

# **C. A. Track Club**



## **Team Handbook**

**2009-2010**

**C. A. Track Club** (CATC) is a non-profit

youth track and field team based in Oakland California that serves the Bay Area's youth in competitive and recreational sports. The club is a member of the USA Track and Field Pacific Association (USATF), as well as the Amateur Athletic Union (AAU), and participates in meets locally, state-wide, and nationally.

CATC consists of about 50 student-athletes that range in age from 4 – 18. CATC's goals are to encourage and help our youth to develop physically through team practices and meets, emotionally through growth and positive self-image, and socially through the development of friendships and interaction with positive adult role models.

The budgetary funds for CATC are based solely on membership dues, fundraising, and donations.

# Fees / Fundraising / Sponsorship

Team membership is \$350 for the track season. This fee covers meet registrations, practice fees, team sweat suits, and association memberships. In addition, student athletes get T-shirts, a uniform, and other team paraphernalia. A payment of \$150 is due at the time of registration, and \$200 must be paid before your child participates in a meet or by March 1, whichever comes earlier.

During the season, we also sponsor a number of fundraisers including crab feeds, track meets, jog-a-thons, and raffles. We ask that each family is responsible for providing a case of water and a case of Gatorade at the beginning of the season and working the track meets. Athletes and their families are also asked to get donations for ads and sponsorships (see attached letter in handbook.). In addition, ALL speed suits, sweats, need to be returned at the end of the season. If these are not returned, the child will not be able to participate the following year until the merchandise is returned in usable condition or the replacement fee is paid to the team. In order to keep fees low, we have to have the speed suits and sweats for the following year.

## Practice Notes

- All student athletes are required to make all practices.
- In the event that a practice session must be missed, the parent must either contact Dr. Cooks through a phone call, text, email or a note before practice.
- Student-athletes must be prepared for each practice by having the proper attire, attitude, and aptitude to be successful at practice.
- Parents are asked to sit in the stands during practice and leave the coaching to the coaching staff.
- Most weekday practices will be from 4:30p.m. -6:00p.m. It is very important that your child attend practices on time and for the duration for each practice. Tardiness to practice leads to decreased success in the meets.

## Track Meet Notes

- Generally athletes must be registered to compete in a meet two weeks prior to a meet. If your child has not attended practice regularly they will not be registered for the upcoming track meet.
- It cost approximately \$6-10 per event, per athlete for each track meet. Typically, a child is registered for 3 events, which costs between \$18-\$30. If your child does not attend the money is forfeited. Thus we ask that parents notify the coach IN ADVANCE if you are unable to attend a track meet. This is especially imperative for athletes in relays, since your child's absence will affect 3 other athletes.
- Parents are asked to sign up to bring snacks for meets throughout the season. Please refer to the parent liaison for snack sign ups.
- For most track meets, the team will meet at the track an hour before the first event. The team will warm up together and then return to the stands.
- Parents are responsible for getting athletes to the track meets.
- We encourage parents to carpool for those parents who cannot make the meets because of work or previous obligations.
- Track meets are usually ALL DAY, sometimes 12 hours with travel. Please keep in mind most teams run 3-4 times per month. I try to make it 2 times per month unless there is a special meet.
- Unless there are time restrictions, we ask that everyone remain at the track meet until the last person from the team competes in order to show support for the entire team and not just your child.



# C.A. TRACK CLUB

OAKLAND, CALIFORNIA

360 Grand Ave  
Suite 73  
Oakland, CA 94610

## Membership Form

**\*\* Please submit a copy of athlete's birth certificate for age verification \*\***

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Athlete's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_

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Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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Phone Number: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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Parent/Guardian's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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Occupation: \_\_\_\_\_ Workplace: \_\_\_\_\_

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Parent/Guardian's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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Occupation: \_\_\_\_\_ Workplace: \_\_\_\_\_

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Emergency Contacts (Name & Phone): \_\_\_\_\_

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List any medical and allergy conditions (inhalers must be brought to all practices and meets): \_\_\_\_\_

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## Parent/Guardian

## Consent and Liability

Throughout the track season, the C. A. Track team participates in a number of meets around the San Francisco Bay Area. Recognizing that each meet is an integral part to each athlete's development, I authorize my child, \_\_\_\_\_, to participate in upcoming meets and events. I also relieve and hold harmless C. A. Track from and against any and all liability or claims arising from injury or damage suffered or incurred by my child as a result of the acts, omissions, or conduct of any person, other than the negligence of C. A. Track. I further agree to assume the responsibility of seeing that my child cooperates and conforms to the fullest extent with the team's directions and instruction of those in charge.

