



2025 TEAM HANDBOOK

“Running to Field a Difference”

An USATF Ohio Club Member



WELCOME TO CROSSROADS TRACK AND FIELD

Dear Parents,

Welcome to the 2025 Crossroads Track and Field (CTF) Team! For the returning parents, we thank you for the support and to our new parents, welcome to the Crossroads family!

The CTF program is based in Vandalia, Ohio was founded in 2021 with the focus of giving back to the local community by using the sport of Track and Field to teach our youth the importance of living a healthy lifestyle, staying active, hard work and most importantly learning to believe in themselves. The CTF family is dedicated to growing young people into well-rounded athletes and more importantly, responsible young adults.

CTF is a member of the USA Track and Field (USATF) organization and offers Outdoor Track and Field along with Cross Country opportunities for boys and girls ages 7 - 18. USATF is the National Governing Body for Track & Field, long-distance running, and race walking in the United States. USATF encompasses the world's oldest organized sports, the World's #1 Track & Field Team, the most-watched events at the Olympics, the #1 High School and Junior High School participatory sport, and more than 30 million adult runners in the United States.

The key to success for our program is dedicated coaches and you, the PARENTS! Your dedication and commitment to the program will make a huge difference in your child's life and the entire team. Our hope is that all our Athletes that wear a CTF uniform become lifelong friends and fans of the sport.

I would encourage you to take some time and read through the CTF handbook with your child(ren). This will ensure that you have a clear understanding of what is expected, as well as what you should expect in return from our coaches and administrators.

We look forward to coaching your Athlete(s) for a successful 2025 summer season and we are excited to have you join the CTF Family!

SEE YOU AT THE CROSSROADS!!!

Lloyd Martin

Lloyd Martin
Director, Crossroads Track & Field
Youth Chair, USATF Ohio Association



WHAT'S NEW IN 2025

Membership Fee

We are writing to inform you of an important update regarding our membership fees. After careful consideration and to ensure we can continue to provide you with the highest quality service and benefits, we will be adjusting our membership fee coverage effective Jan 1, 2025. This adjustment is necessary due to inflation and rising operational costs. Since 2021, we have been absorbing increased costs, and we believe this fee coverage adjustment is a necessary step to ensure the continued financial health of our organization. We appreciate your continued support and loyalty to CTF and the greater community.

The membership fee structure will remain \$225 but will no longer cover Track and Field Meet entry fees, uniform shorts, or the End of the Season Celebration. We understand this is a significant impact and we are committed to ensuring that you continue to receive exceptional value from your membership.

All fee updates are included in the Membership Fee section of this Handbook.

Uniform

We're thrilled about the upcoming Track and Field season and want to ensure everyone is geared up and ready to go. Membership fees will include brand new uniform tops, but no uniform shorts. There is a limited supply of classic CTF uniforms shirts and shorts available on a first-come, first-served basis. If you love that vintage style, make sure to grab yours early before we run out!

Meet Registration

On your mark, get set, go! Starting in 2025, all parents will be responsible for registering their athletes for each Track and Field Meet on our CTF schedule. This exciting change means you'll have complete control over choosing the perfect events for your child and ensuring timely payments to the meet organizers. An athletic.net account is required for all meet registrations.

CTF will cover relay meet entry fees and any athlete that registers for USATF National meets. This new process is designed to streamline everything and give you more flexibility.



MEMBERSHIP FEE

Parents/Legal Guardians will be responsible for obtaining the CTF and USATF membership fees for their athlete.

CTF Membership

Team membership fee is \$225.00 + processing fees for each registered Athlete. Parents/Legal Guardians can register their athletes at www.crossroadstrackandfield.com, family discounts and payment plans are available within the online registration process.

FIVE (5) STEPS TO GET STARTED WITH THE TEAM:

1. Go to www.crosstrackandfield.com and create a SportsConnect account by providing an email address and your personal password.
2. After creating an account, you can immediately register your athlete or select the registration tab and select the athlete sign-up. Please continue to follow the registration instructions.
3. Please fill out the respective registration questions.

