

2026 East Bay Heat Track Club's Code of Conduct



Dear EBHTC Parent(s),

East Bay Heat Track Club is esteemed that you have chosen to join the EBHTC family. This brochure will allow you to understand our youth track and field program and my expectations as Head Coach, for parents and athletes. The coaching staff is ready to train your Athlete for the upcoming competitive track season. Please take the time to review this information and reach out with your concerns.

Much Love and Respect,

See you on the track!

EBHTC Staff

PRACTICE INFORMATION

Pre-Season Training Schedule

November 2025 thru February 2026

- 1 weeknight @ 6p to 8p and Saturdays @ 11:00 am to 1:30 pm

Start of Season

March 2026 thru July 2026

- Monday, Tuesday, Wednesday, and Thursday from 6 pm to 8 pm, and some Saturdays from 11:00 am to 1:30 pm (when there is no track meet)
- Participation in at least three of the four practice days weekly is a mandatory requirement for all athletes. We kindly request your adherence to this rule.
- Periodic hill workouts will be held throughout the track season from 11:00 am to 1:30 pm at various locations in the East Bay.

FEES

Please assist club management by ensuring all fees are paid on time. Your cooperation regarding this matter is greatly appreciated. Payments can be made monthly using the Cash App, Zelle, Cash, or a check. The final payment is due by Sunday, March 16, 2025. All payments will receive a receipt.

- \$425 per season (includes Sweatsuit, Competition top, T-Shirt, and a track bag, and entry fees up to the PAC Championships (Mid-June 2026)

Birth Certificates

Copies of birth certificates are mandatory for your child(ren) to participate as a member of EBHTC. **This process is now the full responsibility of the Parent/Guardian with USATF online. See Coach for further information.** www.usatf.org looks for youth membership.

Team Colors

East Bay Heat Track Club's team colors are **Red & Gold.**

Uniforms

Uniforms and Jogging suits will be distributed in March. Replacement costs, if available, are as follows:

- Compression tops or tights \$50
- Jogging Suit \$150
- T-Shirt \$35

Track Shoes

Shoe sizes are difficult to find for smaller athletes; therefore, feel free to purchase any style track shoe that accommodates your child. Please discuss track shoe types with the Coach before purchase to ensure you are buying the correct shoe. Sprinters should purchase a sprinter shoe, distance runners a distance shoe, and throwers a throwing shoe.

Transportation

Transportation to and from track practices and track meets is the responsibility of the parent or guardian. Please ensure that your child arrives at practice and track meets on time.

Program Policy

- 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 entire program.
- Parents will reimburse the program when their athlete misses a track meet where fees are paid in advance by club management. To avoid this matter, notifications to Coach Williams must be made (2) weeks before the possible missed event date.
- **There will be NO refunds of fees. This includes self-removal or management dismissal.**
- To prevent future mental anguish and possibly permanent physical damage to our young athletes, any East Bay Heat parent or potential member who engages assistance from PERSONAL TRAINERS or COACHES of other programs/schools will be dismissed from this program.
- All athletes joining the EBHTC program who refuse to train exclusively with the EBHTC Coaching Staff will not be allowed to compete as an EBHTC athlete.

East Bay Heat Track Club's Athlete and Parent Codes of Conduct

Athletes Pledge

- As a representative of the East Bay Heat Track Club, I commit to being responsible for my words and actions, regardless of the circumstances, both on and off the field or during competition.
- Eat a healthy breakfast before every track meet. (See nutritional guide)
- Don't forget your track shoes or uniform
- Arrive at the meet well-groomed and wearing your entire uniform. Do not arrive with curlers in your hair. No scarves, sliders/flip flops, or basketball shoes.
- You must receive permission from a coach before leaving the bleachers/team area, eating, or drinking during the track meet. This includes drinking water.
- Always be respectful to other athletes, coaches, fans, and officials, regardless of race or national origin. Sex. Sexual orientation. Creed or ability.
- As a student-athlete, you must maintain the academic standards of your school and East Bay Heat Track Club. (2.75 GPA)
- Put your name on all clothing and shoes.
- I commit to maintaining good sportsmanship throughout the season and understand fighting. Misconduct. Vulgar or derogatory language, cursing, or disrespect in any way can lead to being dismissed from East Bay Heat Track Club.
- I commit to not using drugs, tobacco, or alcohol and understand that doing so will result in my dismissal from the team. This includes the use of electronic cigarettes, also known as e-cigs, vapes, or vaporizers.
- I will give positive encouragement to my fellow athletes and peers and understand that any rude or disrespectful behavior on social media or through electronic or printed communications, including the use of foul language or inappropriate gestures toward anyone, will not be tolerated. I may be removed from the team.

