Dear Track Club Athletes, Parents & Coaches:

Flo Jo San Antonio Youth Track Club was founded by Tony Graham in 2010 who was trained under the great Florence Griffith Joyner, FLO-JO. Our organization is committed to developing our athletes to not only excel in track/sports but in life and most of all SCHOOL. Our coaching team brings over 25 years of experience with track and field. We serve a wide range of athletes of all skill levels from ages of 5 to 18 years old. We focus on the fundamentals of running which include strength, technical skills, speed and endurance. Our goal is to create a fun and competitive training experience focused on life skill development.

We look forward to an amazing experience!

Sincerely,
Flo Jo San Antonio Youth Track Club Staff

God, Family, No Excuses

Flo Jo San Antonio Youth Track Club Athlete and Parent Code of Conduct:

Athletes, Parents or Coaches in violation of the code of conduct standards may be dismissed, suspended, or permanently expelled from the Flo Jo San Antonio Youth Track Club.

All athletes who participate in the Flo Jo San Antonio Youth Track Club:

1. Will show respect for all adults and teammates.
2. Will be supportive
3. Will respect coaches, officials, teammates, and opponents.
4. Will learn and follow the rules at practices and meets.
5. Will use appropriate language at practice and club events.
6. Will do your best and never give up no matter the outcome.
7. Will NOT horseplay during practice or meets, a safe environment is important.

All parents who participate in the Flo Jo San Antonio Youth Track Club:

1. Will refrain from coaching their child or other players during practices and meets.
2. Will respect the coaches and track meet officials and their authority at practices and meets.
3. Will never question, discuss or confront coaches during practices or at a meet.
4. Will take time to speak to coaches regarding any concerns after practice, after meets or at an agreed upon time and place.
5. Will remember that athletes participate to have fun and that the sport is for youth, NOT adults.
6. Will help teach their child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of his or her performance.
7. Will demand that their child treat other players, coaches, officials, and spectators with respect regardless of race, creed, color, sex or ability.
8. Will promote the emotional and physical well being of the athletes ahead of any personal desire I may have for my own child to win.
9. Will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
10. Will be a positive role model for their child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players' coaches, officials, and spectators at every meet, practice or sporting event.
11. Will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting or using profane language or gestures.

All coaches who volunteer with the Flo Jo San Antonio Youth Track Club:

1. Will refrain from coaching their OWN child/children during practices and meets.
2. Will respect the coaches, track meet officials and outlined rules at practices and meets.
3. Will never question, discuss or confront coaches during practices or at a meet.
4. Will make time to speak to Head Coaches (Tony or Billy) regarding any concerns after practice, a meet or at an agreed upon time and place.
5. Will remember that athletes participate to have fun and that the sport is for youth, NOT adults.
6. Will be a positive role model for all participating athletes and encourage positive attitudes and respect for others.

7. Will follow provided practice schedules, assigned age groups, posts and responsibilities outlined by head coaches.
8. Will abide and respect the rules/request set forth by meets hosted by other teams, you are representing the organization as a volunteer.
9. If permitted on the field during meets, we are not allowed to run alongside athlete

***An athlete's who is not making progress in our program reflects our commitment to each child. We set the example of following rules set forth before us, having positive attitudes and showing up at each practice/meet.

Flo Jo San Antonio Youth Track Club Rules and Regulations

Practice:
Practices are normally held every Monday, Tuesday, Thursday and selective Saturdays. Practice times and location may vary depending on daylight savings time and planned workout. Please see tentative practice schedule for specific details. In addition, the coaching staff will keep you abreast of practice schedules.

For Athletes:
1. Athletes are encouraged to attend all practices. If you are unable to attend, please contact a Coach as soon as possible. IMPORTANT TO KNOW: The training program is created to include specific daily workouts for each athlete. A missed practice may result in the athlete's inability to compete at their best. Remember, hard work pays off.
2. Athletes must arrive on time to every practice to receive the full training program.
3. Restroom facilities may be limited. Please use the restroom before arriving at practice.
4. Athletes must be prepared by wearing and bringing the following to each practice:
a. Water bottles
b. Appropriate training attire (weather dependent)
c. Appropriate Shoes (running shoes and spikes) – NO CROCS
5. Athletes must follow the directions of the coaching staff during practices. This includes doing the exercises, participating in all drills and completing the training program.
6. No distractions will be tolerated
7. The following is not allowed: profanity, horseplay, abusive language, or fighting.
8. Athletes unwilling to participate in workouts or causing a disturbance will be dismissed from the track practice area and will not be allowed to return until coaches have spoken with the parents.
9. Repeated misconduct, distractions and/or refusals to do workouts will be grounds for termination from the program. No membership fees will be refunded if a membership is terminated.

For Parents:
1. Parents are not permitted on the track or in practice areas during practices.
2. Parents shall refrain from coaching or instructing athletes during practices sessions.
3. DO NOT INTERRUPT PRACTICE.
4. Coaching is the exclusive responsibility of the Flo Jo San Antonio Youth Track Club coaching staff.
5. Coaches are available to answer questions before and after practice or during scheduled appointments.
6. The Flo Jo San Antonio Youth Track Club training program is physically intensive. If an athlete fails to attend practice or you would like to know how you could assist your athlete on your

own time, please discuss options with the coach. Excessive training could potentially HARM the athlete or cause injury.
7. Please notify the coaching staff if your child will not be able to participate in a scheduled practice. This notification should be given as early as possible.

Inclement Weather:
Practice will be held as scheduled except in the event of dangerous weather, such as extreme cold, heavy rain, or lightning. If a scheduled practice is cancelled due to the weather, the club will attempt to inform the members by email, text or posting on website and social media sites. When in doubt, please contact us.

Relays:
1. The Flo Jo San Antonio Youth Track Club Track club focuses on individual performance. An athlete's individual performance takes priority over their participation in a relay.
2. Participation on a relay team is a privilege. All relay teams will consist of 4 members plus 1 alternate.
3. Relay teams will be determined by the following criteria: performance, attitude, work ethic, participation and practice attendance.
4. Flo Jo San Antonio Youth Track Club coaching staff has the authority to remove any athlete from a relay team due to excessive tardiness, absence, lack of participation, & behavior towards coaches & other athletes.
5. Relay teams during the developmental season and qualifier season will not necessarily remain the same.
Fundraising
Everyone is encouraged to participate in fundraising. The Flo Jo San Antonio Youth Track Club staff will coordinate all fundraising activities. If you participate in fundraising, monies earned goes toward the Flo Jo San Antonio Youth Track Club equipment cost, annual hosted meet, end of season party etc.
"There will be some mandatory fundraiser events for all families."

Flo Jo San Antonio Youth Track Club Athlete Fee List: $350 per athlete-Outdoor Track Season
• Includes Amateur Athletic Union (AAU) membership card
• Incudes TAAF membership card
• Uniform and Gear
All uniforms order forms must be submitted by: March 1st, 2024.
All athletes are required to purchase bundle, there are not alternative options. Uniform order includes:
• Backpack
• Team Shirt
• Warm-up Jacket
• Warm-up Pants
• Running set (top & bottom)
    - All fees are non-refundable.

Contact Information
Email: flojosanantonio@gmail.com
Facebook: FloJoSanAntonio
Instagram: FloJoSanAntonio
Coach Tony: 669-667-0018
Coach Billy: 210-607-9941