The screenshot shows a registration form with the following sections:

- Player Name:** Includes fields for Legal First Name, Legal Last Name, Gender, and Date of Birth. There is also an 'Upload Profile Picture' button.
- 2025 Summer Track and Field Season:**
 - Is the participant new or returning? (Radio buttons for New and Returning)
 - Medical conditions: (N/A if not applicable) (Custom Question) * (Text input field)
 - Player Verification Waiver (please click link icon) * (View / Accept button)
 - Lindsay Law Waiver * (View / Accept button)
 - Allergies: * (Text input field)
 - Jersey Size * (Select One dropdown menu)
 - Special Requests/Comments: (Text input field)

- a. Review and accept the **Player Verification Waiver** and **Lindsay’s Law Parent/Athlete signature form** via the link.



- b. Please include any relevant medical information that may influence whether an athlete is physically fit for physical activity.
 - c. Please select your athlete's uniform size.
4. Upon completing your athlete's order summary, please **Pay in Full** or the **Payment Installments** (aka The relay plan).

Pay in Full		
Payment Date	Payment Amount	Remaining Balance
Due Today	\$225.00	\$0

Installment	Due Date	Amount	Installation Fee
1	4/16/2025	\$ 80.00	\$ Installation Fee
2	6/11/2025	\$ 80.00	\$ Installation Fee
3	7/2/2025	\$ 65.00	\$ Installation Fee

Plan Total: \$225.00 \$0.00

USATF Membership

USATF Membership Fee is \$35.00 + processing fees for each registered Athlete. Parents/Legal Guardians are responsible for your athlete's individual USATF Youth Membership.

Parents/Legal Guardians are responsible for your athlete for a **USATF Membership**.

1. Visit <https://www.usatf.org/home/top-utility-nav-content/membership>.
2. Under Individual Youth Membership, click Join.
3. Follow the on-screen directions.
4. Please make sure you add the Crossroads Track and Field (CTF) as your child's team affiliation, CTF Club membership number is 17-8322.
5. During this process you **MUST** upload your child's birth certificate for age verification.
6. Athletes without a valid age verification will not be permitted to compete in any USATF Championship meets.

Navigating the USATF website can sometimes be tricky. For your convenience, please use the links below to find specific information regarding USATF membership.

- [What does your Youth Membership include?](#)
- [How your membership helps?](#)
- [Date of Birth Verification Policy.](#)

Athletic.net membership (membership required for meet registration)

1. Visit <https://www.athletic.net>
2. Locate and click on the login button near the right corner of the page



3. Please log into by creating the “new user” account or via your existing Facebook account.
4. Locate your account button near the right corner of the page and click on it to reveal the drop-down menu.
 - a. Click on Team Code, the CTF code is Y8KWXFUQ.
 - b. A pop-up screen with the question, What Is Your Role? Please select “Parent with Crossroads Track and Field Club”
5. If you already have a USATF membership number, then your athlete may automatically appear on the screen.
 - a. If your athlete does not appear then please select “Look for more Opportunities”
 - b. A pop-up box titled Add Your Child will open and if your athlete’s name is illustrated, please select the “My Athlete” button in the bottom left of the pop-up box.
 - c. If your athlete still does not appear, please select “My athlete isn’t listed”
 - d. A new pop-up box will appear and please select “USATF” then enter your athlete’s USATF membership number. This final step should connect your athlete to the athletic.net account.
6. If you are still having trouble, please refer to the following tutorial link for step-by-step instructions, <https://youtu.be/9AvANCag0PM>.

Membership registration must be completed within the first three days of the athlete's participation in practice!!!



