



James E. Smith

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USATF Level 2 Certified Coach

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ARIZONA FLAMES TRACK CLUB

Club Information

Club practice location: Westwood High School

945 W. Rio Salado, Mesa, AZ 85201 (Rio Salado/ East of Alma School)

Practice times:

In Season: 1st Monday in January thru July.

Youth & Adult: 5:45pm start time Mon., Tues., Wed., Thurs., 8:00am start time Saturday

Specialty Training 5:45pm to 6:30pm. **General / Event specific conditioning** 6:30pm to 7:30pm

Pre-Season: September thru December. 5:45pm Mon. Hurdles only, Wed. All conditioning, 8:00am Sat. All

Pre-season training starts the Saturday after Labor Day. Pre-Season practices are encouraged, but optional.

Club Colors:

Maroon, Gold, White

Club Values:

- Physical and emotional health and fitness
- Individual excellence and personal growth
- Individual development beyond sports

The Arizona Flames are a non-profit organization (501(c)(3)) and is a member of USA Track and Field. **USATF** is a volunteer-driven, not for profit organization with its headquarters in Indianapolis, IN. The Flames strive to teach and excel in all areas of track and field. Our athletes and coaches have had great success at the state, region, national, and world competition levels. Many of our youth athletes have continued on to successful collegiate careers.

Track & Field is a year-round sport with both summer (outdoor) and winter (indoor) seasons. In Arizona the prime track season is late January through July. The various running, jumping and throwing events which make up the sport are among the oldest competitive disciplines in the world; the specific skills and physical capabilities acquired through track and field can be readily applied to other sports. The sport of track and field is a sport for all ages and abilities. Youth competitors are placed in age groups based on year of birth. 8 and Under, Ages 9-10, Ages 11-12, Ages 13-14, Ages 15-16, Ages 17-18. Open thru masters are placed in age groups based on their age group on the day of the competition. Open athletes are 19-29 years old. Sub Masters thru Masters compete in 5 year age brackets. Example 30-34, 35-39, 40-44, 45-49, 50-54, etc.

List of events: Sprints: 60m, 100m, 200m, 400m **Hurdles:** 60m, 80m, 100m, 110m, 200m, 300m, 400m **Relays:** 4 x 100m, 4 x 400m

Middle & Distance: 800m, 1,500m, 5,000m, 10,000m, 3,000m steeplechase, **Relays:** 4 x 800m, **Walks:** 3k walk, 5k walk

Jumps: High Jump, Long Jump, Triple Jump, Pole Vault

Throws: Shot Put, Discus, Javelin, Hammer **Combined Events:** Decathlon, Heptathlon, Pentathlon, Triathlon

Benefits of joining Arizona Flames Track Club

- * Individual analysis and performance management. We help you set attainable goals and put plans in place to meet them.
- * Access to training material, facilities, equipment, travel arrangements, and group workouts. We use HYTEK team software.
- * USATF certified coaching and logistic support before and during competition. Meet entry completion and coordination.
- * We stress proper form, race strategies, technique, conditioning, nutrition, and rest recovery.
- * Discounts on equipment, apparel, and physical therapy. Shoes, team gear, field implements, training equipment, sports massage.
- * Positive Environment. Regardless of what your goals are or what place you come in. If you compete – you have already won.
- * Train hard, discover a love for track & field, compete to your best, respect your competitors, and above all – have FUN!!

ARIZONA FLAMES TRACK CLUB

Open & Masters Registration Form

Name: _____

Address: _____

Employer (optional) _____

Mobile Phone: _____

Email: _____

Registration Date: _____

Home Phone: _____

Birth Date: _____

Age: _____

Emergency Contact:

Phone: _____

Email: _____

Open (19-29)

Sub Master (30-39)

Masters (40 +)

MEDICAL HISTORY: (If you answer yes to any of the items below, please provide explanation along with dates and treatment on a separate sheet of paper)

Asthma Y N

Allergies Y N

Glasses/Contacts Y N

Fractures within Past Year Y N

Dental Braces Y N

Head Injuries Y N

Serious Illness Y N

Repeated Bone/Joint Injury Y N

Bleeding Tendencies Y N

Sickle Cell Tendency Y N

Surgery in Past Year Y N

History of Heart Murmur Y N

Kidney Disease Y N

Seizures (fits) Y N

Diabetes Y N

Tetanus (date of last shot): _____

Current Medication: _____

Name of Family Physician: _____

Phone#: _____

Other: _____

EMERGENCY MEDICAL RELEASE

I/We the parents give our permission for any emergency treatment necessary either on the practice field or on the competition field. I/We authorize any hospital and/or physician to perform emergency treatments from any injuries resulting from any scheduled **Arizona Flames** function including the supervised travel to and from said functions.

