

NORTH SHORE BREEZE SURVIVAL GUIDE

Administrative Staff

Organization Rules & Guidelines

Coaches Objectives

First Aid Basics

Stretching Techniques

Registration Form

Contact Information

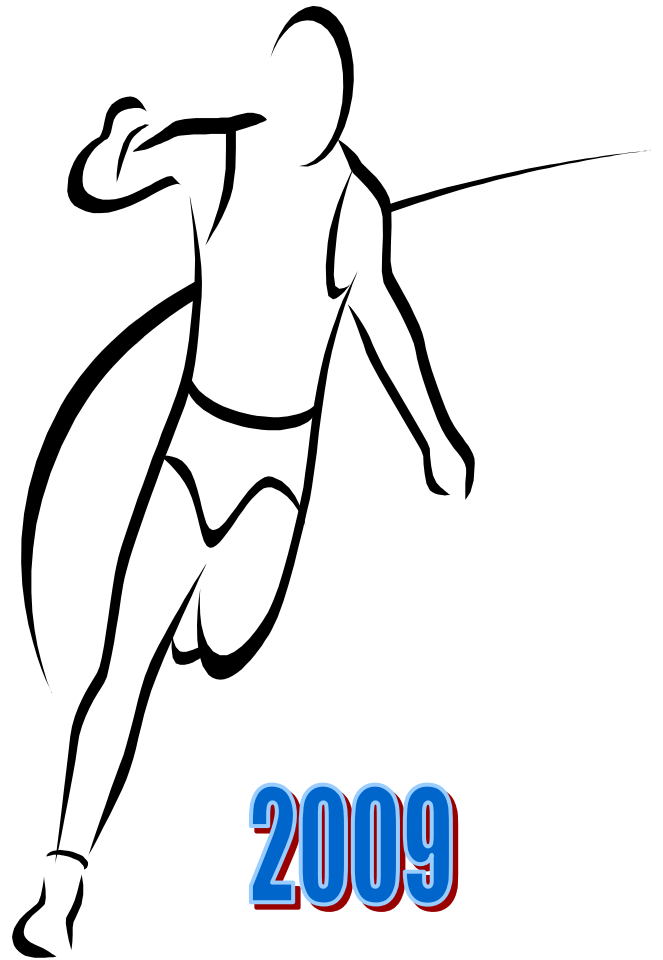
By Laws

Consent Form

Track & Field Schedule

Background Check

Website: <http://www.northshorebreeze.com>



Administrative Staff

Vernon George:

President/Head Coach

Brenda Kimbrough

Vice President/Asst. Coach

Kimberly George

Secretary/Asst. Coach

Barry Kimbrough

Treasure/Asst. Coach

Rich Becker

Field Coach

Melissa Delaney

Supporting Staff

Jim & Madoyln Willhite

Supporting Staff

Arnold MaGee

Supporting Staff

Organization Rules & Guidelines

As each year goes by there seems to be a need to add more rules within the Organization. North Shore Breeze will enforce all rules that are indicated within the rulebook. If any of the rules that are indicated in the rule book are violated more than **three** times you will be removed from the team by the executive decision board that consist of ***President Vernon George and Vice President Brenda Kimbrough.***

**Please note any fines that are not paid will result in the athlete being removed from the team until the fines are paid. Fines are to be paid within the week of the infraction, which means, if a rule was broken on Tuesday then the fine would have to be paid by Saturday. **

1. Each member must familiarize themselves with team rules. Discipline is based on a fine system. Members must abide by existing rules. When an athlete receives a fine he/she will be given a disciplinary form to sign and it will be placed in your file. Parents will also be notified of incident.
2. This is an interracial group. If you find it difficult to work with or get along with people from different ethnic backgrounds, this is not the team for you. Any evidence of prejudice will result in immediate remove from the team by execution decision.
3. Tact and diplomacy are essential in good communication. Nothing is accomplished by gossip. These guidelines are essential to the organization to ensure we continue to operate in a smooth and professional manner. (*Gossip is any negative verbal communication by a person regarding someone/something that is communicated more than once*)
4. We will **not tolerate** any fighting among the athletes. You are there for a purpose and that is to learn the Basic Fundamentals of track and field. If any athletes engage in fighting you will be fined **\$25.00**. Depending on the severity of the incident you could be removed from the team by execution decision.
5. Any conduct by athletes that would discredit North Shore Breeze or misrepresenting NSB by unauthorized use of the team's name will be removed from the team by execution decision.
6. Any alcoholic beverages, smoking and use of drugs while in the presents of NSB athletes or in around the practice area will result in immediate removed by the executive decision.
7. Members who displays a negative attitude or who do not put forth 100% effort during practices and competition will be ask to reconsider there purpose.

