

**ROSE HILL COMMUNITY CENTER, INC.  
FIRST STATE DESTROYERS TRACK °  
FIELD CLUB**



**FIRST STATE DESTROYERS  
2016 CLUB INFO**

# ROSE HILL COMMUNITY CENTER, INC. FIRST STATE DESTROYERS TRACK & FIELD CLUB



## Who are the First State Destroyers?

The First State Destroyers Track & Field Club is a non-profit organization established in 2012 to promote the sports of track & field in the New Castle County area through age group competition. The Destroyers are a member of USA Track & Field's Mid-Atlantic Association, which includes the State of Pennsylvania, east of and including, Potter, Clinton, Centre, Huntingdon, and Bedford counties and the State of Delaware.

## What is Age Group track & field?

Age group track is just as the name implies: track & field competition based on an athlete's age in the current calendar year. The age divisions for **competition year 2016** are as follows:

Age Division	Year of Birth
8 & Under (previously Sub-bantam)	2008+*
9 - 10 (previously Bantam)	2006-2007
11 - 12 (previously Midget)	2004-2005
13 - 14 (previously Youth)	2002-2003
15 - 16 (previously Intermediate)	2000-2001
17 - 18 (previously Young)	1998-1999**

\* Per USATF Rule 300.1 (c) "Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championships."

\*\* Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to

# ROSE HILL COMMUNITY CENTER, INC. FIRST STATE DESTROYERS TRACK & FIELD CLUB



compete in the 17-18 age division through that meet. This extended eligibility does not apply to cross country events.

## What is USA Track & Field?

USA Track & Field (USATF) is the national governing body of track & field. Before any athlete can compete in a USATF-sanctioned meet, whether as a member of the First State Destroyers or not, he/she must first become a member of USATF. Included in the Destroyers membership fee is the cost of the athlete's USATF membership. Any athlete wishing to join the Destroyers must complete the USATF membership application and submit it at registration along with proof-of-age verification, such as a copy of a birth or baptismal certificate, state or military I.D. card, or driver's license. The athlete must submit the USATF membership application in order to participate in a USATF-sanctioned meet.

## What are Youth Athletic and Junior Olympic meets?

Both Youth Athletic and Junior Olympic meets are sanctioned by USA Track & Field, and the same events are offered in both. Athletes in the Young Men/Women, Intermediate, and Youth age groups may compete in up to four (4) events, while Midgets may compete in up to three (3) events. Combined event competitions (e.g. triathlon, pentathlon) do not count against an athlete's event limit.

Youth Athletic (also called "Youth" or "Age Group") meets are open to all USATF-member athletes. Any USATF-member athlete may register for and compete at any Youth meet. All meets on the competition schedule are Youth meets except those that include the phrase "Junior Olympic".

**Junior Olympic ("JO")** meets are based on a stair-stepping program of qualifying meets, leading to the National Junior Olympic meet. The advancement procedure looks like this:

- **Association JO meet** - The top six (6) in each individual and combined event and top four (4) in each relay event from the Association JO meet qualify for the Regional JO meet.
- **Regional JO meet** - The top five (5) in each individual and relay event and the top two (2) in each combined event from the Regional JO meet qualify for the National JO meet.

# **ROSE HILL COMMUNITY CENTER, INC. FIRST STATE DESTROYERS TRACK & FIELD CLUB**



## **When are the meets?**

Lists of all the meets are on the 2016 team calendar. Any athlete wishing to compete in any of these meets as a First State Destroyer must first become a member of the club. After practices begin in late April, the competition season starts in early May, with meets held generally each weekend through the end of July. As information on each of these meets becomes available to the club, it will be relayed to the athletes during the team meeting that follows most practices.

