

## **ROCHELLE ARE TRACK CLUB INFORMATION**

**What is it?** The Rochelle Area Track Club (RATC) is a private club open to all Rochelle, Illinois area youth and adults ages 6-98 who are interested in developing their skills in track and field. We are a member of the Illinois Association of USA Track and Field (USATF). It is coached by volunteers who have various levels of coaching and teaching experience. Head coach is John Dobbs Phone 815-757-9285. Our website is at <http://www.rochellearetrackclub.org>

**When is it?** Our season runs from early June through late July (see our summer schedule). Practice is held at the Rochelle Township High School track stadium. Sign up is May 25th from 5:30 to 6:30 at the H.S. Track or any time during the first two weeks of practice. Practices at Tuesday, Wed, and Thursday nights from 5:30-7:00pm

**What's the Cost?** The cost to join is \$50.00 per athlete which covers the (\$25.00) cost of their required USATF membership, insurance, a club t-shirt, and access to club training equipment and facilities. An additional \$2.-\$7per event is charged for each track meet event an athlete signs up for during the season. No fee is charged for club members' events at our home meet. A \$30 fee for uniform Rental will also apply for any athletes interested in competing in track meets. If the loaned track uniform is not returned in good condition then the \$30 fee will be retained to replace it. If it is returned in good condition the \$30 rental fee will be returned.

**Meet Information:** Specific meet information and driving directions will be provided at practice. Transportation and supervision to and from track meets is the responsibility of the athlete, parent or guardian. You must sign up two weeks prior to the Illinois State Meet & Regional Junior Olympics. The Junior Olympics are large meets where athletes may qualify for the USATF National Track and Field Championships. Please talk to John Dobbs if you plan on going to these meets.

**General Rules:** USATF membership includes limited insurance coverage which covers athletes and coaches while at practice, at USATF sanctioned meets, and while they are in transit to those events. To receive membership athletes must submit a RATC membership/waiver form, a USATF membership form, and a valid birth certificate. Basic club rules of respect and behavior must be followed at all times. Repeated violation of these rules may result in a athlete being asked to leave the club with no fee refunded. RATC members have access to the RTHS track during practice and meet times. All children under age 18 are not allowed in the stadium stands unless accompanied by an their parent/guardian. Only members of the RATC and coaches are allowed inside the fenced practice area and throwing areas. All athletes must stay with a coach during practice. Please stay off the football field grass. All athletes should wear running shoes, shorts, and shirts to practice and meets. A water bottle is recommended. Water is available at the track inside the locker room area. We will not practice under any severe weather warning. We will probably not practice under severe weather watches. Check our website for canceled practices or sign up to use the Remind App to get notifications.