



NEW ORLEANS



METRO STARS
TRACK CLUB

2023

Information Manual



About Us:

The New Orleans Metro Stars Track Club is an Amateur Athletic Union (AAU) track and field program open to all athletes ages 6-18. We compete during the summer season from May until August. Whether you want to introduce your pee wee to his/her first sport or help your established athlete get a college scholarship, we are here to help you succeed.

The Metro Stars has been a staple in track and field community in the city of New Orleans since the 1970's, making us the oldest existing team in the city. We have made it this far because we have a dynamic and family-oriented program that trains athletes to be the best they can be in not only athletics but also in every other aspect of their lives. Over 85% of the athletes who graduate from our program go on to attend a four-year university, with a majority having academic pursuits.

Our goal is always improvement. We take time to ensure that all of our athletes are growing in our program. At the end of the season, we like to see how much faster the athlete ran, how much higher they jumped, or how much further they threw than at the beginning of the season. If the athlete has improved in their events, we have definitely done our jobs.

Coaches:

Derek Mills – Head Coach
Melissa Brown – Director/Assistant Coach
Uche Okpalobi – Throws Coach
Bryan Domingue – Assistant Coach
Dujuane Brooks – Assistant Coach
Tianna Williams – Baby Coach
Jason Rouser – Assistant Coach

New Orleans Metro Stars

Join our app to stay up to date with our latest information - it's free!

Follow these steps to join our app:

1. Scan the QR code below & download Stack Team App or visit www.teamapp.com.
2. Sign up to Stack Team App and log in to your account.
3. Search for 'New Orleans Metro Stars' and request to join.

SCAN ME

Contact:
Melissa Brown
5049154524
nometrostars@gmail.com

Signing Up:

If you have not done so already, please register your athlete for the team using the online application found at www.nometrostars.org/team. We need a copy of the athlete's birth certificate on file as well.

Communication:

Coaches and administrators will communicate with parents and athletes through the Stack Team App. Please be sure to download the app!

Club Membership Dues

The New Orleans Metro Stars Track Club is a non-profit, membership-based organization. Being that, all of our operation costs are paid for by membership dues. **All members of the club must pay club membership dues by May 8, 2023** in order to participate in any track meets with the team. Club dues will be \$400. You can find a breakdown the club dues below.

Item	Cost
AAU Club Membership Fee	\$15
USATF Cub Membership Fee	\$15
AAU Athlete Membership Fee	\$16
USATF Athlete Membership Fee	\$20
Meet Entry Fees*	\$200
Team T-shirt	\$20
Miscellaneous Team Purchases	\$114
Total	\$400

Club dues can be paid **online only** on the Club Website: www.nometrostars.org/club-store

Team Rules and Policies:

1. No bullying, negativity, or fighting.
2. **Arrive at practices on time.**
3. All revenue collected under the club's name and federal identification number, will go directly to the team account and be used solely for the good of the athletes in the program.
4. No jeans or school uniform attire at practice.
5. Follow directions the 1st time given.
6. Club colors are purple, white, and gold.
7. Athletes must be clothed at all times.
8. Athletes under the age of 13 are required to wear the youth uniforms.
9. If athlete(s) is on medication, it must be brought to every meet, practice, trip, and club event.
10. Parents are not allowed to interrupt practices.
11. Athletes under 10 must be accompanied by a parent/guardian at all Metro Stars events.
12. Notifications to the Director must be made 1 week prior to any possible missed event date.
13. There will be no refunds of fees. This includes self-removal or dismissal.
14. In an effort to prevent future injury to our young athletes, any NOMS member that engages assistance from personal trainers or from coaches of other programs/schools must disclose this information to the organization or the athlete will be dismissed from the program.
15. All athletes returning to the Metro Stars program that refuse to train with the club will not be allowed to compete as a Metro Stars athlete.

Uniform Fee:

The club uniform fee is not included in the club dues simply because athletes may choose to wear their uniform from a previous season (if it matches) instead of purchasing a new one every year. The cost of a new uniform will be \$65 for a youth size or \$75 for older athletes. If your athlete does not have on the proper uniform, they will not be allowed to participate in meets until they do.

