

PACESETTERS



TRACK CLUB

*"To everyone else
it's just Track and Field."*



Pacesetter Track Club

2022 Season Kickoff

March 27, 2022

Zoom: ID: Meeting ID: 875 9361 0610

Passcode: PTC2022

3:00-4:30 pm

www.pacesettertrackclub.com

info@pacesettertrackclub.com

Instagram: pacesetterstrack Twitter: @pacesettersoh

Facebook: Pacesetter Track OH

Meeting Agenda

- Welcome, and Introductions –Officers and Coaches – Staff Introductions
- Age Divisions
- Covid-19 Protocols
- Required Meet/Practice Schedule & Location
Registration/Fees (USATF and Club) Team Fees/Payment Schedule
- Social Media
- Uniforms
- Website
- Mindfulness Coaching
- Fund Raising
- Parent Volunteer opportunities
- Key Dates
- Q&A- Coaches Comments

Officers/Coaches

- Current Officers
 - CEOs: Chris and Kim Simon
 - President: Jamie Hence
 - Club Administrator: Lisa L Palmer
 - Treasurer: Rodney Palmer
 - Administrative Asst.: Yvonne Gray / Cynthia Robertson
 - Marketing/Social Media: Felicia Hence
 - Uniform Coordinator: Cynthia Robertson

- Coaches
 - Jamie Hence
 - Yolanda Cox
 - Darian Noble
 - Nicole Evans
 - Desmond Palmer
 - Jeff Brymer-Bashore

USATF 2022 Age Divisions

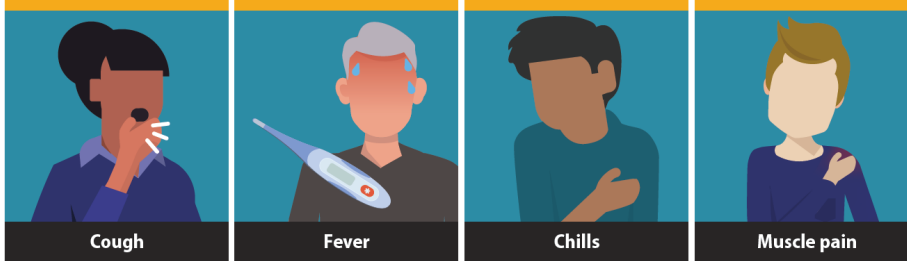
| Age Division | Year of Birth |
|--------------|---------------|
| 8 & under | 2014+* |
| 9-10 | 2012 – 2013 |
| 11-12 | 2010 – 2011 |
| 13-14 | 2008 – 2009 |
| 15-16 | 2006 – 2007 |
| 17-18 | 2004 – 2005** |

*Athletes must be at least 7 years of age on December 31 of the current year to compete at the Junior Olympics National Championship.

**Athletes who are still 18 through the final day of the USATF National Junior Olympics are eligible to compete in the 17-18 age group.

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



cdc.gov/coronavirus

317142-A May 20, 2020 10:44 AM

Covid Protocols will go in effect if needed (we will adhere to CDC, County, State and Federal guidelines). Please be mindful of your athlete's overall health. Check them before practice and meets; if they are sick or have any of the symptoms on this page. Please keep them home.

Full COVID-19 Protocol (If needed, PTC reserves the right to use one or all of these protocols according to the CDC, County, State, and Federal guidelines)

- Please arrive at practice at least 15 minutes early to accommodate covid-19 protocols that may include temperature readings and a symptom check, if needed. A symptom sheet can be completed online.
- If you are exposed to a person who tests positive, you will be quarantined from Track and Field activities for 14 days.
- If you test positive you will be quarantined for 14 days, you will be required to complete additional medical paperwork and go through an 8-day re-acclimation period with one of our coaches.
 - And yes, there is the possibility they would quarantine the entire team!
- Masks will be required to be worn during some aspects of practices/games, attendance will be taken for every practice/game and the PTC Covid-19 Symptom Sheet will need to be completed before every practice and game.
 - Athletes are responsible to bring their own mask to practice and meets. Hand sanitizers will be provided by the club.
- At this time, it is unknown if we will have limitations on the number of spectators at our meets.
 - Parents are allowed in the stands during practice; however, social distancing must be maintained, and parents are not allowed on the field.
- Any Covid-19 updates will be communicated to parents and players via the website.