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*Parent's/Guardian's Signature*

*Date*



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## Pacific Association

## Code of Conduct

1. Code of Conduct broken
2. Referral
3. Give the referral to the Meet Director
4. Take referrals to Code of Conduct Committee
5. Action will be taken within 1 week

Code of Conduct will be read before all meets, during all meets, and at the end of meets.

Code of Conduct will be included in all meet materials.

Code of Conduct will be given to spectators and posted at all meet sites.

### **Preface:**

We, the PACIFIC ASSOCIATION believe the sport of TRACK and FIELD should be fun but also a significant part of a sound education program. We believe those who coach the youth and work with youth are first and foremost teachers who have a duty to promote life skills and develop good character. All HEAD COACHES will be responsible for actions of ATHLETES, COACHES and PARENTS who work with their program.

- All conduct any COACH, PARENT, OFFICIAL, ATHLETE, or SPECTATOR feels is inappropriate should be written up on the enclosed referral form and given to the meet director.
- Spectators will be given one warning of inappropriate conduct; if it continues they will have to leave the stadium.

### **BEHAVIOR**

### **WARNING**

### **RECOMMENDED MINIMUM CONSEQUENCES**

Fight/verbal threats

1 year suspension/removal



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	0	from the association
		1 <sup>st</sup> – warning
Profanity	1	2 <sup>nd</sup> – 30-day suspension
		3 <sup>rd</sup> – 1-year suspension
Cheating	0	Removal from association
Theft	0	Removal from association
		1 <sup>st</sup> – 30-day suspension
Taunting	0	2 <sup>nd</sup> – 1-year suspension
		1-year suspension
Recruitment of athletes from registered clubs	0	
Drugs/alcohol	1	1-year suspension
Unauthorized people on the field	1	30-day suspension
		1 <sup>st</sup> – immediate team & coach disqualification from meet
Disrespect of officials	0	AND 30-day suspension
		2 <sup>nd</sup> – 1-year suspension

## CATC Contact Information

Head Coach:  
Jamal Cooks  
(510) 708-0344

Mailing Address  
360 Grand Ave, 73  
Oakland, CA 94610



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## CATC Rules & Regulations

As a member of the C. A. Track Club it is imperative that all athletes and parents follow the team rules and regulations to ensure a safe and eventful season.

- 🖼 Athletes must be respectful with all teammates, parents, officials, and coaching staff.
  - 🖼 Athletes must use appropriate language at all times.
  - 🖼 Athletes must compete with excellent sportsmanship.
  - 🖼 Athletes must attend all scheduled practices on time. If an absence or tardiness is necessary a written excuse must be submitted from a parent or guardian.
  - 🖼 Athletes are expected to participate in all scheduled meets (unless otherwise informed). Athletes should not leave meets prior to completion of their events.
  - 🖼 Conflict is not to be addressed on the track or at meets. Issues should be discussed with a coach on a one-on-one basis.
  - 🖼 Athletes must wear appropriate attire to team practices (t-shirt, sweat shirt, shorts, sweats, socks, and running shoes). Jeans and street shoes are not allowed. If not in appropriate attire, athletes will not be able to practice.
  - 🖼 Radios, walkmans, televisions, electronic games, or cellular phones are not allowed during practice.
  - 🖼 Athletes are unable to train with any other teams or coaches unless approved by the coaching staff. The coaching staff reserves the right to suspend athletes for any duration of time for this infraction.
  - 🖼 Athletes and parents must abide by the Pacific Association Code of Conduct during all meets.
  - 🖼 Athletes and parents understand that the CATC coaching staff reserves the right to dismiss any athlete from the team based on a decision by the coaching staff.
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*Athlete's Signature*

*Date*

*Parent Signature*

## **THE CATC STUDENT-ATHLETE**

At CATC, we believe that everyone on our team is a student athlete. We emphasize that the student component is the most important aspect. As a student, we require all of our student athletes to maintain a 2.5 grade point average (GPA). When their GPA falls below the requirement, they are referred to Academics For Success ([www.afstutoring.com](http://www.afstutoring.com)) for additional services. Following this procedure for the past 10 years, has resulted in all of our student athletes meeting the A-G requirements for college entrance and receiving acceptance into 4-year colleges.