Athletes ages 12 and under are required to wear shorts. Only athletes over the age of 12 will be allowed to wear the compression bottoms.

Our colors are purple, white, and gold. Athletes are to wear solid purple, white, or black compression gear under their uniforms. Athletes are allowed to wear any warm up they choose.

Both Club dues and uniform fees can be paid online at www.nometrostars.org/club-store.

Uniforms must be paid for before March 27, 2023.

Equipment:

Track spikes are not required but it is highly encouraged that you purchase a pair for your athlete(s). However, all athletes **MUST** have a pair of running shoes. In order to have more focused practices, throwers must purchase their own equipment.

Practice:

Regular season practices are held on Weekdays at the City Park Practice Track, next to Tad Gormley Stadium unless otherwise specified. Off season practices are a bit more sporadic, but parents will be notified of the dates, times, and locations.

Practice groups:

Athletes are placed in practice groups based on a combination of age, the events they compete in, and skill level. Some athletes will have what seems to be harder or more rigorous workouts. Some athletes will spend more time building skill and improving form. Every athlete will receive the same amount of coaching.



Age Groups:

At meets athletes will be placed in age groups based on their year of birth. Parents, please supply a copy of your athlete(s) Birth Certificate.

<i>AAU Age Division</i>	<i>Year of Birth</i>	<i>USATF Age Division</i>	<i>Year of Birth</i>
8-Under	2015-After	8-Under	2015-After
9	2014		
10	2013	9-10	2013-2014
11	2012		
12	2011	11-12	2011-2012
13	2010		
14	2009	13-14	2009-2010
15-16	2007-2008	15-16	2007-2008
17-18	2005-2006	17-18	2005-2006

For relays ONLY, 9 year-olds may compete with 10-year olds, 11 year-olds may compete with 12 year-olds, and 13 year-olds may compete with 14 year-olds.

PRACTICE SCHEDULE

Practices will generally go by the following schedule:

Time	
6:00	Arrival
6:05	Warm-up Laps
6:10	Stretching & Drills
6:30	Workout
7:00	Strength & Abs
7:30	Cool Down

While school is still in session, we will try to keep practices under 1 ½ hours. Once school lets out and we get into the season, expect workouts to go between 2 and 2 ½ hours.

Daily Schedule (3 Day Weeks)

Time	Monday	Wednesday	Thursday (JUMPS ONLY)	Saturday
6:00	Arrival	Arrival		Arrival
6:05	Warmup Laps	Warmup Laps		Warmup Laps
6:10	Stretching & Drills	Stretching & Drills		Stretching & Drills
6:30	Workout	Workout Hurdles		Workout
7:00				
7:30	Strength & Abs	Strength & Abs		Strength & Abs
7:45	Cool Down	Cool Down		Cool Down

Daily Schedule (once 4 day practices start)

Time	Monday	Tuesday	Wednesday	Thursday
6:00	Arrival	Arrival	Arrival	Arrival
6:05	Warmup Laps	Warmup Laps	Warmup Laps	Warmup Laps
6:10	Stretching & Drills	Stretching & Drills	Stretching & Drills	Stretching & Drills
6:30	Workout 8U Runners	Workout Javelin Short Hurdles	Workout 8U Runners Shot Put Long Hurdles	Workout Discus Jumpers
7:00				
7:30	Strength & Abs	Strength & Abs	Strength & Abs	Strength & Abs
7:45	Cool Down	Cool Down	Cool Down	Cool Down

2023 Meet Schedule

<u>Date</u>	<u>Meet</u>	<u>Location</u>	<u>City</u>
5/13-14	Speed Capital Central	Tad Gormley Stadium	NOLA
5/20	US Express Invitational	Walker HS	Walker, LA
5/27	KY Invitational	TBD	TBD
6/3	SELRR Season Opener	SELU	Hammond, LA
6/8	Metro Stars Primary Invitational	Joe Brown Park	NOLA
6/10-11	Louisiana Governor's Games	Chalmette HS	Chalmette, LA
6/17	FTC Invitational	Brusly HS	Brusly, LA
6/24-25	USATF Southern Assoc Jr Olympics <i>(Top 8 Qualify to compete in Region 6 Championship)</i>		MS
7/1	Invitational Meet	TBD	TBD
7/8-9*	USATF Region 6 Championship <i>(Top 8 Qualify to compete at the USATF Jr Olympics)</i>	ULL	Lafayette, LA
7/22	Metro Stars Invitational	Johnny Jacobs Playground	NOLA
7/24-30*	USATF Junior Olympics	Hayward Field	Eugene, OR

