



Athlete and Family Handbook
2022 Season

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I. Club and USATF Information

a. **Wings of Omaha:** The Wings of Omaha Track Club is a private organization established in 2001 to promote the sports of track & field and cross country in the Omaha metropolitan area through age group competition. The Wings are a member of USA Track & Field's Nebraska Association, which includes all of Nebraska's 93 counties. Also, Iowa athletes residing in counties that border Nebraska may compete for Nebraska Association clubs.

b. Registration and Cost:

i. Registration:

1. **Wings of Omaha:** When you decide to register your child for Wings of Omaha, you must complete the Registration form, as well as provide a proof of age (birth certificate, passport, etc.) and a current report card (new members only).
2. **USATF:** Before attending a track meet, you must obtain your USATF Membership Card for the calendar year. You can purchase your USATF Card by clicking this link. <https://www.usatf.org/membership/application/index.asp> The cost of the annual USATF card for athletes 18 years of age and under is \$25.

ii. Cost:

1. The regular season costs \$90. This includes a uniform top and shorts, and entry into the 7 regular season meets (see schedule in Section III. a.) for up to three events.
2. Additional Costs would include your athlete's USATF card, Wings logo warm-ups, spectator admission for meets, concessions and additional meets outside the regular season.

c. **High School and Middle School Eligibility:** High school athletes are not eligible to participate in our practices or compete in our meets until their school season is over, either after their district or state meet. However, junior high and middle school athletes can participate in our practices and compete in our meets.

d. Age Groups

i. Age groups are determined by year of birth, not by the athlete's actual age. Below is a chart that shows which age group your child will be a part of for the 2021 Track Season

ii. Age Groups

Age Division	Year of Birth
8 & Under	2014 + *
9-10	2013-2012
11-12	2011-2010
13-14	2009-2008
15-16	2007-2006
17-18	2005-2004 **

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

- e. **Events by Age Group:** Depending on the age of your child, your child may complete in three or four events for each track meet. If your child is a part of a relay team, that counts as one of your child's events. Multi events (triathlon, pentathlon, heptathlon or decathlon) do not count as an event. Multi events are only a part of the State, Regional and National meets, and are an extra cost. Below is a chart showing the number of events, and which events are available by age group.

	100m	200m	400m	800m	1500m	3000m	4x100	4x400	4x800	80 H	100 H (G)	100 H (B)	110 H (B)	200 H	400 H	Steeple	RW
8&U (3)	X	X	X	X	X		X	X	X								X
9-10 (3)	X	X	X	X	X		X	X	X								X
11-12 (3)	X	X	X	X	X	X	X	X	X	X							X
13-14 (3)	X	X	X	X	X	X	X	X	X			X		X			X
15-16 (4)	X	X	X	X	X	X	X	X	X		X		X		X	X	X
17-18 (4)	X	X	X	X	X	X	X	X	X		X		X		X	X	X

	LJ	HJ	TJ	SP	Jav	PV	Discus	Hammer
8&U (3)	X			X	X			
9-10 (3)	X	X		X	X			
11-12 (3)	X	X		X	X		X	
13-14 (3)	X	X	X	X	X	X	X	
15-16 (4)	X	X	X	X	X	X	X	X
17-18 (4)	X	X	X	X	X	X	X	X

- f. **Coaches:** USA Track & Field has implemented a criminal background screening program on coaches and volunteers of youth clubs. Below is a list of the 2021 Wings of Omaha Coaches.

- i. **Rubin Carter** – Founder of Wings of Omaha Track and Field Club, Region 8 Coordinator, Certified U.S.A.T.F. Level 1 Coach and Certified National Level Official
- ii. **Marquis Thomas** – Head Coach, Sprinters Coach
- iii. **Tony Welchen** – Assistant Coach, Certified U.S.A.T.F. Level 1 Coach and Certified Official
- iv. **Gale Sayers-Proby** – Throwers and Sprinters Coach
- v. **Chris Gray** – Throwers Coach
- vi. **Keith Harris** – High Jump Coach
- vii. **Donna Stewart** – Jumps and Sprinters Coach
- viii. **Faith Jelstrup** – Jumpers Coach

g. **More Information**

- i. **Email:** It is of the utmost importance that Coach Tony has your email. Information about practices, meets, and other events are communicated via email. Coach Tony's email is welchen@me.com
- ii. **Website:** Additional information can be found on the team website www.wingsofomaha.com
- iii. **Team App:** Sign up for the "TEAM APP" and register under the Wings of Omaha team. You'll get notifications about practices, cancellations, meets and more!