## **Will the Destroyers help me get to these meets?**

Yes, in some cases. The athlete and their parents are, for the most part, responsible for securing their own transportation to any in-state meets (e.g. in Wilmington or Newark). However, the Destroyers will provide assistance to out-of-state national meets for athletes who have met pre-determined performance criteria. All athletes who receive assistance will be required to adhere to the club's travel policy form. Parents and athletes who make alternative housing arrangements other than at the team hotel will not be eligible for travel funds. The criteria concerning assistance with national transportation and housing will rest with the coaching Staff. There will also be a practice attendance expectation during April and July.

## **What about practices?**

The Destroyers track practice season begins in late April and ends in late July. Most practices will be held at William Penn High School, 713 E. Basin Road New Castle, Delaware 19720. Practice dates and times during April – July will vary depending on William Penn High School activities calendar, although most practices will start at 5:30 p.m. Practices during June and July will generally be on Mondays, Tuesday, Wednesdays, and Thursdays at 5:30 p.m-8pm. There will be a Weekly Bulletin explaining

# ROSE HILL COMMUNITY CENTER, INC. FIRST STATE DESTROYERS TRACK & FIELD CLUB



everything for the week.

The 5:30 p.m. starting time is the actual time our workouts begin. Arrive at the track 10 to 15 minutes early to warm up and stretch so that you're ready to begin your workout at 6:00. Practices will last until 8:00pm and are followed by a 10-15 minute *mandatory* team meeting, where the coaches will share important club news, such as information on upcoming meets and practices and to recognize athlete accomplishments. If an athlete needs to leave practice early for any reason, it is their responsibility to inform the head coach at the beginning of practice. In the event of inclement weather, each athlete's parents will receive a text message or phone call 30 minutes to an hour before practice. Practices will normally be held, but may be cancelled at the last minute if the weather is a problem. If practice is called off early enough, we will post a notice on the club's web site and e-mail all parents and athletes whose addresses we have on file.

The Destroyers' basic philosophy is that our coaches cannot help an athlete unless they are at practice. Our practices are very demanding, so if an athlete is not coming to practice to work hard, then the Destroyers may not be for them. We'd like the athlete to attend practice as often as possible, but also encourage them to participate in other sports that they enjoy. If the athlete needs to miss a practice for any reason, the coaches can give them a workout to do on their own. Ultimately, the harder the athlete works in practice, and on their own outside of practice, the better they will perform in meets.

## What about uniforms?

The Destroyers uniform kit consists of a jersey, compression shorts, warm up package of (both top and bottom). A kit will be issued to each club member in late May after the final deposit is paid. Club members are expected to adhere to the Destroyers Uniform Agreement policies. **The Destroyers uniform will be nationally recognized and club members will wear this distinctive uniform with pride. All athletes will represent the Destroyers by wearing the uniform at all USATF meets, including any award, opening, and closing ceremonies, and as also directed by the Staff. Shoe choice and style is up to the athlete. Parents are also encouraged to represent the club at meets by wearing a Destroyers T-shirt, available for purchase from the Uniform Coordinator.**

## What are the parents' roles in the Destroyers?

Parents are strongly encouraged to be involved in the support of the Destroyers. The

# **ROSE HILL COMMUNITY CENTER, INC. FIRST STATE DESTROYERS TRACK & FIELD CLUB**



club welcomes parents to attend our practices. This gives you the opportunity to meet the parents of other athletes, and, by being at practice, you will get the same information we give the athletes during our post-practice team meetings. We would ask, however, that parents watch the practices from the bleachers. Also, we encourage parents to become USATF members by purchasing a USATF card, which can be used to gain free admission into all USATF-sanctioned association, regional, and national meets.