Important Meets in Bold

*Fees for meet entry and travel are not included in registration fees

♠On the Schedule but many athletes are not expected to go

AAU Jr Olympic Games Qualifier

Team Travel Meet

Travel:

Parents/guardians are required to transport their athlete(s) to and from practices and meets. If a ride to practice or a meet is required, a parent may contact one of the parents who live near them.

Frequently Asked Questions

Does my child have to try out for the team?

The New Orleans Metro Stars is a membership-based organization. Anyone may join as long as they pay membership dues and are serious about wanting to be a track and field athlete.

How old does my athlete have to be to run for Metro Stars?

Athletes ages 6 to 18

How long is the season?

Typically, practice for the regular season will begin in March. The meet schedule runs from the end of May to the end of July. However, we hold off-season conditioning practice beginning in November.

How important is practice attendance? Is it mandatory to attend each practice?

VERY IMPORTANT A variety of fundamental concepts need to be covered in Track & Field for all events. The coaches spend quality time and commitment into each workout to reassure the athletes progress at the proper rate and refrain from injuries. Therefore, we highly recommend attendance to all practice sessions, especially if your child's priority sport during the summer is going to be track.

Is it an issue if my child is involved with other sports during track season?

It's not an issue at all. Schedule conflicts should be discussed with the coaches. However, the summer practices are 4 days a week; attending 3 out of the 4 days of practice is highly recommended in preparation for Saturday meets. The registration fee is still the same.

Is participation in all track meets mandatory?

Full participation is encouraged for everyone, including practices and meets, particularly for those who are totally committed to the program and have placed track as a #1 priority for their summer sport. The meet schedule will be released early enough to plan family vacations, or to check for any possible schedule conflicts.

My son/daughter has never run track before, so I am not sure what events will be best for them.

The coaches will use their best judgement to determine your child's strengths from the workouts and place them in the event(s) they feel your child will have the best potential in. It is likely some will shift various events throughout the season. Please trust the coaches to "Coach" your child.

When my son/daughter has run track before and they ran a certain event; why are they not competing in that event this summer?

Please trust the coaches to "Coach" your child.

What should my child bring to practice?

Water/low sugar sport drinks. Wear comfortable workout attire (weather appropriate) and running shoes. Spikes will only be needed when the season begins. During the summer months we recommend a cooler with ice, water, a wet towel to keep cool, and sunblock. Please be sure NOT to send your child to practice with basketball shoes, school shoes, or dance shoes. A comfortable running shoe with arch and heel support is needed. Wearing the appropriate shoe will prevent shin splints, inflammation of heel and damage to the Achilles tendons. These injuries are very common in young athletes wearing the wrong shoes to practice or from improper running technique during practice.

How long are the track meets and when are they scheduled?

Almost all meets take place on Saturdays. Be prepared to plan your day from 7AM-5PM.

Is it okay for my child to just practice with the team but not participate in the meets?

Again, the Metro Stars is a Track and Field Club, not a fat camp nor a fitness class, so we ask for your commitment and dedication to the track club with the interest of your child being a Track & Field Athlete. The workouts will benefit any athlete in various sports, so if you decide on track to assist your child in an alternate sport, that is totally fine, but respect the coaches and your teammates by communicating and attending practice and track meets regularly and on time. Also, by paying the membership fee, you have already paid for your athlete(s)'s entry into the meets.

How much will it cost for my child to run?

There is one Membership fee *everyone* pays to become a Metro Star. The Uniform Fee is a separate fee because athletes can re-use the uniform from a previous season. There are also separate fees for out of town meets such as the AAU National Club Championships or the AAU Jr Olympic Games should your athlete qualify to compete.

About the uniform, does my son/daughter have to wear the tights when they reach the older age groups?

No, the compression uniform is definitely optional. However, all athletes under the age of 13 Must wear the shorts.

