



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 *(must be returned)*
- ✓ Athlete and Parent Code of Conduct
- ✓ Rules and Regulations
- ✓ Fee List
 - Optional Apparel list
- ✓ Schedule
- ✓ Contact Information
- ✓ Birth Certificate *(copy of original must be returned with registration form)*



501(c)3 organization
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Austin Honey Badgers Registration Form

Please Circle Applicable Season

Indoor (December—February)	Cross Country (TBD)
Outdoor (March—August)	Training Only

Athlete Information

Athlete's First and Last Name	
Date of Birth (00/00/0000)	
Street Address	
City, Zip Code	
Age as of Dec. 31, 2016	
Sibling in program?	
Shirt Size (circle one)	Youth Sizes: YS YM YL Adult Sizes: AXS AS AM AL
Pant Size (circle one)	Youth Sizes: YS YM YL Adult Sizes: AXS AS AM AL

Parent/Guardian Emergency Contact Information

Parent/Guardian #1	
Relationship to Athlete	
Work Phone	
Cell Phone	
Email Address	

Parent/Guardian #2	
Relationship to Athlete	
Work Phone	
Cell Phone	
Email Address	

Volunteer Information

Help us make a better program for your child! Please indicate if you can donate time to help fundraise, assisting the coaches, assist at Track Meet or one of the many other positions needed to run a successful youth track and field program.

Name	
How do you want to get involved?	

Code of Conduct

I understand that ANY person who engages in arguments, uses abusive language, harasses club members, volunteers or track meet officials, or exhibits any unsportsmanlike behavior may be removed from attending or participating in any/all Austin Honey Badger activities. I have read and received a copy of the Code of Conduct standards.

Initial: _____

Rules and Regulations

I have read and received a copy of the rules and regulations. I understand the clubs concept, vision & mission. I agree to abide by the policies set fourth by the Austin Honey Badgers Track Club.

Initial: _____

Parental Consent

I hereby acknowledge that my child is in good general health. I give permission for my child to participate in any and all activities associated with the Austin Honey Badgers Track Club.

Initial: _____

Emergency Medical Authorization

I hereby grant my permission for any and all emergency medical/dental treatment and/or first aid to be administered to my child/participant, including authorizing any medical treatment facility/hospital to administer emergency treatment, for any illness/injury/accident resulting from participation in any and all Austin Honey Badger activities.

Initial: _____

Medical Information

Please list any allergies/medical problems, including those requiring routine medications (i.e. diabetes, asthma, seizure disorder etc.)

Release of Liability

I/we the parent(s) and/or legal guardian(s) of the above named child know that participation in the Austin Honeybadgers Track Club involves certain inherent risks. Participation in activities associated with Austin HoneyBadgers Track Club may result in serious injury (ies), moreover protective equipment does not prevent the risk of injury(ies) to the participant. Therefore I assume all responsibility for said activity and/or child. I authorize the Austin HoneyBadgers Staff to obtain necessary medical care and treatment for the said participant for any illness or injury occurring during the activity period, but I understand that AHBTC is not assuming the duty to obtain medical treatment, make medical decisions, or render medical care or treatment to the participant. I release, indemnify and agree to hold harmless, AHBTC and its agents, officials, volunteers, and employees from all claims, actions, causes of actions, and rights of recovery, or reimbursements of any type that I may have and that any participant has or may have in the future which arise from or are related in any manner to the activity(ies)(including, but not limited to, claims of bodily injury and property damage or loss), and I assume all risks and hazards incident to such activities and transportation to and from the same. This instrument is signed both individually and on behalf of the participant(s) present at activity(ies).

Initials_____

Photo and Video Release

I hereby authorize and grant permission to the Austin HoneyBadgers Track Club to reproduce me or my child's photographic or video image. I agree that such reproduction may be edited as desired and used in whole or in part for any and all print, audio-visual, multimedia, online, and/or exhibition purposes in any manner or media, in perpetuity, throughout the world. I understand that I have no rights to any benefits derived therefrom. I recognize that I have the right to enter into the Agreement and that my rights I have granted in this Agreement will not conflict with or violate any commitment or understanding I have with any other person or entity. I agree to indemnify and hold harmless the Austin HoneyBadgers Track Club from and against all claims, losses, expenses and liabilities of every kind including reasonable attorney's fees, arising out of the inaccuracy or breach of any provision of this Agreement. I expressly release the Austin HoneyBadgers Track Club from any and all claims arising out of the use of me or my child's photographic or video image. This Agreement represents the entire understanding of the parties and may not be amended unless mutually agreed to by the parties in writing.

Initials:_____

Parent/Guardian Signature_____Date_____

Parent/Guardian Signature_____Date_____

ALL FEES ARE NON-REFUNDABLE

<i>For Official Use Only</i>	
Date Received: _____	Staff Initials: _____
Amount \$ _____	Registration Complete: YES or NO
Check # _____	
Notes:	

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.** 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	2015	2016	2017	2018
8 & Under	2007 & After	2008 & After	2009 & After	2010 & After
9 Year Old	2006	2007	2008	2009
10 Year Old	2005	2006	2007	2008
11 Year Old	2004	2005	2006	2007
12 Year Old	2003	2004	2005	2006
13 Year Old	2002	2003	2004	2005
14 Year Old	2001	2002	2003	2004
15-16 Year Olds	1999-2000	2000-2001	2001-2002	2002-2003
17-18 Year Olds	1997-1998	1998-1999	1999-2000	2000-2001

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	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	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			

Austin Honey Badgers Track Club

Athlete Fee List

Outdoor track season include(s):

- Amateur Athletic Union (AAU) membership card
- Uniform
- Tee Shirt
- Bag
- Water/Gatorade at Track meets
- Entry to all Developmental Track Meets
- Club Fee*

\$300 Registration Fees

****\$275 each additional sibling.**

Fees listed above, do not include the competitive/qualifying season

(*) Club fee includes: Equipment, insured practice facility, supplies, coaches AAU membership, coaches admittance into track meets, operational cost and volunteer coach expenses.

(**) This discount is provided to families with more than one child that joins the club. The discount will be applied to each additional child after the first full payment is rendered.

Optional Apparel

Please find below a proposed list of optional Austin Honey Badger track apparel. These items will be made available to order throughout the season. Cost will vary depending on the quantity ordered and vendor used. All members are encouraged to recommend additional apparel options and seek competitive vendor quotes. All ideas are welcome.

- Athlete Duffle Bag
- Customized Honey Badger Sleeves
- Variety of T-Shirts
- Hoodies
- Long tights
- Warm-up suit

All fees are non-refundable

Contact Information

Website:

www.austinhoneybadgers.org

Email:

austinhoneybadgers@gmail.com

Facebook:

Austin HoneyBadgers Track Club

Twitter:

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Coach Brandon Cooper:

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