## **Are the Destroyers more than just meets and practices?**

Yes! Our club motto: is we are ONE team, ONE family, united by ONE name, ONE goal, ONE testament, always striving, never quitting, until we achieve history, WE ARE FIRST STATE DESTROYERS ". Lifelong friendships between athletes, coaches and between parents can be and will be fostered through participation and involvement with the Destroyers. The team will be involved in several social activities and community service projects throughout the season. Listed are some of the planned activities for this season

### **Movie Night**

### **A Day at the Food Bank**

### **Boys & Girls Club Tutoring Program**

### **DE LA WARR (RHCC) Senior Center Volunteer**

### **Holy Spirit Food Closet Volunteer**

# ROSE HILL COMMUNITY CENTER, INC. FIRST STATE DESTROYERS TRACK & FIELD CLUB



## How much does it cost to join the Destroyers?

For athletes interested in joining the Destroyers for the 2016 track & field season, the fees are as follows:

Athlete club membership fee - \$380 (\$175 due at registration (3/22/2016), balance of \$205 is due on or before 4/19/2016.

USATF Membership Fees	\$20
Uniform Kit	\$135
Meet Transportation Costs	\$75
Meet Entry Fees	\$150
<b>Total</b>	<b>\$380</b>

# ROSE HILL COMMUNITY CENTER, INC. FIRST STATE DESTROYERS TRACK & FIELD CLUB



For families with multiple children joining, a compounding \$25 membership discount is available for each additional child. For example, the first child would pay the regular membership fee, the second child would receive a \$25 discount from the membership fee, the third child would receive a \$50 discount, and the fourth child would receive a \$75 discount, and so on. **No athlete will be denied membership based solely on financial considerations.** Please contact the finance manager regarding payment options.

If you are unsure if FSD is the right club for your child, we are inviting you to one free practice session. However, before competing in any meet as a Destroyer, you must become a member of the club by paying the appropriate fees.

## What do I need to do to join the Destroyers?

If you want to join for the upcoming season, all of the following must be completed and submitted on the date of registration.

1. Completed **club registration form** for each athlete
2. Completed **USA Track & Field Membership form** for each athlete (and parent, if desired)
3. Copy of **proof-of-age document** for each athlete
4. Cash , Money Order or cashier check (NO PERSONAL CHECKS) for each family, payable to "Rose Hill Community Center " for the family's total athlete **club membership fee(s)**, plus any parent USATF cards (@ \$30 each)
5. Copy of your child's recent physical and 3<sup>rd</sup> Marking Period Report Card to be submitted with your application.

# **ROSE HILL COMMUNITY CENTER, INC. FIRST STATE DESTROYERS TRACK & FIELD CLUB**



## **How can I stay up-to-date on the Destroyers happenings?**

The best way to stay "in the know" is to attend the team meetings that follow most practices. Any upcoming meet, practice, or other club activity information will be distributed and/or discussed there. Another way is to periodically check the Destroyers web site [www.fsdtrack@yahoo.com](http://www.fsdtrack@yahoo.com) or our face book page FSD Track for updates. Ask your child for the "Weekly Destroyer Newsletter" given every Monday to each athlete. In addition, please ensure the club has your e-mail address, as occasional announcements, reminders, or other news items are e-mailed to parents and athletes.

## **I'm in track at school. Can I also participate with the Destroyers?**

High school athletes may not participate in our practices until their school season is over, either after the New Castle County meet or state meet. Junior high and middle school athletes may participate beginning with the first day of practice on April 11, 2016.

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FIRST STATE DESTROYERS TRACK &  
FIELD CLUB**



**PHOTO RELEASE**

Participant's Name: \_\_\_\_\_

I hereby authorize First State Destroyer's (FDS), its representative, and volunteer staff the right to photograph/video me and my property. FSD may publish the photographs taken of me, and my name for the use in the FSD track website, promotional and printed publication.

I understand and acknowledge that these photos may be sold, re-sold and republished.

I understand that I will **NOT** receive any financial compensation for the use of my image and that the image may be cropped, altered or modified for said purpose.

I further agree that my participation in any website confers upon me no rights of ownership whatsoever.

I release FSD Track and its representatives/staff from liability for any claims by me or any third party in connection with my participation.

***FSD Track feels these are legitimate opportunities for participants to be recognized and promoted for his/her accomplishments.***

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

Received by \_\_\_\_\_

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FIELD CLUB**