ABOUT TRACK AND FIELD

Track & Field is the sport of running, jumping, and throwing -- there is something for everyone! Athletes will learn all disciplines of the sport and the art of endurance training that is supplemented through strength, flexibility, and speed work. Some Athletes will specialize in one event discipline, and some might do more than one, referred to as a multi-event athlete. Typical practices include warm-ups, drills, track workout/skill sessions and cool downs.

Typical competitions referred to as “Meets” will take place mostly on the weekends and typically last a minimum of six hours. Prior to the competition all Parents/Athletes will be provided with a tentative event schedule which will outline the order of events, but the time your athlete competes will be based on the meet management and number of participants.

PRACTICE INFORMATION

Just like any other sport, practice is crucial for all Athletes who wish to participate with CTF. It is recommended that Athletes attempt to attend as many practices as possible each week to aid in their growth and development. Parents are responsible for all transportation to and from practice and to ensure that Athletes are arriving and departing on time. Consistent practicing helps reinforce the health and safety for the different Track and Field events.

Due to coaches’ availability, we will be conducting practices at different times before and after May 26. Practice schedules will be posted on TeamSnap app upon finalizing with school administration.

Practice Time (April 22 – May 22):

- Days: Tuesdays and Wednesdays
- Time: 6:15 – 7:30 p.m.

Practice Time (May 27 – July 24):

- Days: Tuesday, Wednesday, and Thursday
- Time: 6:15 – 7:30 p.m.

Practice Location:

- Butler High School Stadium – 600 South Dixie, Vandalia, Ohio 45377

Inclement weather

- Rainy weather
 - Practices will not be cancelled for rainy weather.
 - Athletes are required to perform in the rain during Track and Field meets; therefore, practices will be conducted in the rain.
- Thunder/Lightning
 - Practice will be delayed for approximately 30 minutes after every sound of thunder or the sight of lightning near the practice location.



- Hot weather
 - Practice may be canceled because of extreme heat.
 - If practice is conducted, coaches will take extreme caution and tailor practice sessions appropriately and provide more water breaks.
 - Athletes are advised to bring plenty of liquids to stay hydrated.

All practice cancellation notices will be delivered via www.crossroadstrackandfield.com and TeamSnap app (<https://go.teamsnap.com/9208557/home>).

It's Practice Time—What Should You Bring?

- **Running Shoes:** Athletes should wear a comfortable pair of running shoes suitable for running and jumping. Open-toe or hard-sole shoes are not allowed.
- **Practice Attire:** Athletes should wear shirts, shorts, and running shoes and/or track spikes. Ideally, they should layer up for warm-ups and cool-downs.
- **Hydration:** Each athlete should bring a water bottle filled with water, though other drinks like Gatorade or Powerade are also acceptable. Coaches will provide multiple water breaks during practice.
- **Positive Attitude:** Don't forget to bring a positive attitude and a smile!

What Happens During A Typical Practice?

- **Arrival:** The team meets at the practice location, and each athlete will immediately do a 2-lap warm-up upon arrival.
- **Warm-Up:** Athletes will be led through a warm-up that can include running, stretching, and dynamic drills, led by coaches or assigned athletes.
- **Workout:** Athletes will participate in the daily workout led by their respective coaches.
- **Respect:** Coaches and other athletes should be respected to aid in the growth of all athletes.
- **Hard Work:** Athletes must come prepared to work hard. Practice sessions are demanding and focus on specific areas of improvement. The harder athletes work in practice, the better they will perform in the Track and Field meets.
- **Medical Concerns:** No special treatment will be given to any athlete unless they are experiencing medical problems during practice. It is the responsibility of the parent/legal guardian/athlete to inform the coaches at the beginning of each practice session if the athlete has any medical concerns.
- **Cool-Down:** Athletes will cool down with their group or as a team, which will include jogging, stretching, and other drills as directed by the coaching staff.
- **Dismissal:** Athletes will be dismissed and released to their parents or previously designated adults.
- **Team Spirit:** Athletes are encouraged to foster relationships with other athletes and encourage teammates. Remember, "Every Kid is a Winner."