Parent's Pledge

AS A PARENT AND/OR GUARDIAN of an athlete on EBHTC, I hereby pledge to provide positive support, care, and encouragement for my child and all athletes by familiarizing myself with the East Bay Heat Track Club's Parents' Code of Conduct outlined below:

- Please ensure your child gets to bed early the night before a track meet and eats about 2 hours before the start of the meet.
- I will do my very best to make youth sports fun for my child and the athletes, recognizing that winning is a consideration, but not the only one. Nor the most important one. I will remember that the game is for our youth participants - not the adults. Teaching my child and the athletes the importance of teamwork and discipline is first and foremost in acts of bullying and the use of insensitive speech.
- Please bring food for your athletes; they aren't allowed to eat from the snack bar until they are finished competing for the day.
- Please ensure your child has packed their track shoes, full uniform, and accessories.
- At the track meets, please do not feed or give a drink to your child without the coaches' permission. Also, do not purchase food from concession stands for your child until they have finished competing for the day. Check with a Coach to confirm.
- Please do not advise your child regarding an event that contradicts that of his/her coach.
- I will not use drugs, tobacco, or alcohol while at Organization and Association events, Track meets, and practices, and will help ensure a sports environment that is free from drugs, tobacco, and alcohol. This includes the use of electronic cigarettes, also known as e-cigs, vapes, or vaporizers
- If you become irritated by an action taken by another or some other discourtesy, please advise a Coach for resolution. Do not take matters into your own hands; I will commit to a 24-hour "cooling off" period before contacting my athletes' coach or any team volunteer, if any issues of concern arise.
- I will not get engaged. Or encourage my child or others to engage in rude, disrespectful, or foul behaviors on social media or through electronic or printed communications toward any athlete, team, organization, official, or participant.
- I will encourage good sportsmanship by demonstrating positive support for all athletes, coaches, participants, and officials at every game, practice, or other Organizational or Association events.
- Please do not allow idol gossip at practice or a track meet and/or riffs between children, which cause you to engage others physically or verbally. Please report these issues to a Coach for resolution. **ANY THREATS OF VIOLENCE to ANYONE** will have you and your athlete removed immediately from this track club.
- They should have a prepared lunch from home that contains healthy items. Please refer to the nutrition Section below, which will assist you with this request.

- I will respect my child's coach and do my best to have my child at all practices and track meets, and events on time, as well as refrain from cursing and the use of vulgar language at all events and in all communications with my child, the athletes, coaches, participants, and officials.
- I will promote an environment of diversity and inclusion and ask my child and the athletes to treat other players, coaches, fans, and officials with respect, regardless of race. National origin. Sex, sexual orientation, creed, or ability.
- Discipline action will be imposed if these rules are violated. Up and to removal from the Team.

Club's Athlete Nutrition Advice

****All EBHTC athletes before all track meets should adhere to the following advice:**

1. Get plenty of rest. Eat many carbohydrates such as bread, pasta, cereal, pretzels, and fruit. Begin this regimen 5 to 7 days before a track meet.
2. Drink plenty of water to replace body water lost through sweat during training. Clear or pale-yellow urine indicates an athlete is well hydrated. Dark urine means an athlete may be dehydrated.
3. All caffeinated beverages, such as soda, coffee & tea, must be avoided the day before and the day of competition.
4. Deli meats, ice cream, and pepperoni pizza must be avoided the day before a track meet. These foods take a long time to digest.
5. The night before a track meet, eat a simple dinner that is easy to digest. It should consist of foods high in carbohydrates and low in fat. A good example of a power-packed dinner is (1) a large baked potato with 1/3 cup of low-fat grated cheese; (2) large squares of cornbread; (1) a glass of non-fat milk; and (1) a cup of frozen yogurt topped with fruit.
6. On the day of the track meet, eat an early breakfast 2 hours before the event. You can munch on 1 ½ cups of cereal and a slice of toast topped with fruit jelly. Quench your thirst with a cup of fruit juice. Any fat products eaten during this time could make you nauseous.
7. During the track meet, your body must stay fueled. To accomplish this, periodically eat raisins, pretzels, sports/power bars, and or bananas. If you must have a sandwich, a turkey sandwich without mayo is the best choice. Please note: You must receive permission from a Team Coach before consuming any of the above.
8. As mentioned earlier, it is most important to stay hydrated. You must drink water frequently during the day. A long day at the track meet can easily make you dehydrated. Headaches, fatigue, and light-headedness are sure signs of dehydration.
9. Following the above suggestions will protect your health and provide you with an edge over your competition.