



Carrollton

Parks, Recreation, and Cultural Arts Department

P.O. Box 532 · 118 South White Street · Carrollton, Georgia 30112

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Carrollton USA Track & Field Cross Country Team 2011 Handbook

Head Coach – Larry Turner, CPRCAD Athletic Coordinator

118 S. White Street, Carrollton, GA 30117

Main Office 770-832-1161, Coach Turner's Office 770-834-0116

Fax 770-834-3652, lturner@carrollton-ga.gov

Assistant Coach – Bradley McLester, CPRCAD Program Coordinator

770-834-3428, bmclester@carrollton-ga.gov



Welcome to the Carrollton USA Track & Field Cross Country Team
Sponsored by the Carrollton Parks, Recreation, and Cultural Arts Department

Peter Maierhofer, Superintendent of Athletics 770-831-1161

Chris Robinson, Assistant Superintendent of Athletics 770-832-1161

Larry Turner, Athletic Coordinator 770-834-0116

Julie Ivey, Athletic Coordinator 770-832-1161

Caryn Scheufler, Athletic Coordinator 770-832-1161

For Weather Cancellation Inquiries – Please Call The CPRCAD Hotline 678-248-4044

Birth Certificates:

Athletes Must Provide Birth Certificate by Thursday, September 8, 2011. If Athlete has ran Track or Cross Country for Coach Turner in the past, we may have your birth certificate on file. The birth certificate does not need to be a certified copy. You may obtain a copy from the Carroll County Health Department for a fee or you may obtain a copy from your athlete's school. Birth Certificates will not be returned, so please do not give us your only copy, especially if it is a certified copy.

Age Groups and Competition Distance:

Athletes compete in their specific age group which also determines their competition distance. Each age group is divided by girls and boys. Age control date is December 31, 2011.

Sub Bantam	6-8 year olds	born in 2002, 2003, or 2004	2000 meter or 2K
If 6 year old athlete qualifies for the National Meet, the 6 year old must turn 7 by December 31, 2011			
Bantam	9-10 year olds	born in 2001 or 2002	3000 meter or 3K
Midget	11-12 year olds	born in 1999 or 2000	3000 meter or 3K
Youth	13-14 year olds	born in 1997 or 1998	4000 meter or 3K
Intermediate	15-16 year olds	born in 1995 or 1996	5000 meter or 5K
Young	17-18 year olds	born in 1993 or 1994	5000 meter or 5K

Athletes currently competing cross country for their specific schools, may also compete with our team.

Practice:

Monday, Tuesday, and Thursday 4:00 pm – 5:30 pm at the Carrollton Elementary School. Dates and times are noted on the attached Calendar. Participation in at least 2 of the 3 practices per week is recommended. Athletes on a school cross country team are not required to practice with our team, but please stop by our practice for information and/or handouts. Practice will be cancelled for severe weather and/or heavy rain. We will practice in hot and cold weather and/or in wet conditions. Water cooler and cups will be available at all practices and meets. Athletes are encouraged to bring sports drinks. No Sodas Allowed. Water and Sports Drinks Only.

Please Note: NO PRACTICE

Monday, September 5, 2011 Labor

Thursday, October 27, 2011 Fall Holiday

Friday, October 28, 2011 Fall Holiday

Meets:

Meet Entry Fees will be paid by the Carrollton Parks, Recreation, and Cultural Arts Department. Detailed meet information will be handed out at practice as it becomes available.

Practice Meets – With Carrollton Junior High School – September 13, 19, and October 11, 2011

USATF Lassiter Youth Meet – September 24, 2011 – McCleskey Middle School, Marietta, Georgia

Run For 'A'-Day West Georgia Road Race – Thursday, October 6, 2011 – University of West Georgia

USATF Georgia Development Meet – Saturday, October 29, 2011 – Tentative – Site to be Determined

USATF Georgia Association State Meet – Saturday, November 12, 2011 – Site to be Determined

USATF Region III Championships – Saturday, November 19, 2011 – Myrtle Beach, SC

USATF Junior Olympic National Championship – Saturday, December 10, 2011 – Myrtle Beach, SC

Uniforms:

Uniforms for competitions will be provided by CPRCAD. As the weather changes, please be prepared with long sleeve shirts, underarmour, pants, windsuits, gloves, hats, sweatsuits, extra socks, etc for practice and/or competitions. Items may be worn under uniform during competition.

Shoes:

Athletes must provide their own shoes. Regular light weight running/cross trainer shoes are appropriate for practice and competitions. Athletes may use cross country specific running shoes for competition only. Please, no basketball shoes or street shoes.

Transportation:

Parents must provide all transportation to and from all practices and meets.