COMPETITION INFORMATION

Starting in 2025, Parents/Guardians will need to handle their athlete's meet registration and payment. CTF will take care of registering and paying for team relay entries." All meet registrations will require an Athletic.net account and Parents/Guardians will need to create an account for this process.

Athletes participating in Track and Field meets should register for each event at a minimum of five days in advance. USATF National meets or out-of-town meets may require earlier registration. CTF will inform all parents of the specific registration deadlines. Please refer to the following tutorial link for step-by-step instructions on how to register for a Track and Field meet in Athletic.net, <https://youtu.be/hmkPqa198FA>.

It's Competition Time—What Should You Bring/Not Bring?

- **Team-Issued Uniform:** Ensure your athlete wears their team-issued uniform.
- **Additional Clothing:** Dress in layers for competition, including sweatsuits, hats, etc. Remember, it's easier to take off a layer than to put one on.
- **Footwear:** Running sneakers and event-specific spikes, if applicable.
- **Hydration & Snacks:** Bring a water bottle, snacks, and lunch. While many venues offer concessions, we recommend packing fruits, vegetables, grains, and staples like peanut butter.
- **Medications:** Any necessary medication for the four to six-hour period.
- **Valuables:** Avoid bringing valuables or large sums of money. If needed, leave them in your vehicle or with a responsible teammate.
- **PATIENCE:** Youth Track and Field meets last at least six hours and could extend longer depending on the athlete's events. Bring seating (e.g., a lawn chair) and other comfort items.
- **Positive Attitude:** Always come with a positive attitude and a smile.

What Happens During A Typical Competition?

- **Team Tent:** CTF will set up the Team Tent at a predetermined location. Attendance will be taken as each athlete arrives at the venue.
- **Bib Numbers:** Athletes will receive their bib number, running label, or meet registration details for tracking purposes.
- **Competition:** Athletes will compete in their respective events.
- **Warm-Up/Cool-Down:** Athletes will warm up and cool down with jogging, stretching, and other drills as directed by the coaching staff.
- **Dismissal:** Athletes are dismissed at the end of their event if the meet is releasing awards to the teams. If medals are released directly to athletes, they should pick up their awards at the designated location before leaving.
- **Results:** Once the competition is over, results will be posted on the designated timing website.



AGE DIVISIONS

As per USATF rules, athletes will compete in two-year age divisions based on their year of birth. Please remember that proof of age is required for USATF registration.

Divisions	Birth Year
7-8 year old	2017-2018
9-10 year old	2015-2016
11-12 year old	2013-2014
13-14 year old	2011-2012
15-16 year old	2009-2010
17-18 year old	2007-2008

2025 TRACK AND FIELD MEET SCHEDULE (All Meets are Optional)

Date	Meet Name	Meet location
May 18	Set The Pace Showcase	Pickerington North HS Columbus, OH
May 25	Open Date	--
June 1	Lefty Martin Invitational	Vandalia, OH
June 7	United Students Midwest Invitational	Trotwood, OH
June 14	Leader Invite Youth Track & Field Invitational	Indianapolis, IN
June 21-22	USATF Ohio JO Association Championship*	Cedarville University Cedarville, OH
June 23-24	USATF Youth Multi-Event Championship	Icahn Stadium New York, NY
Jun 25 – 28	USATF Outdoor Youth Championship	Icahn Stadium New York, NY
Jun 28	Juneteenth Track Extravaganza	Cedarville University Cedarville, OH
July 11-13	USATF Region 5 JO Championships*	Louisville, KY
July 18	Queen City Invitational	Cedarville University Cedarville, OH
July 21-27	USATF National JO Championships**	TBD

*Participation in these meets are mandatory in order to qualify into the next USATF JO competition.