8. Any members that disrespect the coaching staff, or any other coaches or officials will be fined **\$25.00**. If this behavior continues the athlete will be removed from the team.
9. Arguments, inappropriate comments, name calling, demeaning remarks, openly displaying a dislike, negative facial expressions and profane language is a **\$5.00** fine per offense. Depending on the severity of the altercation you could be removed from the team by executive decision.
10. Boyfriends, girlfriends, friends or any other acquaintances that are not apart of the NSB track and field organization are not allowed at the practice areas. We feel this is a great distraction to the athlete and we will ask them to leave. If this continues to happen we will remove you from the team. Athletes that are registered to the North Shore Breeze Track organization are the only members that are allowed to be on the track or unless given permission by the coaching staff.
11. Athletes are not allowed to talk about other athletes regardless of what team they are on. If evidence of pairing off into groups for this purpose will result in a **\$5.00** fine. If this continues to happen you will be removed from the team.
12. Any athletes caught exhibiting negative contact such as pushing; hitting, spitting, slapping, punching, kicking, pinching or spiking other athletes will be fined **\$5.00**. If this continues to happen you will be removed from the team by executive decision. This means no horse playing.
13. The training that we provide consisted of free body movement. The workout requires appropriate footwear, shorts and or sweats at all times. Any athlete that continues to come to practice dressed inappropriate you will be fined **\$5.00**. (Inappropriate attire means coming to practice with blue jeans, flip flops, shirts with no support that expose your physical anatomy).
14. We reserve the right to remove any athletes from our program in the event of inappropriate behavior. (That means threatening or disrespecting any of the coaching staff that could put them in dangerous situation that requires them to defend themselves).
15. If for any reason you as an athlete and a member of the North Shore Breeze track and field organization feel you have been treated unfair by any of the coaching staff, please contact the President and Vice President of the organization so they can make arrangements to rectify the issue.
16. We are very honest and trust worthy to our athletes and parents. Our organization will not tolerate any stealing or destruction of other people's property. **North Shore Breeze will not be liable for any lost or stolen items that are brought to the practice or competition site.** If any athlete is caught stealing they will be removed from the team immediately.
17. Gross misconduct on an extended track and field trip will result in the athlete being sent home at the expense of the member/parent. (Gross Misconduct is when an athlete has locked him\herself in a room with others, kissing touching and other things that are not allowed on this team).

18. Any track and field equipment that is damaged due to misuse by an athlete he/she will be responsible for replacing the damage item. Parents will be notified immediately.
19. Privacy is one of our policies. If for some reason you need someone to talk to, please feel free to call upon our coaching staff. We take pride in our program, our athletes as well as your privacy. We will assure you we will do our best to help you come to a satisfactory decision that works for both the athlete and coach.
20. NSB org is only responsible for transportation to and from the competition venues.
21. Security is a very high priority for our organization. Therefore anyone leaving practice area or competition sites without coaches' permission will result in a \$3.00 fine. If this behavior continues the athlete will be removed from team by executive decision.
22. North Shore Breeze organization has athletes from ages 6 to 18. NSB will not tolerate athletes exhibiting any sexual preferences. (Sexual harassment is verbal or physical gestures that make another person feel uncomfortable).
23. Our program consists of physical fitness and good eating is very important to us. You will not be allowed to bring junk food to practice. (Potatoes chips, candy bars ext.). Fruit and water is allowed.
24. Protests are the coach's responsibility. If you see it please report it immediately. Athletes/parents are not allowed to protest. NSB will do everything possible to ensure that the athlete will be represented properly.
25. Athletes that advance to the USATF nationals for competition will be require to be accompanied by a parent. Only the athletes that make it to the nationals can travel with the team to the nationals.
26. Athletes are to report all injuries to coaching staff as soon as possible.