2022 Required Meet/Practice Schedule

Required Meet Schedule

- Required meets* for advancement (**your athlete must participate to advance**): Check your vacation schedule as they must compete for a chance to advance, view entire meet schedule [click here](#):

- **June 25-26, 2022**, Ohio Association Junior Olympic Championships Cedarville, OH (Must participate in individual and/or be part of the team for relay to advance to Region), Top 6 advance to Region 5 Championships.
- **July 7-10, 2022**, USATF Region 5 Championships at Cedarville, OH. (Must participate to advance to Nationals). Top 5 advance to Junior Olympic National Championship. in Jacksonville, FL
- **July 25 – July 31, 2022, Junior Olympics Nation Championship (7 yrs. and older) Sacramento, California.**

- Parents will fill out a Permission Google Form each week to confirm the athlete(s) participation in the upcoming meet.

- **Practice Schedule/Location:** Pickerington North High School, 7800 Refugee Rd. [Click here](#) for practice information:

6pm to 7:30pm on these dates Panther Stadium or PN Soccer

- 4/11 & 4/14 M/TH
- 4/18 & 4/20 M/W
- 4/25 & 4/26 M/T
- 5/2 only 1 practice this week
- 5/10 Tuesday. **2nd practice depends on Track OCC Schedule**
- 5/16 & 5/18 M/W
- 5/23 & 5/24 M/T Regionals this week starting Wed.
- 5/30 & 6/1 M/W

6pm to 8pm June/July: 4 days per week (Mon – Thurs)

First practice for Elementary: Monday, April 11th (weather permitting)

First practice for JR/HS** is when the athlete's season is over

**Athletes that do not compete for their schools can start practice in April.

Club Registration

- **PTC Registration** (online: www.pacesetterstrackclub.com); all members must register annually with USATF.
 - USATF Membership \$25 (www.usatf.org) You must do this first; instructions located on PTC website (renew/new) Renew or recover your account to ensure that you do not have to submit your birth certificate again. **Select Pacesetters: 17-0056 (must be selected) If transferring from another club, alert Admin/Coach ASAP. For USATF new/renewal information [Click Here](#)**
 - PTC Registration: Returning athletes do not need a new username. Create an account on the Pacesetters website to complete the registration process. When registering the primary contact has to be the parent regardless of child's age. You can register all of your athletes under one account. Make sure the correct phone number and email is listed for the person paying the fees. Parents will have to verify approval through email or text response for older athletes. [Click here](#) for PTC registration link.
 - **Digital Copy** of athlete's Birth Certificate for (new members only) must be uploaded during the registration process with USATF. No physical copies or originals of birth certificates will be accepted. [Upload Video Instructions](#)
 - During the registration process, please make sure you answer the uniform and additional sibling questions to order a uniform and/or get discount credits.
- **PTC Registration Deadlines:** All Division Registration open **3/27/22**. Elementary Division Registration and final fee deadline is **5/1/22** and Middle and High School Registration and final fees deadline is **6/1/22**. Minimum payment must be paid by due date.
- **Group Text Messages:**
During the registration process, please stay up to date with Pacesetters news and events, through Telegram group text messaging system. To opt in copy and paste this URL: <https://t.me/+9wwkaDesjKwzODAx>. **This is the quickest and most reliable form of communication for the club.** You will then receive information regarding practice, meets, and events.

