



PROVISO ELITE **GAZELLES**

To promote a healthy lifestyle and inspire each athlete of today to become a better version of themselves tomorrow by instilling in them the fundamentals of track and field as a tool to mold themselves into educated, hard working athletes and model citizens.

"Improving our athletes one mile at a time!"

Team Requirements

Welcome to Proviso Elite Track Club where we focus on training our athletes to become model citizens in all they do. Our primary focus is to strengthen in areas of need while promoting excellence not only on the track but at home, school and in their daily lives. Our team is coed (boys and girls) ages 5-18 years old are eligible to join and compete. No experience necessary; athletes will be trained. We ask that all athletes have proper running gym shoes, track and field spikes and athletic/comfortable clothing for practice. **No running in jeans and/or socks No Exceptions!**

- Athletes should all come prepared to practice and bring all that is needed each day. Practice will not be held up due to an athlete not having what is needed.
- If an athlete continues to come unprepared for practice, they will be asked to leave. Athletes will not be allowed to eat on the track so please refrain from bringing food and or snacks.
- Athletes should only bring to practice: bottled water, Gatorade, Powerade or sports drinks, running shoes and running spikes.
- Parents are welcome to watch their child(ren) practice **but are not allowed on the track.**
- We ask all parents to ensure that if you leave while your athlete is practicing, please return to pick your child up timely. Keep in mind practice is scheduled to end at 7:45pm but can end as early as 7:30pm.
- Staff is not permitted to drop your athletes off at home and or wait around after practice has ended. Let's be respectful of everyone's time considering these are school nights for our athletes and work nights for our staff and parents.

We will be adhering to the CDC guidelines and recommend the following measures:

Handwashing/Sanitizing

- Before, during and after practice
- After use of shared items (batons, blocks, etc.)

Mask (Optional)

Avoid

- Sharing of drinking/food items

Wellness and Wellbeing

- If you feel sick, been around anyone who has been sick. **DO NOT COME TO PRACTICE!**
- Disinfecting of common areas will take place before and after practice to alleviate any spread of germs

Rules and Regulations

- Be on time to practice
- Respect coaches/staff/peers and other athletes always
- Participate or go home
- No horseplay with one another
- Keep your hands to yourself
- Keep your attitudes off the track
- Follow the rules first time given
- Report all forms of bullying/mistreatment
- No food and or beverage on track at any time
- Come prepared with proper attire and shoes for practice
- No parents on the track at all
- Parents we ask that if you have any concerns and or issues you discuss them with a staff member.

Disciplinary Actions

After 3 offenses of non-compliance with the rules and regulations will result in disciplinary action and ultimate suspension from the team.


Suspension:

1. Athlete will sit out from practice
2. Athlete will sit out the next meet. If non-compliance continues after two suspensions termination of team membership will follow without refund.

Team Communication

Thank you for choosing to be a part of the Proviso Elite family. As we continue to grow, we want to also ensure our athletes and families have fun and enjoy the season and their experience. We also want to make sure everyone is aware and up to date of team expectations and any changes.

Practice is Monday-Thursday 6pm- 7:45pm unless noted otherwise. It is highly encouraged that all athletes attend practice as scheduled and be on time to practice and meets.

We understand that some athletes participate in other sports as well during the same time but please communicate the athletes planned absences in advance. We communicate via app GroupMe  and ask that all parents and/or athletes download the app, so you are added to the group to get the latest news and updates of our team.

Proviso Elite Track Club GroupMe is only for current season participating athletes and parents/guardians. If you wish to be added and or removed from the group for any reason, please communicate with staff member. If you ever have any issues and or concerns, please speak with a member of the Proviso Elite Track Club staff. Check GroupMe app prior to leaving out for practice for any last minute practice cancellations.

****DOWNLOAD APP TODAY****

GroupMe



Team Fees

- **Team Fee:**

- Summer (Outdoor) \$625.00 per competing athlete
 - Team fee includes USATF membership fee, meet entry (up to 3 events) team insurance, athletes training, team shirt and water bottle (if you do not have one already)
- Summer (Outdoor) \$425.00 per athlete - Training Only
 - Team fee includes USATF membership fee, team insurance, athletes training, team shirt and water bottle (if you do not have one already)
- Winter (Indoor) \$400.00 per competing athlete
 - Team fee includes USATF membership fee, meet entry (up to 3 events) team insurance, athletes training, team shirt and water bottle (if you do not have one already)
- Winter (Indoor) \$300.00 per athlete - Training Only
 - Team fee includes USATF membership fee, team insurance, athletes training, team shirt and water bottle (if you do not have one already)

- **Uniform Fee:**

- \$200 - Uniform, Warmer Suit, Bookbag, Arm Sleeve, Headband
- \$65 - Bookbag only
- \$150 - Uniform and Warm up suit only (if purchased from club and size is available)

Payment Schedule

Club fee is due upon registration and remaining amount at the date given by the Treasurer each season

All payments are final and non-refundable. Refund will only be considered if there is a family emergency or illness that hinders your child from completing the season. Conflict of scheduling will not be allowed

Only one **club fundraiser** will be during the summer (outdoor season). Individual fundraisers can be done at your discretion.

There is NO referral discount or multi-athlete discount.

Practice Schedule

Seasons

Outdoor: April- August

Indoor: October - January

When: Monday- Thursday

Where: Proviso West High School

4701 Harrison Street Hillside, IL 60162

In the fieldhouse enter at door #24

** Weather permitting, we will also use outdoor track for practice.
This will be communicated prior to start of practice via GroupMe

Time: 6:00pm-7:45pm

Attendance will be taken at the beginning of each practice.
Athletes will sign in. If there is an attendance concern,
Coaches will communicate that to the parent.

Parent Meetings:

Will be held at the given time of the administer during each season. Please monitor GroupMe for important dates!