PARENT PLEASE READ AND REVIEW RULES AND GUIDELINES WITH YOUR CHILD BECAUSE THESE RULES WILL BE ENFORCED. WE NEED YOUR COOPERATATION TO HELP INSURE ALL ATHLETES FEEL SAFE AND PROTECTED.

COACHES OBJECTIVES

Our program consists of three different levels of training. These levels are primarily based on the age of the participant. It is our philosophy to place a participant in a program that is geared towards his age and skill ability. Listed below are the age groups and concepts covered by each:

Age Group:	Objective/Topics Covered
Elementary 10 yrs & older	our basic program provides a gentle and positive introduction to the sport of track and field. Individuals in this age group are given their first exposure to the sport in a non-competitive environment and are taught to have fun. It is our philosophy that we are to set these athletes up to experience success, which will in turn breed confidence. Basic stretching and fundamental drills are covered during this stage: 100M Dash, 200M Dash, 400M Dash, 800M Run, 1500M Run (9 yrs), Shot Put, Long Jump, High Jump (9 yrs) and Triathlon (9yrs).
Middle School 11-14 yrs old	Athletes at this stage begin to learn to master basic drills as the focus is on developing proper running form and event technique. Many more events are available to these athletes to include discus throw, hurdles, Pentathlon, and 3000M run. The Javelin and Pole Vault events are offered to 13 years olds. This is a good stage for a young athlete to explore new things as well as begin to perfect the basic principles learned in the previous stage. This age group becomes very competitive at the Regional and National level. Athletes are exposed to resistance training at this stage and are prepared to compete on a national level if desired.
High School 15-18 yrs. Old	More complex drills are taught at this stage. This is also the first stage that club staff will recommend an introduction to weightlifting. Weightlifting is progressive and is done in conjunction with the daily workout. Athletes nearing the end of this phase are prepared to compete at an optimal level. Training is very vigorous at this stage. Javelin, Decathlon and Heptathlon are offered at this stage. Individuals are also directed to academic workshops to prepare them for collegiate success. Parents are encouraged to process NCAA Clearinghouse paperwork during the athlete's sophomore year in high school and update this record each semester thereafter. Clearing House paperwork is used to certify that athletes have taken the required courses in high school and are thus eligible to compete for a NCAA Division I or II athletic team.

Athletes with exceptional ability will train with other athletes in a comparable ability group to optimize their performance.

First Aide Basics

Muscles are fibrous elastic tissues that move bones. The Most common muscle groups injured in sports are as follows:

Muscles are fibrous elastic tissues that move bones. The most common groups injured in sports are:

Rotator Cuff - Located on the shoulder blade, these muscle are involved in throwing motions
--

Quadriceps – Located on the front of the thigh, these muscles straighten the knee and move or bend the thigh forward.
--

Hamstring – Located on the back of the thigh, these muscles bend the knee and move the thigh, backward.
--

Calf – Located on the back of the lower leg, these muscles point the foot down and also help bend the knee.
--

Ligaments are bands of tissue that typically serve to connect bones at joints. Their major duty is to hold the bones together; they are therefore extremely important to joint stability.

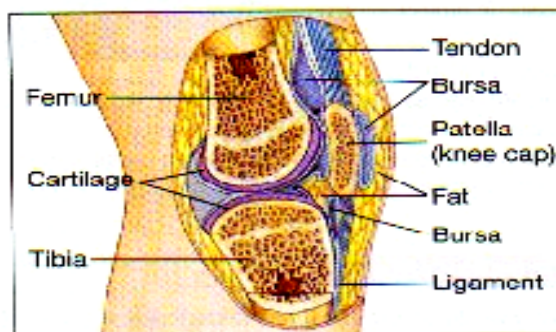
Tendons are fibrous elastic tissues that attach muscle to bone. Commonly injured in sports are:

Achilles – Heel

Patellar – Kneecap

Biceps – Upper Arm

Rotator Cuff – Shoulder



<p>P-Protection: Protecting the athletes from further injury by allowing him/her to move around and by keeping other athletes and hazards clear of the athlete.</p>
<p>R- Rest: An injured athlete should be removed immediately from competition, do not allow athlete to return to participation until he/she is examined and released by a physician and is able to play without pain or loss of function. (No limping, no decrease or adjustments in arm movements).</p>
<p>I- Ice: During the first 24 to 72 hours following an injury, ice can be applied to help minimize pain and control swelling caused by bleeding and fluid loss. Apply ice to the injured area for 15 to 20 minutes. Typically, athletes to whom ice is applied will experience cold, pins and needles, dull aching and numbness sensations. Once the area is numb, ice can be removed. It can be applied every two hours as necessary for pain and swelling during the first 24 to 72 hours after injury. Crushed ice in a plastic bag works best and can be placed directly over the injury. Water frozen in a cup can also be used as massage an injured area.</p>
<p>C-Compression: To control swelling, you can apply an elastic wrap to an injured limb, especially the foot, ankle, knee, thigh, hand or elbow. This is used with combination with ice and elevation to help minimize swelling.</p>
<p>E- Elevation: The injured part should be elevated above the heart as much as possible for the first 24 72 hours following an injury.</p>

Anaphylactic Shock

This is a condition in which an athlete has an allergic reaction to a substance. The body responds with swelling in the throat area, which narrows the air passages.

Causes:

Allergic reactions to insect stings and certain types of food.

Symptoms:

Tightness of the chest causing the inability to breathe. The athlete makes whizzing or grasping noises. Skin, fingernails or lips may appear blue or gray.

What to do:

Apply ice to the area, monitor the ABC's and provide rescue breathing or CPR if necessary.

Asthma

This condition in which the air passages in the lungs constrict and therefore interfere with normal breathing.

Causes:

Allergic reaction to dust or molds, exposure to cold environment such as ice skating rinks smoke or other inhaled substances. Adverse response to strenuous exercise can also bring on an asthma attack.

Symptoms:

Tightness in the chest with the inability to breathe, the athlete has trouble exhaling. Athlete makes whizzing or grasping noises. Skin, fingernails or lips may appear blue or gray. Pulse rate may increase to 120 beats per minute or more. The athlete is noticeably frightened.

What to do:

Place the athlete in a comfortable position. Assist the athlete with the asthma medication. Monitor the athlete's breathing, pulse rate and skin color. Send for emergency medical assistance if the athlete does not respond. Begin rescue breathing or CPR if necessary.

Hyperventilation

The athlete breathes rapidly and deeply. This creates a deficit of carbon dioxide in the bloodstream and upsets the oxygen and carbon dioxide balance.

Causes:

The athlete becomes excited and starts breathing deeply and rapidly. It's considered a blow to the solar plexus.

Symptoms:

Inability to breathe, tingling in the arms or hands, dizziness or light-headedness, panic and or anxious feeling.

What to do:

Place the athlete in a comfortable position. As a last resort, instruct the athlete to place a paper bag or hand over his/her nose and mouth and breathe into it until the symptoms subside.

Hamstring Strain

This is a stretch or tear of the hamstring muscle.

Causes:

Forceful contraction or stretch of the hamstring muscle, weak or inflexible muscles are especially prone to strain.

Symptoms:

Athletes complain of pain in the back of the thigh after they heard or felt a pop. Injury consists of swelling and discoloration of the injured area.

What to do:

For minor strains, have the athlete gently stretch the hamstring muscles. For major strains where pain and loss of function are severe, prevent the athlete from walking on the injured leg. Gently apply ice over the injured area for 15 minutes on and off for an hour.

Sprain Ankle

This is a stretch or tear of the ligaments holding the ankles bones together.

Causes:

Athlete tripped in a hole or felt or heard a pop. Twisting or torsion injury to the ankle, an athlete landed on another athlete foot.

Symptoms:

Pain inside or outside the ankles, causing swelling and discoloration around the injure area.

What to do:

If pain, swelling and loss of motion are severe, prevent the athlete from walking on the ankle. Immobilize the ankle and gently apply ice over the area fro 15 minutes on an off for an hour.