How important is nutrition and any tips on what my child should eat the day of a meet?

Nutrition is just as important as the training for the young athletes throughout the season. It's also something often overlooked by parents. One of our jobs as coaches is to teach proper nutrition intake to the team (parents and athletes) in order to refrain from injuries, and to assist in effective performance during practice and of course the meets. The number one poison parents often allow their child to eat is sugar. That's snacks, candy, and cold drinks, y'all!! Your child will absolutely NOT reap any benefits to their training and performance with over consumption of the following: Candy, hot chips, cookies, fried foods, and cokes. Yes, they are kids and those are the type of things they enjoy eating. However, over consumption of any of the above prior to workouts or on a day of track meet, is not acceptable.

Here's what we do recommend at least a few hours prior to practice: Sandwich, salad, goldfish snacks, pretzels, crackers, trail mix, fruit, and WATER!!

The day before a meet: We encourage consumption of 8 to 10 glasses of water, lean protein (chicken or seafood), and a pasta dinner.

The day of the meet: Breakfast is important but keep the serving sizes in moderation, especially depending on what time of the day your child's events are scheduled.

- Pancakes or waffle (low sugar syrup)
- turkey bacon or sausage
- wheat toast
- hot/cold cereal or oatmeal
- fruit and yogurt
- cereal or nutrition bar

Suggestions for your cooler for the track meets: It is important that the athlete stay hydrated and well-nourished during meet day

- Water and low sugar sport drinks
- Fruit and fruit snacks
- Yogurt
- Cheese n'crackers or Graham Crackers
- Nutragrain/cereal bar or trail mix
- Sandwiches (lean meat & cheese, tuna, chicken, or pb&j)

We hope you find all of this information helpful in your decision to join the New Orleans Metro Stars Track Club.

Notes:

The Well-Prepared Track and Field Family

No one wants to be a part of the family that is stuck out because they were not prepared for practices and meets. Listed here are a few items that you and your family may find necessary to survive the summer. Understand that track meets are ALL DAY events. On meet days prepare to be out of the house from 7am to 5pm.

Parent Equipment: Listed are items that parents may want to invest in for themselves.

- Golf size umbrella (for rain and sun)
- Rain ponchos
- Comfortable tennis shoes
- Bright colored clothing (reflects instead of absorbs sun rays)
- Stadium seats and folding chairs
- Medium sized towels
- Light blanket
- Sunscreen (NOT sun tan lotion)
- Bug Spray
- Small first-aid kit (also keep plenty of headache medicine handy)
- Small Portable Ice Chest

Meet Day Necessities: Listed are Items you may want to stock to bring in your portable ice chest to bring to track meets.

- Orange slices
- Grapes
- Bananas
- Thirst quenchers
- Frozen bottles of water
- Healthy Snacks
- Sandwiches (no mayo for athletes)
- Large and small plastic baggies
- Ice pack
- ICE

Athlete Booksack: Listed are items you want to make sure your athlete has with them when they come to meets or to practice.

- Spikes
- Towel
- Warm-up clothes
- Frozen bottle of water
- Lunch
- Rain Poncho
- Extra socks
- Extra underwear