Moreover, members of CATC are provided plenty of academic benefits by participating with the track club. These advantages include:

- Reduced tutoring rates
- Free school advising
- Free college planning
- Test taking strategies
- SAT/ ACT Prep
- Mentoring
- Student-athlete advocate
- College tours



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Date

Greetings,

I am writing this letter to you with the hope that you would consider becoming a sponsor of the C. A. Track Club. I am an athlete and/or a parent of the C. A. Track Club team, which is based in Oakland, California.

C. A. Track Club is a collaborative effort between a for-profit educational consulting company, Academics For Success, and a non-profit organization for the physical, mental, and emotional development of young people from our local community, Creative Education. Our club consists of Bay Area athletes ranging between the ages 4 through 18. As a team standard, we are most committed to the total well-being of each and every child through physical training and educational achievement and advancement. Our high school students are offered weekly tutorial classes and college preparatory courses. Our middle school athletes are encouraged to maintain above average grades with exemplary citizenship. They are also offered the opportunity to take advantage of the weekly tutoring sessions. All checks can be written to "Creative Education".

Your sponsorship will enable the continued growth and well-being of our team as a whole. You may, however, provide a direct donation in my behalf that will assist with team membership and uniform fees. Throughout the track season we will host a raffle and a track meet with a goal of raising additional funds towards our travel and other expenses.

I thank you in advance for your consideration and any support that you might provide.

C. A. Track Club

## **CATC CHECK LIST**

- I have read and understand the entire handbook.
- I have submitted a copy of the student-athletes birth certificate.
- I have paid \$150 and I will pay \$200 within 30 days. If I do not, then my child will not run in the next meet until the difference is paid.
- I have signed the Parent/ Guardian Content and Liability form.
- I have signed the Rules and Regulations form.
- I have submitted a physical or a date for the scheduled physical.

## **Jamal Cooks, Ph.D.**

### **Founder/Head Coach**

Dr. Cooks is originally from Oakland, CA. Dr. Cooks works tirelessly to uplift the local community, to impact state initiatives, and to influence national education. Beginning in 2000, CATC has grown from only high school student athletes to a track program with participants ranging in age from 4-18. Dr. Cooks, founder, investor, and head coach, started the track club to provide a safe space for student athletes to grow physically, academically, and socially.

Dr. Cooks has coached many indoor and outdoor, track club and high school state participants and All Americans. CATC always ranks in the Top 20 in the state and the Top 100 in the nation in a variety of events including throws, distance, sprints, hurdles, and relays.

Dr. Cooks has had success in the sprints for both boys and girls. On the boys' side, Dr. Cooks always produces male sprinters and hurdlers, highlighted by the 100m with 3 young men running under 10.65. In addition, the relays are always competitive and rank top in the nation every year. In addition, he has worked with throwers over the years that have moved on to play professional football in the NFL. With the girls team, Dr. Cooks developed sprinters, hurdlers, and jumpers to great marks. With most hurdlers running under 14.50, jumpers over 18'00, and sprinters under 12.30, Dr. Cooks produces winners. Moreover, with his experience leading the Titan Cross Country team, he has coached a league champion and state representative at the CIF Cross Country Championships.

Dr. Cooks' unique style is a mixture of paying attention to detail, focusing on fundamentals, and bringing out the best in each and every student athlete. Laron McCoy stated "Dr. Cooks not only brings a vast knowledge of track, but a multitude of other experiences that relates to kids. He has a Ph.D. and great people skills! Your children will leave C.A. Track club with great people skills, wonderful sportsmanship, and a healthier life."