**Participation in this meet requires athlete to qualify via the USATF Region 5 JO Championships



TRAVEL INFORMATION

Local Meets

- **Transportation:** CTF will not provide transportation for Meets. Athletes will be required to travel with their parent(s) or legal guardian. If parents decide to partner with other parents to transport their child for any Meet, CTF will take no responsibility for the transportation or any related actions during the transportation.
- **What to bring:** Uniform, warm-up clothing, running shoes, spikes (if applicable), any personal items or monies you might need. Some Meets may sell merchandise such as t-shirts, hats, or sweatshirts. Parents/Legal Guardians may wish to send money for your child to make purchases, if desired. Athletes are responsible for any money and valuables brought with them.

Non-Local Meets

Airline tickets, housing, and other associated cost will be the responsibility of each parent(s) or legal guardian. Otherwise, please follow the same protocol as noted for local Meets.

No less than two (2) weeks before the event, CTF will provide all the important information (as available) regarding the event, event schedule, competition times, addresses of facilities, and contact information for applicable coaches attending the event.

GET INVOLVED AND VOLUNTEER

We encourage our parents to get involved with our program and volunteer when possible. Your expertise in coaching, organization, and other areas is invaluable in enhancing the CTF experience. If you are interested in volunteering, please register at www.crossroadstrackandfield.com or email us at crossroadstrackandfield@gmail.com.

All volunteers who wish to work with our athletes must follow the United States Olympic Committee SafeSport guidelines. USATF is committed to providing a safe environment for our athletes, especially our youth athletes. This is essential to their success and well-being.

The SafeSport course is an online training module by the U.S. Center for SafeSport. It covers topics such as sexual misconduct, emotional and physical misconduct, and mandatory reporting. The training videos are approximately 90 minutes long and include quizzes and final exams.

All USATF national staff, board members, youth committee members, registered agents, registry members, youth club coaches and administrators, medical staff, and volunteers must be USATF SafeSport Compliant.



We greatly appreciate your support and involvement in keeping our athletes safe and fostering their growth.

To become SafeSport compliant:

- You will need to become a USATF Member (Adult membership fee is \$55.00)
- Complete the USATF background screening program (\$20.00)
- Complete the free online SafeSport class

Once all three steps are completed, you will appear on the USATF list of verified volunteers.

RULES, POLICY, AND REGULATIONS

Parents are responsible for:

- CTF and USATF Youth Membership for each Athlete
- Transportation to and from practice locations
- Transportation to all competitions
- Hotel accommodations
- Airline travel

Team Rules

- **USATF Membership:** All team members must have a valid USATF membership. Parents/athletes are responsible for submitting a copy of their birth certificate at the time of registration. Proof of age is required by USATF for all Championship Meets.
- **Forms Submission:** All forms must be completed within the first three days of the athlete's participation in practice.
- **Attendance:** Athletes should try to attend at least two practices per week, if possible.
- **Clean-Up:** Athletes and parents are expected to clean up their area after meets and practices. Please do not leave trash for others to clean up.
- **Non-USATF Meets:** Athletes registered with CTF are allowed to compete in non-USATF meets outside the team's competition schedule. However, parents/legal guardians will be responsible for any membership costs and meet registration activities.
- **Respect:** All athletes and parents are asked to be respectful to one another. Bullying, name-calling, or any other conduct unbecoming to the CTF family will not be tolerated at any level. All incidents will be fully documented, placed in the athlete's file, and submitted to SafeSport if needed.



TEAM MEETINGS

The purpose of team meetings is to provide updates and feedback to parents, athletes, and CTF. We will periodically share brief videos via YouTube. Additionally, parents will have the opportunity to ask face-to-face questions after Tuesday's practices.

CTF TEAM PICTURES

Team and individual pictures are scheduled for Tuesday, June 17, 2025.

CTF END OF SEASON CELEBRATION

This event is tentatively scheduled for July 19, 2025. More details will be provided later, and we hope you will join us.

CTF CLUB STAFF

Three (3) Step Certification: Team staff will be required to register for USATF Membership, pass the USATF background screening test and complete the United States Olympic Committee (USOC) Safe Sports Course.