Team Fees/Payment Schedule

- **Minimum Payment:** A deposit payment of at least **(\$170) is due by 4/1 for elementary and (\$170) is due by 5/1 for middle/high** per athlete starts your registration process. Additionally, if you place a uniform order, payment must be made at the time of registration. Accounts not paid in full by the registration deadline (Elementary Division (5/1/22) and Middle/High Division (6/1/22), will incur a \$30 processing fee and meet entry and uniform orders may be affected.
 - You must answer yes to additional athletes' questions to get the discounts and adjustments.
- **Team Fees total: \$195 – Training Only**
 - These athletes will not be competing in any meets. This is a one-time fee and is not pro rated based on start date.
- **Team Fees total \$360 – Elementary Division**
 - Meet Fee's - \$130** for scheduled meets, additional funds may need to be collected as athlete advances through the qualifying meets.
 - Club Fees** -Elementary Division 12 yrs. & under: **\$230** (first athlete), \$155 (second athlete), \$105 (third & more) **1st installment 4/1 Must be paid, last installment 5/1**
- **Team Fees total \$280 – Middle/ High Division**
 - Meet Fee's - \$100** for scheduled meets, additional funds may need to be collected as athlete advances through the qualifying meets.
 - Club Fees** - Jr. High/High school 12 yrs. & older: **\$180** (first athlete), \$155 (second athlete), \$105 (third & more) **1st installment 5/1 Must be paid, last installment 6/1**
- **Uniform Fees: \$43** (if your registration fees aren't increased by your uniform order at time of check out, you have not ordered a uniform)
 - Additional optional items (Warm-ups, book bags, and spirit wear, will be direct order through the website, one team shirt is free)
 - Answer yes to order uniform (top only). This will add an additional cost of \$40 automatically to your cart.
 - Black bottoms can be purchased at any sporting good store or store that sells sports wear.
- **Payment: Please email** (info@pacesetterstrackclub.com) if you want to pay in person. In person credit/debit payment processing is available. When registering you will have a cart which represents your "order" of club, meet and uniform fees. Payments are secured and your account is updated immediately. There is a nominal charge of 3.4% which will be added to your account at checkout. If you receive any donations or adjustments from last year, your account will be updated to reflect the discount.

Social Media, Website Navigation, Uniforms

- info@pacesettertrackclub.com Email
- Instagram: pacesetterstrack
- Twitter: @pacesettersoh
- Facebook: Pacesetters Track OH

www.pacesettertrackclub.com

Key Tabs: Click links below:

- [Parent Information](#)
- [Registration](#)
 - Registration listing
 - How to register
- [Resources](#)
 - Permission Google Forms
 - Document Links
- [Meet Dates and Results](#)
- [Set The Pace Showcase](#)

Girls Uniform



*Youth sizes are unisex tank tops.

Boys Uniform



Backpack and Sweats

- All items will be available in the online store
- Name on Jacket and Backpack
- Will need at least 10 orders before the store can close

Individual Prices

- \$70 Warm up (Jacket and Pants)
- \$40 Jacket
- \$40 Pants
- \$55 Backpack Resources