Athlete's Signature: _____

Date: _____

THE ARIZONA FLAMES TRACK CLUB

Youth Registration Form

Registration Date: _____

Name: _____

Home Phone: _____

Address: _____

Birth Date: _____

(Please include a copy of birth certificate – new athletes only)

Age: _____

School Name: _____

Grade: _____

If in High School. Does your HS have a track program? Y/N _____

8 & Under (2010 OR LATER)

Ages 9-10 (2008 & 2009)

Ages 11-12 (2006 & 2007)

Ages 13-14 (2004 & 2005)

Ages 15-16 (2002 & 2003)

Ages 17-18 (2000 & 2001 & 2000 if 18 after 8/1)

Father's Name: _____

Mother's Name: _____

Employer (optional) _____

Employer (optional) _____

Cell Phone: _____

Cell Phone: _____

Email: _____

Email: _____

MEDICAL HISTORY: (If you answer yes to any of the items below, please provide explanation along with dates and treatment on a separate sheet of paper)

Asthma Y N

Surgery in Past Year Y N

Allergies Y N

History of Heart Murmur Y N

Glasses/Contacts Y N

Kidney Disease Y N

Fractures within Past Year Y N

Seizures (fits) Y N

Dental Braces Y N

Diabetes Y N

Head Injuries Y N

Tetanus (date of last shot): _____

Serious Illness Y N

Current Medication: _____

Repeated Bone/Joint Injury Y N

Name of Family Physician: _____

Bleeding Tendencies Y N

Phone#: _____

Sickle Cell Tendency Y N

EMERGENCY MEDICAL RELEASE

I/We give our permission for any emergency treatment necessary either on the practice field or on the game field. I/We authorize any hospital and/or physician to perform emergency treatments from any injuries resulting from any scheduled **Arizona Flames** function including the supervised travel to and from said functions.

Athlete's Signature: _____

Date: _____

Father's Signature: _____

Date: _____

(If athlete under 18 years old)

Mother's Signature: _____

Date: _____

(If athlete under 18 years old)

THE ARIZONA FLAMES TRACK CLUB

Athlete Profile

Name: _____

Parent shirt sizes _____

Height: _____ Weight: _____ Gender: M F

High School / College: _____

Year: Senior Junior Sophomore Freshman

Elementary: _____

USATF # _____

Uniform Size: **Youth:** Sm(4-6) Inter (6-7)

Adult: Petite Sm Med

Med (8-10) Lrg (12-14)

Lrg XLrg 2XLrg 3XLrg

Speedsuit **Singlet & short**

Speedsuit **Singlet & short**

Event

Best Performance

Meet/Race

Date

Place

What events do you want to participate in? (Sprints, Hurdles, Middle Distance, Jumps, Throws, etc)

Do you have any special needs or restrictions? (Health issues)

What are your short term goals? (This upcoming season)

What are your long term goals? (2+ years)

What are you looking for in a club? (What is important to you)

THE ARIZONA FLAMES TRACK CLUB

RULES AND GUIDELINES

- Athlete must compete in Arizona Flames uniform or uniform approved by Arizona Flames coaching staff. Uniforms and team gear are the responsibility of the athlete.
- U.S.A. Track and Field membership card. The Group Accident Insurance Program begins with the date that the USA Association receives the card. In general, the program covers all track related accidents at practice sites and meets.
- If your child will miss a track meet, be late or leave early, **please notify coaching staff ASAP**. If we sign up your child for a meet and they do not attend, you will be responsible for re-paying the meet entry fees before they can run in the next track meet.
- Relays: If your child is on a relay they are required to attend practice sessions. If they miss a track meet or continually miss relay practice they will be taken out of the relay team pool. In general the fastest 4 make the team unless one of the fastest is in an event that conflicts with the relays. Relays require a higher level of commitment because if your child does not show up 3 other kids do not get to compete.
- Athletes who do not participate in club fundraisers may not receive the same level of sponsorship that other athletes who participate receive.
- Consult your physician before beginning training and competitions. Athletes train and compete at their own risk. The Arizona Flames will provide necessary equipment for training and competing. Some specialty implements and training equipment are the athletes' responsibility.
- Each track meet the Arizona Flames are responsible for various activities. Example: moving hurdles, athlete check-in, timing, snack bar, clerking, etc. Athlete / Parental assistance is required for club membership and in running an efficient track meet.
- Once competition starts parents are not allowed on the field. If you have any questions or concerns please direct them to the Arizona Flames coaching staff. We want to address any misunderstandings or communication disconnects as soon as possible.
- Both coach and athlete agree to never use performance enhancing drugs, and has never and will never advocate, aid or abet drug use in sports. Destructive, disrespectful, or unsportsmanlike behavior will not be tolerated. Disciplinary actions will include community service, dismissal from competition, removal of coach and athletes USATF benefits, or dismissal from team.

I have read and understand and am in agreement with the contents of the Registration Information and Application Packets. The signatures below confirm that both athlete and parent (If athlete under 18 years old) are aware of the rules and will abide by all rules and guidelines set forth therein.

Dated this ____ day of _____, _____.

Athlete's Signature: _____

Parent Signature: _____

(If athlete under 18 years old)

Date: _____