NEW ORLEANS METRO STARS TRACK CLUB

CODE OF CONDUCT

Athletes Code of Conduct

1. Be courteous to others at all times. Do not brag or boast to your competitors or teammates.
2. There will be no fighting, arguing, or swearing.
3. No earbuds or headphones at practice.
4. Swimming is not permitted the day before a meet/race.
5. Go to bed early the night before the meet/race.
6. Arrive at the track meet prepared and ready to compete and wearing your entire uniform. Do not arrive with rollers in your hair. No du-rags or bonnets!
7. Our colors are White, Purple, and Vegas gold. Approved compression undergarments are white, black, or purple.
8. Do not play on the track, in the stands, bathrooms, under the bleachers, in the staging area, or near any location where there is a competition.
9. Athletes are not allowed to wear crocs or slides once the season begins.
10. Don't forget your track shoes!
11. Put your name in all clothing and shoes!
12. Eat a healthy breakfast prior to track meets (See nutritional guide).
13. Go to the bathroom before arriving at track practice.
14. Arrive one hour prior to the start of the track meet. Be on time!
15. Stay out of the sun as much as possible. Stay under the team tent.
16. At meets, do not leave the NOMS tent area without receiving a coach's permission.
17. Sitting with your parents during the meet is not allowed. Athletes must sit with the team under the Metro Stars-team tents. 8U athletes are required to sit with their parents.
18. Athletes are responsible for keeping track of the events in the meet. Coaches are often on the field and are reliably unable to ensure that every athlete gets to their event on time.
19. Athletes are responsible for getting to the check-in tent before each event. There are multiple announcements made by coaches, TeamApp, the captains, and the PA before events to let athletes know what event is next and the check-in time.
20. Return immediately to the team tents after your event.
21. Athletes will follow track etiquette at all times.
22. If there is a problem at the starting line or at one of the field events, wave your hand to get the attention of a Metro Stars coach. Do not argue with officials.
23. Shake your competitors' hands and be friendly.
24. Do not purchase or eat junk foods from concession stands during track meets.

Parent/Guardian Code of Conduct:

1. Parents will ensure their athlete gets to bed early the night before a track meet.
2. Parents will ensure their athlete eats before the track meet (at least 2 hours before the meet starts).
3. Parents are responsible for keeping track of the events in the meet.
4. Parents will not give advice to any athlete regarding an event, which contradicts that of his/her coach.
5. Parents will not smoke, drink (alcohol), or swear at practices or track meets.
6. If a Parent becomes irritated by an action taken by another or some other discourtesy, they will contact the Parent Liaisons for resolution. Parents will not interrupt practices or a meet.
7. **All information will be disseminated on the Stack Team App. Parents are responsible for reading all news and notifications.**
8. Do not allow gossip at the practice site and/or riffs between children to cause you engage others physically or verbally. If there is an issue parents will report to the Parent Liaisons for resolution.
9. Parents will take the necessary precautions to ensure their athlete's proper behavior during all track meets, practices, and Metro Stars events.
10. In order to prevent injury and fatigue, Parents will not send their child away from the NOMS tent area without notifying a coach. They need to sit.
11. Parents will ensure a lunch is packed for their athlete and place it in his/her backpack.
12. Parents will not purchase junk food from concession stands for their athlete. They should have a prepared lunch from home which contains healthy items. Please refer to the nutrition guide, it will assist you with this request.
13. If your athlete misses a Monday or a "hard day" of practice, they will not be signed up for the upcoming meet.
14. The meet schedule will be on the Stack TeamApp. You are responsible for letting the coaches and admin know if your athlete(s) will be attending that meet as late as the **MONDAY** before the meet.
15. If your athlete misses their field event practice, we will not reschedule that practice.
16. There is a **HARD 10-minute tardy policy** for practice. Athletes in violation will be sent home.

Acknowledgment and Receipt

I have received my copy of the Metro Stars 2023 Information Manual.

This manual describes important information about The New Orleans Metro Stars Track Club, and I understand that I should consult the Board President regarding any questions not answered in the handbook. I have entered into membership with the New Orleans Metro Stars Track Club voluntarily and acknowledge that the season ends after July 30, 2023. **Accordingly, either I or the New Orleans Metro Stars can terminate the relationship at will, at any time during this period.**

This manual and the policies and procedures contained herein supersede any and all prior practices, oral or written representations, or statements regarding the terms and conditions of your participation with the Metro Stars. By distributing this handbook, the Metro Stars expressly revokes any and all previous policies and procedures which are inconsistent with those contained herein.

I understand that any and all policies and practices may be changed at any time by the New Orleans Metro Stars Track Club, and the Metro Stars reserves the right to change practice times, dates, and locations at any time. All such changes will be communicated through official notices, and I understand that revised information may supersede, modify, or eliminate existing policies. Only the Executive Director of the New Orleans Metro Stars has the ability to adopt any revisions to the policies in this handbook.

I acknowledge that I have received the New Orleans Metro Stars Track Club 2019 Information Manual, and I understand that it is my responsibility to read and comply with the policies contained in this handbook and to abide by the Code of Conduct and any revisions made to it.

Parent/Guardian Signature

Athlete Signature

Parent/Guardian Name (Print)

Athlete Name (Print)

Date