In the past few years, Dr. Cooks has coached numerous student athletes to enter college including: Morgan Cornelius (North Carolina A&T) Joi Glass (University of Washington/Boise State), Dantia Hudson (U.C. Berkeley), Cameron Island (San Jose State), Garry Jones (U.S.C.), Kenny O'Neal (Florida State/Tennessee), Chinwe Oniah (U.C. Riverside), Joshua Robinson (St. Augustine), Asha Treadwell (California State University- Fullerton), Shana Watson (San Diego State University).

Currently, Dr. Cooks is a tenured, Associate Professor at San Francisco State University in the Department of Secondary Education. Dr. Cooks taught middle school and high school social studies and English (remedial coursework) at the junior college level. He earned his B.A. from University of California at Berkeley and a MA in Social Studies Curriculum Development from the University of Michigan. Dr. Cooks completed his Ph.D. at the University of Michigan with a dissertation entitled "Explicit Instruction, assumed skills, or something in the middle: Expository writing development in different learning environments with high school freshmen."

Dr. Cooks serves on many Advisory Boards including Youth Together Student Center, Skyline High School Education Academy, and for a non-profit called Creative Education. As part of his continuous community service in support of education, Dr. Cooks is the co-founder of Academics for Success (AFS), where he serves as a trainer, evaluator, and presenter to community based organizations, institutions and groups on educational programs.

On the state level, Dr. Cooks has served as a member of the Center for the Advancement of Reading, the Secondary Literacy Task Force, and the California State University System Faculty Advisory Committee.

On the national level, Dr. Cooks has been a co-author of the Shades of Literacy Column in Voices From the Middle, a reviewer for the English Journal, and a member of the National Council for Teachers of English, including a voted member of the Middle Level Steering Committee which provides insight about policy issues related to adolescents.

Dr. Cooks is a life member of the California Alumni Association-University of California at Berkeley, the National Association for the Advancement of Colored People (past chapter president), and Alpha Phi Alpha Fraternity Inc. (past chapter president).

As illustrated by his biography, Dr. Cooks is committed to modeling being a well-rounded individual who strives to be the best in athletics and academics.

# C.A. Track Club 2009 ALL AMERICANS

The following are the student-athlete's national rankings at the end of the season. The Top 20 athletes are All Americans and the 21-100 are All American honorable mention (<http://www.eliteyouth.com/rf2009/rf2009.asp>).

Keith Evans  
49<sup>th</sup> 100m  
70<sup>th</sup> 200m

KaRa Awakoaiye  
46<sup>th</sup> 200m

Tierra Robinson  
20<sup>th</sup> Triathlon  
37<sup>th</sup> 200m

Bantam Girls 4x100  
(Marne Glover, KaRa Awakoaiye, Kristen Benton, Tierra Robinson)  
18<sup>th</sup>

Bantam Girls 4x400  
(Marne Glover, KaRa Awakoaiye, Kristen Benton, Tierra Robinson)  
24<sup>th</sup>

Kristen Robinson  
8<sup>th</sup> Pentathlon  
18<sup>th</sup> 200h  
20<sup>th</sup> 100h

Gabriel Richard  
100<sup>th</sup> Long Jump

Cheron Amey  
38<sup>th</sup> Heptathlon  
68<sup>th</sup> 100h

Montarria Hubbard- Hart  
32<sup>nd</sup> 400m  
92<sup>nd</sup> 200m

Noah Blue  
37<sup>th</sup> 110h  
44<sup>th</sup> 400h

## CATC Merchandise Order Form

Water Bottle	\$5	x	Quantity	= \$
Visor	\$10	x	Quantity	= \$
Hat	\$10	x	Quantity	= \$
T-Shirt	\$10	x	Quantity	= \$
Polo	\$25	x	Quantity	= \$
Long Sleeve	\$15	x	Quantity	= \$
Back Pack	\$25	x	Quantity	= \$
Speed Suit	\$50	x	Quantity	= \$
Sweat Suit	\$100(\$50 T/\$50B)	x	Quantity	= \$

Sizes(if applicable)

***Please return this form to Coach Cooks along with the check for the full amount. All checks are made to " C.A. Track Club". If I have at home I will bring to the next practice. If not, please allow 4 weeks for delivery in the event that we need to re-order the merchandise or we do not have your size.***