- iv. **Nebraska USATF Website:** www.nebraskausatf.org contains information about each of the 7 season track meets (starting times, order of events, event entries, results), as well as State, Regional and National information.

II. Team Practices

- a. **Schedule:** Practices are held at Omaha Northwest High School (unless otherwise noted). The high school is located at 8204 Crown Point Ave. Omaha, 68134. Practices may be held inside if weather prevents us from meeting outside.
- i. March TBD: Saturdays from 12:30-1:45pm & Mondays and Wednesdays 6:00-7:30pm
 - ii. TBD: Mondays, Wednesdays, Thursdays 6:00-8:00pm
 - iii. It is expected that athletes arrive a few minutes before start time as practice begins promptly at 12:30pm and 6:00pm.
- b. **What to Expect:**
- i. **Athletes:** All practices begin and end with group stretches. Early season practices focus more on conditioning and whole group running. Once athletes have been moved into sprints, middle and long distance, practices are more tailored to those groups of athletes. Hurdles and field event practices are held throughout the week, depending on coach's schedules.
 - ii. **Parents/Guardians:** You are expected to stay at each practice. You need to be in attendance in the rare event that your child is injured and you need to be immediately contacted. Also, if weather causes us to cancel mid-practice, it's expected that you are there to take your athlete home. From time to time, there will be parent meetings and/or important information given during practice. Parents are encouraged to walk the track or mingle amongst themselves.
- c. **What to Bring:** Water! Always have a water bottle for your child. Gatorade or another sports drink is a great idea, but never should athletes have soda at the track. Implements, if you have your own, although Wings of Omaha does provide those for you. (discus, shot, javelin)
- d. **What to Wear:** Moveable athletic clothes and appropriate shoes. Your child should dress in layers as the beginning of practice may be different than the end. It would be a good idea to keep a stocking cap and gloves in your car, for those colder practices. All your child needs for track is tennis shoes. Most athletes also have spikes for events, and while they are recommended, they are not required. Boots, sandals and/or flip flops are not allowed. Jeans are discouraged.

III. Meets

- a. **Regular Season Schedule:** There are 7 regular season weeks of track meets. These are the meets included in your registration fee for Wings of Omaha. The schedule is listed below and can be found on the team or Nebraska website.
- i. **TBD** – Cornhusker Flyers Track Club Invitational
 - ii. **TBD** – Peak Performance Track Club Invitational
 - iii. **TBD** - Wings of Omaha Track Club Invitational
 - iv. **TBD** – West Omaha Track Club Invitational
 - v. **TBD** - Boys & Girls Club Jaguars Track Club Invitational
 - vi. **TBD** – Apollo Track Club Invitational
 - vii. **TBD** – Nebraska Youth Athletic Championships (**Striders**)
 - viii. **TBD** - Wahoo Track Club Invitational
 - ix. **TBD** - North Omaha Bengals Track Club Invitational