Achilles Tendonitis

This is a stretch, tear, or irritation to the tendon that attaches the calf muscles to the heel.

Causes:

Forceful contraction when stretching of the calf muscle. This normally happens when athletes participate in a repetitive stressful activity that requires athlete to compete on their toes.

Symptoms:

Pain above the heel when trying to run or jump. Causing inability to point the foot up or down in a circular motion along with swelling and discoloration.

What to do:

For Achilles tendonitis, the athlete should gently stretch the calf muscles. If pain or loss of motion is severe prevent the athlete from walking on the injured leg. Gently apply ice over the injured area 15 minutes on and off for an hour.

Heel Bruise

This is a bruise to the muscle, bone and soft tissue of the heel.

Causes:

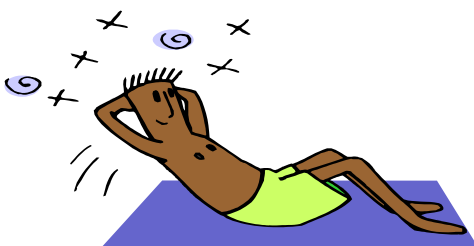
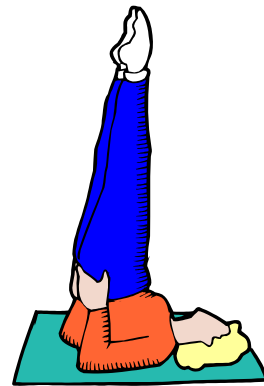
Wearing shoes with little heel cushioning or exercising on a hard surface such as concrete.

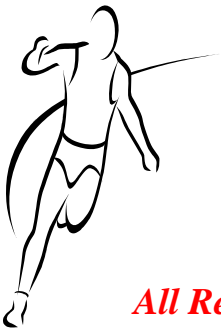
Symptoms:

Severe pain in the heel when trying to run or jump, causing inability to walk, put pressure on the heel.

STRETCHING TECHNIQUES

Athletes should do daily stretching everyday before you go to bed at night.





2009 REGISTRATION FORM

All Registration fees are non-refundable.

Last Name: _____ First: _____ Age: _____

Address: _____

City: _____, Illinois Zip Code: _____

Phone Number: _____

Birth Date: _____

Parent\Mother: _____ cell#: _____

Parent\Father: _____ cell#: _____

Email Address: _____

IN CASE OF EMERGENCY:

Name: _____
Phone Number: _____

Parent Signature (if athlete is under 18yrs)

NSB Check List

- Proof of Birth Date (Xerox Copy)
- Registration \ Uniform Fee **\$150.00** (Check payable to North Shore Breeze)
- USATF registration form Completed \ Verify Signature
- 2009 NSB Manual
- Schedule issued
- Activities Waiver signed
- Medical Waiver
- Uniform Given Yes_____ No_____ Reason: _____
- Division: 2001-Later Pee/Wee 99-00 Bantam 97-98 Midget 95-96 Youth
93-94 Intermediate 91-92 Young 90-Down (Open)

CONTACT INFORMATION

P.O Box 325
43402 Lynn Dale Dr.
Zion, Illinois 60099
Official Office: 847-872-1855
Fax Number: 847-782-9717
Email: nsbreeze@yahoo.com

The North Shore Breeze Coaching / Supportive Staff contact list:

Coach	Home Phone	Cell Phone	Email
Vernon George	847-872-1855	847-912-6602	Vernon@wi.rr.com
Kimberly George	847-872-1855	847-912-2524	george43402@comcast.net
Barry Kimbrough	847-782-9716	847-217-0189	bbkimbroug@yahoo.com
Brenda Kimbrough	847-782-9716	847-894-9544	bbkimbrough@yahoo.com
Rich Becker	847-223-2767	847-710-2768	rich_becker@ameritech.net
Melissa Delaney	847-837-1249	847-751-0722	mgdelaney@hotmail.com
Mr. & Mrs. Willhite	847-336-8369	847-445-6452	Mad3227@comcast.net
Arnold Magee	847-767-0447	847-767-0447	arnoldjnj@aol.com

Please feel free to contact us if you have any questions or concerns that are related to the track and field program

Summer Program:

Practices will be held Monday through Thursday 5:30 PM – 7:00 PM. Pick up your child at 7:00 PM.