Bundle Price

- \$110 for the bundle
 - Includes Jacket, Pants and Backpack

Sweat Jacket



Sweat Pants



Backpack



PACESETTERS ELITE PERFORMANCE MINDSET TRAINING

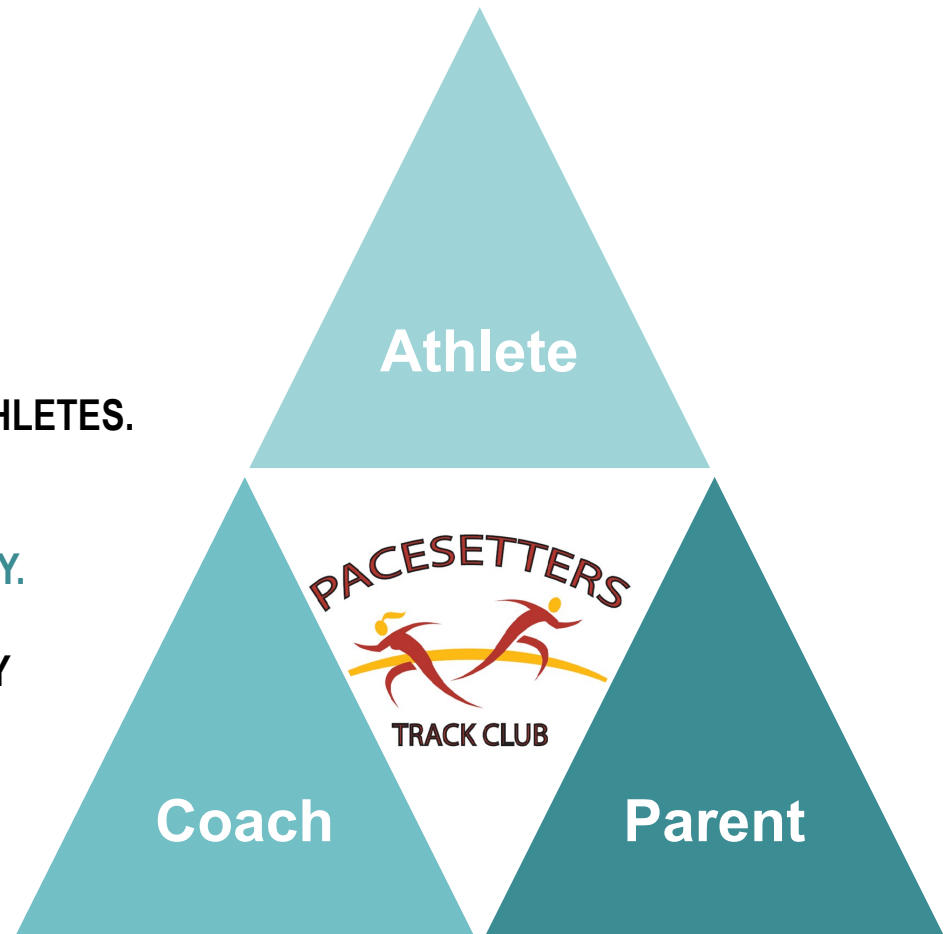
+ PARENTS
+ COACHES
+ SUPPORT PARTNERS
ATHLETE SUCCESS TEAM

PACESETTERS T&F TAKES A
HOLISTIC APPROACH TO DEVELOPING ATHLETES.

ELITE PERFORMANCE DEMANDS
BALANCE BETWEEN THE MIND + THE BODY.

ATHLETE'S TRAIN THE BODY EXTENSIVELY
WITH SKILLED INTENTION.

NOW WE WILL TRAIN THE MIND WITH
THE SAME ATTENTION TO DETAIL.



PACESETTERS MINDSTATE + MINDSET DEVELOPMENT TRAINING

MINDSTATE MONDAYS:

MINDSTATE WORK TO PREPARE THE MIND TO TRAIN

WISDOM WEDNESDAYS & THOUGHTFUL THURSDAYS:

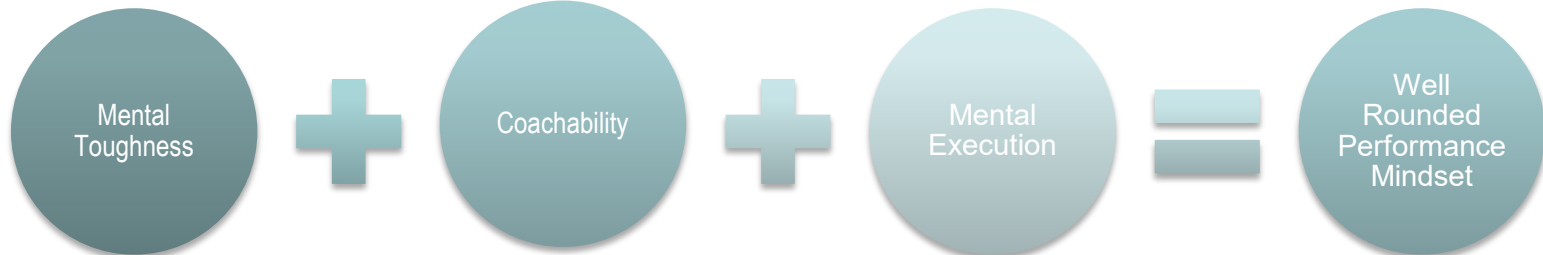
FOCUS THE MIND TO REFLECT ON PROGRESS GROWTH PLAN

AREAS OF DEVELOPMENT:

MENTAL TOUGHNESS COACHABILITY MENTAL EXECUTION

AREAS OF FOCUS:

GROWTH MINDSET ATTENTION TO DETAIL CONVENTIONALITY FOCUS SPEED
DECISIVENESS ADAPTABILITY GRIT COMPOSURE CONFIDENCE



Fundraising

1. Donation Campaign: Individual and corporate donations are accepted and used for purchase of equipment and other needed items. A Paypal button will be on the website to also make donations to individual athlete accounts.