- b. State, Regionals and Nationals:** Athletes who are members of the Wings of Omaha Track Club may, for an additional fee, participate at the State Track Meet.
- i. Nebraska Junior Olympic Championships at TBD
 1. Multi-Events: TBD
 2. Individual and Relay Events: TBD
 3. There is an additional fee to participate in the event. Individual events cost \$7; Relay teams are TBD; Multi events range from TBD. (Fees subject to change)
 4. Regional Qualifications from State Meet are as stated below:
 - a. Multi: Top 6 Finishers
 - b. Individual and Relay: Top 8 Finishers
 - ii. Region 8 Junior Olympic Championships at Nebraska
 1. Multi-Events & Individual and Relay Events: TBD
 2. There is an additional fee to participate in the event. Individual events cost \$7; Relay teams are \$28; Multi events range from TBD. (Fees subject to change)
 3. National Qualifications from Regional Meet are as stated below:
 - a. Multi: Top 2 Finishers
 - b. Individual and Relay: Top 5 Finishers
 - iii. National Junior Olympics at Sacramento, California
 1. July 26 – August 1 (schedule online)
 2. There is an additional fee to participate in the event. Individual events cost TBD; Relay teams are TBD; Multi events range from TBD. (Fees subject to change)
- c. Basic Flow of Events:** The general schedule of events remains the same at each track meet, but there can be variances for age group and/or male/female order. The biggest variance usually comes in the field event schedule. It is the responsibility of the individual track family to be aware of track meet start time for both track and field events, as well as the order of events. The general flow of track events are as follows: 3000m, Hurdles, 100m, 400m, 200m, 800m, 100m finals, 1500m, Relays. Again, it is the individual track family's responsibility to locate and keep track of the schedule for each individual meet.
- d. What to Expect:**
- i. Admission: The athlete's admission is waived when showing the mandatory USATF Card. Spectators should expect to pay a fee, per person, which is usually \$5. Children range from free - \$3, generally. The admission fee is set by each hosting track club. Parents may also purchase a USATF card which will get them into the meet for free.
 - ii. Hours: Track meets generally last all day. Expect to be at the track all day.
 - iii. Transportation: There is no team transportation. Athletes are responsible for their own transportation. It is an expectation that an adult remains in attendance for the entire time the athlete is at the track meet.
 - iv. Event Check-In: Athletes should be on the track warming up at least 30 minutes before their event is called. Events will be called on the loud speaker for first, second and final call for the event and age group. It is the responsibility of the individual athlete to listen for the calls to come to the check-in/hipping tents. Athletes will be scratched and forfeit their competition if they are late to the event.

- v. Awards: Athletes who come in 1st-6th places are given medals/ribbons. It is the responsibility of the individual athlete to get their award at the awards' tent. If an athlete must leave before awards are determined, please let a coach, or other teammate know. Awards are given throughout the day, and as soon as the winners are determined, and results are posted.
- vi. Results: Results are usually posted on the walls near the awards tables, as well as the Nebraska USATF website. There is information about disputing results in the individual track meet information.

e. What to Bring

- i. Athletes: Uniform (see below), water, snacks and items to keep you busy (books, music, cards). Blankets or a lawn chair is also a great idea. Baby wipes, sunscreen, bug spray, cooling towel, chap stick and an umbrella are also great items to have for a long day at the track. Anything you bring is your responsibility to keep track of.
 - 1. Snacks that are great for track:
 - a. Water, Gatorade or other sports drink, ice cubes.
 - b. Fresh fruit and veggies, dried fruits, nuts, PB&J sandwiches, lean meats, rice Krispy treats, fruit snacks.
 - 2. Foods to avoid:
 - a. Soda/pop.
 - b. Cheese, mayonnaise, candy.
- ii. Spectators: Blankets, stadium chairs, lawn chairs, sunscreen, umbrellas, money for concessions, snacks, cooler are ok, camera, etc. There are three large canopy tents that Wings of Omaha provides for shade for our team and our fans.

f. What to Wear

- i. Athletes: Wings of Omaha track jersey, shorts and warm-up suit. You should also have black or white socks. You must be in uniform to participate in your event. Dress in layers in case of extreme temperatures. It's also a good idea to have extra socks in case it rains. For shoes, make sure you have TWO running shoes, spikes, slides (sandals). Also, if you have your own implement, bring it. It's a good idea to label all items you bring with your name.
- ii. Spectators: Wings of Omaha spirit wear! It's a good idea to dress in layers, and be prepared for rain or cold. Wear something that is comfortable for the day!

g. Delays and Cancellations: Usually a track meet is only cancelled for lightning. There may be rain, heat or lightning delays, but athletes will run in cold and wet, as well as hot weather. Be prepared for anything!