



Registration Packet and Handbook

Contact us:

www.austinhoneybadgers.org
austinhoneybadgers@gmail.com

Dear Prospective Member:

Thank you for your interest in joining the Austin Honey Badgers track family. Our mission is to provide youth athletes ages 5-18 with the opportunity to participate in a comprehensive amateur athletic track and field program. Athletes will develop speed, endurance, and strength while fostering high self-esteem, personal accountability, self-discipline, goal setting, and goal achievement. We seek to develop well-rounded individuals who aspire to achieve in leadership, discipline, integrity, and excellence for education and athletics. The Austin Honey Badgers Track Club is a family environment where youth will learn life lessons and have memorable experiences.

You will find below a checklist of the documents attached and the items needed to complete the registration process. **Please review all documents.** Uniforms will not be issued until the registration process is complete and all fees are received. *Fees are non-refundable.*

Sincerely,

Austin Honey Badgers Track Club Staff

Checklist

- ✓ Registration Form *(registration is not complete until payment is received)*
- ✓ Athlete and Parent Code of Conduct
- ✓ Rules and Regulations



501(c)3 organization
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Austin Honey Badger Athlete and Parent Code of Conduct Standards

The essential elements of character building and ethics in athletics are embodied in the concept of sportsmanship and six core principles: sportsmanship, leadership, teamwork, responsibility, dedication, and professionalism. The highest potential of athletics is achieved when competition reflects these "six pillars of character".

All athletes who participate in the Austin Honey Badgers Track Club:

1. Will show respect for adults. Coaches, staff and parents must be addressed by Coach, Mr., Ms., Mrs., etc...unless otherwise instructed. This shows respect for authority and discipline, and sets a good example for other youth.
2. Will be supportive of all athletes on your team.
3. Will respect coaches, officials, teammates, and opponents.
4. Will learn the rules and always compete by them.
5. Will always remember, your opponents are necessary friends. Without them, you cannot compete.
6. Will use appropriate language at practice and club events.
7. Will do your best and never give up no matter the outcome.
8. Will promote sportsmanship and eliminate horseplay.
9. Will keep your hands and feet to yourself.

All parents who participate in the Austin Honey Badgers Track Club:

1. Will refrain from coaching their child or other players during practices and meets.
2. Will respect the coaches and track meet officials and their authority at practices and meets.
3. Will never question, discuss or confront coaches during practices or at a meet.
4. Will take time to speak to coaches regarding any concerns after practice, after meets or at an agreed upon time and place.
5. Will remember that athletes participate to have fun and that the sport is for youth, not adults.
6. Will help teach their child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of his or her performance.
7. Will demand that their child treat other players, coaches, officials, and spectators with respect regardless of race, creed, color, sex or ability.
8. Will promote the emotional and physical well being of the athletes ahead of any personal desire I may have for my own child to win.
9. Will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
10. Will be a positive role model for their child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players' coaches, officials, and spectators at every meet, practice or sporting event.
11. Will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting or using profane language or gestures.

Athletes or parents in violation of the code of conduct standards may be dismissed, suspended, or permanently expelled from the Austin Honey Badgers Track Club.

TEAM - Together Everyone Achieves More

Austin Honey Badgers Track Club

Rules and Regulations

Overview

Established in 2014, Austin Honey Badgers Track Club (HBTC) is a non-profit 501(c) 3 organization, located in Austin, Texas that promotes youth development, growth and personal awareness through a comprehensive track and field program.

The mission of Austin Honey Badgers Track Club (HBTC) is to provide youth athletes ages 5-18 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. HBTC seeks to develop well-rounded individuals who aspire to achieve in leadership, discipline, integrity, and excellence for education and athletics.

The Austin Honey Badgers 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. Our motto is fearless.

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. Members of the HBTC track club will grow in their sense of ownership and decrease in their sense of entitlement.

Beyond The Track

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

Academics: Austin Honey Badgers staff 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 the official HBTC website and social media sites.

Summer Reading: We desire for our younger athletes to continue reading during the summer months. We feel it is good to start preparing our athletes for high school and college. Athletes are required to select a book to read during the three-month summer vacation. Athletes will have an opportunity to discuss the book at a designated time. Athletes will have the opportunity to present their thoughts on the book through a public speaking format. It is important for our student athletes to begin practicing this important art.

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

Practice

Practices are normally held every Monday, Tuesday, Thursday and selective Saturdays. Practice times and location may vary depending on daylight savings time and planned workout. Please see tentative practice schedule for specific details. In addition, the coaching staff will keep you abreast of practice schedules.