Cross Country:

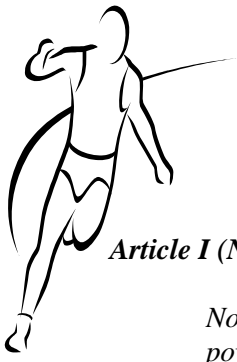
Practices will be held Tuesday's and Thursday's from 5:00 PM – 6:00 PM. (*Time subject to change. Athletes will be notified.*)

Indoor Season:

Practices will be held according to the dates and time we are allowed to workout on track. Information will be sent out as soon as the dates and time are available.

To help cut down on cost and fees that could accumulate from traveling, event fees, snacks and beverages, the coaching staff of North Shore Breeze would like to encourage all parents of athletes to please help out with all fund raisers that may occur

****Relays are not included and may require an additional fee. All Registration fees are non-refundable**.**



NORTH SHORE BREEZE (NSB) **BY LAWS**

Article I (Name)

North Shore Breeze shall exist as an affiliate /committee of a Track and Field Organization with the powers as described in these “bylaws”. The North Shore Breeze has been incorporated as a Not for Profit/Tax Exempt Corporation under the State of Illinois since 2002. The primary purpose of the Track and Field Organization has been the development and provision of programs and activities for youth.

Article II (Purpose)

This Organization’s purpose is to train and involve youth in competitive track and field events, to aide individual youth development, physically, mentally and socially, to build character, self esteem self-discipline and self-confidence, to aide in the development of leadership and fellowship, to develop a sense of achievements in success, self-motivation, pride and positive self worth, to provide opportunities for college athletes and adults to server as “Mentors” for younger participants. Mentors will provide instructions, guidance and nurturing for participants as well as teaching them to be hard working athletes and people.

Article III (Membership)

North Shore Breeze Track Club shall issue certificates evidencing membership upon receipt and acceptance of membership application and fee. The fee shall be submitted as a tax-deductible donation payable on behalf of the North Shore Breeze Track Club. There will be three classes of membership: Affiliated Participants, Active Members and Supporting Members. Members shall be entitled to attendance at all practices and meetings and written training information.

Affiliated Participants shall be individual’s ages 6 – 18 years of age that are interested in becoming an athletic member of this club in order to compete under United States Track and Field (USATF) and American Athletic Union (AAU) rules. They will have opportunities to attend business meetings, and make suggestions but will not have voting privileges.

Active Members will include all coaches, staff, volunteers and parents of participating youth. Coaches will consist of current and former high school /college track and field athletes.

Supporting Members shall consist of representatives of individuals, business agencies, and corporations contributing time and resources towards the development of track programs and activities. They are invited to attend meetings, but will not have voting privileges.

Article IV (Officers)

President: *The president or head of the North Shore Breeze will serve as liaison to Leadership acting with the authority for the Organization of NSB and will have three important roles: Leader, Administrator and Presiding Officer over all operations within the club.*

Vice President: *The vice president will assist the president in his/her duties as well as chairing various committees in order to successfully run this track club.*

Secretary: *There are two duties of the Secretary; they are record keeping and correspondence. The secretary shall be responsible for note taking at all meetings and distributing minutes to members. He /She will be responsible for maintaining correspondence with parent organization, USATF, AAU, Donors, Contributors and Officers. He /She are will also be responsible for collecting, storing and maintaining all-important documents relevant to the program activities.*

Treasurer: *The treasurer will be responsible for the collection, record keeping and distribution of all funds. The Vice President shall assist the treasurer in keeping accurate financial records of the track club money and expenses. The treasurer collects and disburses funds only as directed by law, the bylaws, the members, the board of directors or other authority provided for in the bylaws. They do not have the power to borrow money, issue funds or checks except if they are given authorization of the assembly of the bylaws. Treasurer is also required to report on the finances, answer any questions on the financial matters and submit a full report to the North Shore Breeze track club at each board meeting.*