2. Stack Raise “New”

This is an easy online fundraiser. On the website the athlete will create a unique link and quickly create their own personal campaign page. They'll upload a photo and enter the email address and/or mobile phone numbers of their friends/family members. Stack Raise will automatically send emails and text messages to their supporters on their behalf. Prizes and incentives will be rewarded for those that reach certain milestones.

3. Double Good Popcorn

This is a popcorn sells fundraiser and all proceeds go to the individual athlete. This fundraiser will begin in March and May. This year due to COVID-19 we will be using the digital program.

4. Parent Apparel

5. Golf Outing Fundraiser

Location, Date & Time – will be announced April 2022
Foursome's will be encouraged, or we'll match you up with a group
Food & beverage will be included with your event fee
There will be a Shotgun start so everyone finishes at the same time
More information coming soon so start warming up with practice at the driving range

Parent Volunteer Committees & Parent/Athlete Conduct

- **Stats and Awards**

Help maintain the meet book and upload information into the stats software. Obtain the event results and provide information to coaches and parents to assess performance, restructure practice and drills and for parents to see their child's improvement. Also in the book will be PRs, target times/distances for each event. You may be asked to assist with awards distribution for the club or during the Ohio association meet.

- **Photography**

Help with picture taking at all events. Capture the season through pictures and video. Photos will be the property of the Club and will be used for the website and other USATF sanctioned events, Facebook, and Twitter..

- **COVID-19 questionnaire**

Be available at the beginning of practice to document attendance and covid symptom sheet completion. (Only if needed)

- **Parent and Athlete Conduct**

A Parent Conduct Document will be on the website and a waiver that you have read and understand the conduct we expect will be in the registration process.

Key Dates

March/April

- 3/27 – Season Kickoff Parent Meeting
- 3/27 – PTC Registration online begins
- 4/1 – 1st Installment and Uniform Fees Due, Elementary Division-\$170 (select “yes” for uniform)
- 4/11 – First practice (weather permitting)

May

- 5/1- Track Meet: Dayton Wolverine’s Invite, Welcome Stadium in Dayton, OH (Oakwood HS)
- 5/1- 1st Installment and Uniform fees Due Middle/High Division-\$170 (select “yes” for uniform)
- 5/1 – PTC Registration and Final Club fees Deadline (Elementary Div.)
- 5/15 – Track Meet Set the Pace Showcase, Pickerington North
- 5/29 -- Track Meet: Coach P Summer Games, Toledo, OH

June

- 6/1 - PTC Registration and Final Club fees Deadline (Middle/High Div.)
- 6/2 – Parent Meeting during practice – Zoom
 - Travel/Lodging Accommodations meeting
- 6/5 – Track Meet: Northwest Track Classic* (tentative)
- 6/12 –Track Meet: Midwest Classic *
- 6/18 - Greater Than Track and Field Invitational*
- 6/25-6/26 Track Meet: Ohio Assn Championships Cedarville OH
- 6/30 – Parent Meeting during practice Regionals & Natl. ZOOM

July/August

- 7/7 – 7/10 Track Meet: Region V Championships Cedarville, Oh
- 7/16 – Queen City Invitational*
- 7/23 – Ohio Track Classic-Harley Field
- 7/25 – 7/31 Track Meet: National Championships Sacramento, California
- TBD – End of Season Activity
- *Track meet location: Cedarville, OH
- Important dates
- Mandatory qualifying meets

Q & A

- Live ZOOM Chat questions
- Coaches Comments