For Athletes:

1. Athletes are encouraged to attend all practices. If you are unable to attend, please contact a Coach as soon as possible. **IMPORTANT TO KNOW:** The training program is created to include specific daily workouts for each athlete. A missed practice may result in the athlete's inability to compete at their best. Remember, hard work pays off.
2. Athletes must arrive on time to every practice to receive the full training program.
3. Restroom facilities may be limited. Please use the restroom before arriving at practice.
4. Athletes must be prepared by wearing and bringing the following to each practice:
 - a. Water bottle filled with water
 - b. Tights or leggings are preferred (wind pants or sweat pants are expectable). Absolutely no jeans
 - c. Running Shoes (no basketball or heavy shoes allowed)
 - d. Spikes (sprint or mid-distance)
5. Athletes must follow the directions of the coaching staff during practices. This includes doing the exercises, participating in all drills and completing the training program.
6. No distractions will be tolerated.
7. The following is not allowed: profanity, horseplay, abusive language, or fighting.
8. Athletes unwilling to participate in workouts will be dismissed from the track or practice area and will not be allowed to return until coaches have spoken with the parents.
9. Repeated misconduct, distractions and/or refusals to do workouts will be grounds for termination from the program. No membership fees will be refunded if a membership is terminated.

For Parents:

1. Parents are not permitted on the track or in practice areas during practices.
2. Parents shall refrain from coaching or instructing athletes during practices sessions.
3. **DO NOT INTERRUPT PRACTICE.**
4. Coaching is the exclusive responsibility of the Austin HoneyBadgers coaching staff.
5. Coaches are available to answer questions before and after practice or during scheduled appointments.
6. The Austin HoneyBadgers training program is physically intensive. Participation in additional athletic programs is highly discouraged. If an athlete fails to attend practice or you would like to know how you could assist your athlete on your own time, please discuss options with the coach. Excessive training could potentially HARM the athlete or cause injury.
7. Please notify the coaching staff if your child will not be able to participate in a scheduled practice. This notification should be given as early as possible.

Inclement Weather:

Practice will be held as scheduled except in the event of dangerous weather, such as extreme cold, heavy rain, or lightning. In the event that a scheduled practice is cancelled due to the weather, the club will attempt to inform the members by email, text or posting on website and social media sites. When in doubt, please contact us.

Track Meets

1. Track meet information will be provided prior to each meet via a handout, email and/or online. Please see the **tentative** track meet schedule for planning purposes.
2. Austin HoneyBadgers coaches determine what events the athlete will participate in for each meet. Parents may discuss this with the coaches prior to the meet, however coaches have the final say.
3. If an athlete will not be competing at a meet, this must be communicated to the coaches 1 week prior to the start of the meet.
4. The Austin HoneyBadgers will have a designated camp area for athletes to remain in during the entire meet. **All athletes must sit together in this area with their parent/guardian.** A parent or guardian must watch their child when in the camp area.
5. Athletes must receive permission from a volunteer camp assistant to leave the camp area.
6. Athletes are NOT allowed to consume any outside food or beverage (including the concession stand) until after they have completed all of their events.
7. Arrival time may vary and will be provided the week of the track meet. Upon arrival, athletes are required to check-in at registration and then proceed immediately to the designated camp area. Arrival time is typically 2 hours prior to the start of athletes' first event.
8. Athletes must arrive wearing their uniform, warm-ups, running shoes, spikes, pillow and blanket.
9. Athletes are required to bring a healthy lunch and snacks such as: sandwiches, bagels and muffin, crackers and pretzels, fig newtons, oatmeal-raisin cookies, fruit yogurt, bananas, grapes, & melon, fruit roll ups, sports drink and water.
10. The night before a track meet athletes are encouraged to eat pasta, pizza, vegetables, brown rice etc. The day of a track meet eat 2-3 hours prior to your event starting...oatmeal, eggs, wheat toast etc.

Relays

1. The Austin HoneyBadgers Track club focuses on individual performance. An athlete's individual performance takes priority over their participation in a relay.
2. Participation on a relay team is a privilege. All relay teams will consist of 4 members plus 1 alternate.
3. Relay teams will be determined by the following criteria: performance, attitude, work ethic, participation and practice attendance.
4. Austin HoneyBadgers coaching staff has the authority to remove any athlete from a relay team due to excessive tardiness, absence, lack of participation, & behavior towards coaches & other athletes.
5. Relay teams during the developmental season and qualifier season will not necessarily remain the same. The Austin HoneyBadgers may partner with sister teams of the Coaches Coalition to create relays during qualifier season.

Fundraising

Everyone is encouraged to participate in fundraising. The Austin HoneyBadgers staff will coordinate all fundraising activities. If you participate in fundraising, monies earned goes toward the Austin HoneyBadgers Track Club for travel, qualifying meet entry fees, facility rentals, training & equipment cost.

"There will be some mandatory fundraiser events for all families."

Only those participating in fundraising activities are subject to having part of their monies earned to help off set additional cost for their child/children.

Donations & Sponsorships

1. Only board members or staff are allowed to collect donations or sponsors. If you know of an individual or organization interested in making a donation or become a sponsor, please coordinate through a board member.
2. All donations and sponsors go towards the overall operations of the Austin HoneyBadgers Track Club to include but not limited to: website, operating cost, advertising, additional apparel, transportation, certification etc.
3. It is the board’s desecration as to where and when fundraising, sponsorship & donation monies are spent and allocated.
4. Sponsorship packets are available at www.austinhoneybadgers.org

AAU Athletics Age Divisions

All age divisions are determined by Year of Birth. This applies to sanctioned AAU meets only.