Team Promotion: *Shall be responsible for marketing track club and recruiting members. He/she is also responsible for time keeping and recording of individual and group statistics. Team promoter is responsible for soliciting support and donations as well as coordinate travel to and from track meets and competitions.*

Fundraising Organizer: *Fundraising /Sponsorship shall be responsible for soliciting philanthropic support and donations. It will also be responsible for securing grants and sponsoring various Fundraising activities.*

Trainer: *Shall be responsible for the overall training program for all athletes: to include: orientation of new track and field athletes; scheduling and conducting basic and advanced training sessions; and other such activities pertaining to track and field instruction. The head coach and assistant coach shall assist the trainer.*

Supporting Staff: *Serves as a support body for the administrative staff of the North Shore Breeze Track and Field Organization. He/she is in charge of all volunteers and fundraisers that are to be held. All parents or legal guardians of enrolled athletes of NSB are considered members of the North Shore Breeze Parents' Association and shall be provided organized activities designed to include the family members of current athletes of NSB*

Article VI (Voting)

Only active members shall have voting privilege and shall vote in person or by proxy. Each member will have one vote on each matter submitted to a vote of members. Members holding one tenth of the votes required to be cast on a matter either in person or by proxy shall constitute a quorum for consideration of such matter as a meeting of members.

Article VII

Meetings shall be held twice a month from 7:00 PM- 9:00 PM. Following track practice at the practice site or a disclosed alternate location. Members shall receive a 7 days notice in writing of any special meetings to be held. Agendas and minutes of previous meeting will be made available at each meeting.



USATF ILLINOIS • 43402 Lynn Dale Dr. Zion, IL 60099
 Road Racing • Cross Country • Race Walking • Track & Field

847-872-1855 • Fax 847-782-9717



CLUB PRACTICE

To: Parents of Club Athletes
 From: Club Coach, **Vernon I. George**
 Re: Club Athlete Waiver Form

Dear Parent,

Please read, sign and return this USATF Waiver Form back to me before the first practice session.

I know that competing and volunteering to work in club events are potentially hazardous activities. I know I should not enter or participate in club events or volunteer to assist with club activities unless I am medically able and properly prepared. I agree to abide by any decision of a club or race official relative to my ability to safely complete any event or to assist in any club activity. I assume all risks being associated with competing or volunteering to work in club events and activities including; but not limited to falls, collisions, physical contact with other competitors or spectators, the effect of the weather, including high heat or humidity, conditions of the road and traffic on the course – all such risks being known and appreciated by me and /or by any minors for whom I am authorized to act who, also or instead, do compete or volunteer to assist as described above.

Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I for myself, my heirs, and anyone acting on my behalf, waive and release USATF Illinois, and **North Shore Breeze**

Club Name _____

And all officials, volunteers and all sponsors, their representative and successors from all claims to liabilities of any kind arising out of my participation in these club competitions or activities, even though that liability may arise out of the negligence and carelessness on the part of the persons or organizations named in this waiver. I also grant permission to all of the foregoing to use any photographs, motion pictures, video or sound recording, or any other record of the events or activities of the **North Shore Breeze**, including those involving me, for any legitimate purpose.

Club Name _____

Further, I grant permission for emergency medical treatment for myself and / or any minors for who I am authorized to act by competent medical personnel. Allergies and current medications, if any, are as follows:

Finally, I grant permission for my child's club or other coach official to represent and to sign future club membership forms, entry forms and all other representations required by USATF Illinois for my child to compete in USATF programs and events.

Athlete's Name: _____

Please print

Signature (Parent, or Guardian if under age 18) _____

Emergency Phone _____ Date: _____

CONSENT FORM

I have read and hear by comply with the rules and regulation that is within the North Shore Breeze track and field manual of the **2009** track summer program. I fully understand there will be **no refund** given to any athlete that is removed from the track team for violating the rules and guidelines within the USATF of Illinois and the North Shore Breeze track and field organization.

I for myself, my heirs, and anyone acting on my behalf, waive and release USATF Illinois, and North Shore Breeze Track and Field organization **all claims to liabilities of any kind** arising out of my participation in these club competitions or activities, even though that liability may arise out of the negligence and carelessness on the part of the persons or organizations named in this waiver.

