Thursday from 5:30-7:00; Wednesday and Saturday practices on occasion

Note: *Practice locations, days, and times are subject to change*

DIVISIONS

Ages accepted: 5 thru 18 years old. Age is determined as of 12-31-2013.

<u>Division</u>	<u>Birth year</u>
Primary	2005 & after
Sub-Bantam	2004
Bantam	2003

Sub – Midget	2002
Midget	2001
Sub-Youth	2000
Youth	1999
Intermediate	1997-1998
Young Men/Women	1995-1996

If athlete is 18 years old athlete cannot turn 19 before the last day of Nationals to compete in post-season events.

EQUIPMENT REQUIRED

For practice

1. Training shoes (running shoes, no spikes)
2. Shorts/Tights and t-shirt/performance shirts for practice
3. Water

For meets

1. Champions Elite track uniform
2. Track spikes
3. Training/warm up shoes
4. Club t-shirt
5. Club warm up gear
6. Back pack/duffle bag

TRACK AND FIELD EVENTS

Sprints

55m dash (pee wee)

100m dash

200m dash

400m dash

Hurdles

80m hurdles (sub-midget, midget)

100m hurdles (sub-youth, youth) (**sub-youth and up for girls**)

110m hurdles (intermediate, young)

200m hurdles (sub-youth, youth)

400m hurdles (intermediate, young)

Distance

800m

1500m

3000m (sub-midget and up)

Race Walk

1500m walk (sub-bantam and up)

3000m walk (sub-youth and up)

Field

Long jump

Triple jump (sub-youth and up)

Discuss throw (sub-midget and up)

Shot put

High Jump (sub-bantam and up)

Pole Vault

Note: Coaches will have final determination on which events each individual participates in.

TRACK MEET OVERVIEW AND INFORMATION

Almost all track meets will take place out of our local area. Travel will be required to participate in these meets. Parents are responsible for paying travel expenses and getting their athlete to each meet. We will hold fundraisers to try and offset the cost of these expenses.

Athletes participating in any track meet enter the admission gate (meet site) at no charge. They will be given certain identification at each meet to get the athlete clearance to enter into the facility. If you are a spectator at a track meet, the cost of entry is normally ranges from \$3.00 - \$8.00 depending on the age of the non-participant. Please bring funding to cover the entry fee for all spectators in your party to every meet.

Track meets normally run between 5-8 hours at each meet we will attend. This is due to the high number of young athletes participating at each meet. Make sure you prepare well for a long, hot day in the sun. Below are some items to consider:

Coolers (for drinks, food, and snacks)

Tents

Umbrellas

Extra set of clothing (in case extreme heat or rain)

Seating pads

Sun block

Towels

Portable chairs

Track meets usually have concessions where you can purchase food and drinks during the meet as well. Make sure you bring extra money.

Our track club will sit in the same general vicinity. Due to the high volume of activities and requirements for the athletes, it makes it much easier if we are all together to help athletes get to their proper area or event. Parents will be responsible for assisting the coaches to get their child to the designated area for check in and/or pick up their child (if needed) from the designated location after the event.

In some cases parents cannot attend meets and we understand. In the event that this occurs, we ask that you sign the release form and give us ample notice so we can make arrangements to get your child to the meet. However, parent participation is essential and required to be a part of the Champions Elite Track Club. Please do your best to attend every track meet.

Post-season Meets

After the regular season of meets, athletes will move on to participate in the AAU qualifying district/regional meet. This meet is performance based meaning that a qualifying place, time, or standard must be met to move on to the next level. The levels are district/regional, state, national qualifier, and national championships.

CONTACT INFORMATION

Champions Elite Sports

P.O. Box 1072

Avon Park, Florida 33825

(678)878-1073 or (863)214-6411

www.champions-elite.com