Division (Girls & Boys)	2023	2024	2025
8-Under	2015 & After	2016 & After	2017 & After
9 Years Old	2014	2015	2016
10 Years Old	2013	2014	2015
11 Years Old	2012	2013	2014
12 Years Old	2011	2012	2013
13 Years Old	2010	2011	2012
14 Years Old	2009	2010	2011
15-16 Years Old	2007-2008	2008-2009	2009-2010
17-18 Years Old	2005-2006	2006-2007	2007-2009

Proof of Age

a. Proof of age may be required at District, Regional Qualifier, and National Championship events and whenever required and/or challenged.

- Acceptable Forms:
 - Original Birth Certificate;
 - A notarized original birth certificate from the appropriate visiting authority;
 - A US Military Government Identification Card;
 - A valid passport (not expired) and/or;
 - A valid US driver’s license

ii. NOTE: OTHER FORMS OF DOCUMENTATION, INCLUDING BUT NOT LIMITED TO: LETTERS FROM PUBLIC OR PRIVATE SCHOOLS AND/OR CITY/STATE PARKS & RECREATION DEPARTMENTS ARE NOT ACCEPTABLE.

AAU Athletics Events Per Age Division

This applies to sanctioned AAU meets only

8-Under DIVISION						
100m Dash	200m Dash	400m Dash	800m Dash	Long Jump	Shot Put (4lbs)	Turbo Javelin (300g)
1500m Run	4 x 100m Relay					
9 & 10 year old DIVISIONS						
Track & Field Events					Multi Events (Triathlon)	
100m Dash			1500m Racewalk		Shot Put (6 lbs.)	
200 m Dash			Long Jump		High Jump	

400m Dash	High Jump	200m Dash (Girls)	
800m Run	Shot Put (6 lbs.)	400m Dash (Boys)	
1500m Run	Turbo Javelin (400g)		
4 x 100m Relay	4 x 400m Relay		
11 & 12 year old DIVISIONS			
Track & Field Events		Multi Events (Pentathlon)	
100m Dash	80m Hurdles (8-30")	80m Hurdles (8-30")	
200m Dash	Long Jump	Shot Put (6 lbs.)	
400m Dash	High Jump	High Jump	
800m Run	Discus (1.0 kg)	Long Jump	
1500m Run	Shot Put (6 lbs.)	800m Run (Girls)	
3000m Run	Turbo Javelin (400g)	1500m Run (Boys)	
1500m Racewalk	4 x 100m Relay		
4 x 400m Relay	4 x 800m Relay		
13 & 14 year old DIVISIONS			
Track & Field Events		Multi Events (Pentathlon)	
100m Dash	3000m Racewalk	100m Hurdles (10-30" Girls)	
200m Dash	Long Jump	100m Hurdles (10-33" Boys)	
400m Dash	Triple Jump	Shot Put (6 lbs. Girls)	
800m Run	High Jump	Shot Put (4 kg Boys)	
1500m Run	Pole Vault	High Jump	
3000m Run	Shot Put (4 kg Boys)	Long Jump	
200m Hurdles (5-30")	Shot Put (6 lbs. Girls)	800m Run (Girls)	
100m Hurdles (10-33" Boys)	Discus (1.0 kg)	1500m Run (Boys)	
	Javelin (600g)		
100m Hurdles (10-30" Girls)	4 x 100m Relay		
	4 x 400m Relay		
4 x 800m Relay			
15-16 & 17-18 year old DIVISIONS			
Track & Field Events		Multi Events	
100m Dash	Long Jump		Decathlon (Boys)
			Heptathlon (Girls)
200m Dash	Triple Jump	Day 1	
400m Dash	High Jump	100m Dash	100m Hurdle (10-33")
800m Run	Pole Vault	Long Jump	High Jump
1500m Run	Shot Put (4 kg Girls)	Shot Put (12 lbs.)	Shot Put (4 kg)
3000m Run	Shot Put (12 lbs. Boys)	High Jump	200m Dash
3000m Racewalk	Discus (1.0 kg Girls)	400m Dash	
110m Hurdles (10-39" Boys)	Discus (1.6 kg Boys)	Day 2	
	Javelin (600g Girls)	110m Hurdles (10-39")	Long Jump
100m Hurdles (10-30" Girls)	Javelin (800g Boys)	Discus (1.6 kg)	Javelin (600g)
		Pole Vault	800m Run
400m Hurdles (10-36" Boys)	2000m Steeplechase (30" Girls/36" Boys) 18 hurdle jumps 5 water jumps	Javelin (800g)	
400m Hurdles (10-30" Girls)		1500m Run	
4 x 100m Relay	4 x 400m Relay		
4 x 800m Relay			

Contact Information

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