Please Sign:

Athlete: _____ Date: _____

Parent: _____ Date: _____

Track & Field Schedule

Tentative Outdoors Schedule for 2009

June 6th	LV's Cheetahs	Marion Catholic HS Chicago Heights, IL
June 13th	North Shore Breeze	Zion Benton HS Zion, IL
June 20th	Jane Dickens Invitational Chicagoland Zephyrs	Proviso East HS Maywood, IL
June 26-28 (Fri-Sun)	USATF Illinois Association Track and Field Championship	North Chicago HS North Chicago, IL
** (Athletes must compete in this meet to advance to the Regional) **		
June 30-July 5	Youth Outdoor National Track and Field Championship	Eastern Michigan Ypsilanti, Michigan
July 5	5 th Annual July Classic	Thornwood HS South Holland, IL
July 9-12 (Thru-Sun)	USATF Regional 7 Jr. Olympics Track and Field Championships	Kankakee High School Kankakee High School
** (Athletes advance to the Nationals) **		
July 18th	Angelic Flyers	Homewood Flossmoor HS Flossmore, IL
July 28-Aug 2	USATF National Junior Olympics Championship	North Carolina Greensboro, NC

Summer Program:

Practices will be held Monday through Thursday 5:30 PM – 7:00 PM.

Athletes will be notified if practice is canceled due to bad weather.

Please visit our website at <http://www.northshorebreeze.com> to get up to date information.

Background Check

Background check is now mandatory for all coaches, Parents and Volunteers that have hands on involvement with the athletes such as track practice and transportation of any athlete that is a member of the USATF organization. The background is free per person.

All parents have the right to refuse the background check, but please understand if you do not submit to the background check you **will not** be able to interact with any athletes on the club during track practice or any track meets. You will have to stay in the visitors stands at all times that is also including track practice. The new rule puts a lot of pressure on the coaches because in the past North Shore Breeze rely on parents involvement during practice as well as track meets. Please read the guidelines on why these rules were put into affect and understand this rule will be enforced to help keep **your child as well as mine safe at all times.**

*****All coaches on the North Shore Breeze track and field coaching staff and volunteers will have to submit to a background check*****

If you choose to go though the background check, **it can be processed** via the Internet at the following website:

<https://www.tcllogiq.com/fivestep/intro.php>

The online registration fee is **\$8.00** and a credit card is required.

If you have any questions or concerns on the background checks please visit:
<http://www.usatf.org/about/programs/backgroundChecks/>

*****There will be a Parents mandatory meeting. Date and time to be determine*****

Guidelines to be followed if your child qualifies for Nationals

If your child makes it to the USATF Nationals we would like for at least one parent to make every attempt to accompany their child for several reasons. If a Scout approach your child for a scholarship it will be better if the parent is there. We do not have authorization to sign any paperwork for your child. (Understand this has happened to us in the past. North Shore Breeze has the reputation of attracting coaches to our athletes.)

If the parent is not able to make it, please understand your child will be with the team, and not accompanied by another athlete parent.

All Athletes must stay at the same hotel with the other athletes. This makes it easier when we need to practice together on off hours. If the parent has made arrangements to stay with relatives it is the parents responsibility to get the athlete to us on time for practice and for competition.

We try to make the trip very pleasant for everyone. If your child makes it to the Nationals and the parent cannot make the trip, please make sure you go over the North Shore Breeze survival guide with your child on respecting themselves and others. We are parents first and coaches second. All athletes is expected to follow the North Shore Breeze rules and conduct policy.

The Nationals is a weeklong event. Please make sure your child has enough spending money for one week. We try to find the most convenient and inexpensive buffet for the athletes.

The coaching staff will decide who will be rooming with whom.

Youth Age Divisions

Youth competitions typically take place in two-year age divisions. These age divisions provide young athletes the opportunity to compete with other athletes of similar ability. The age divisions for **competition year 2009** are as follows:

Age Division Year of Birth

Bantam	1999+
Midget	1997-1998
Youth	1995-1996
Intermediate	1993-1994
Young	1991-1992*