



MASTERS TEAM POLICIES AND PROCEDURES



JOINING

There are no time, speed, height or distance requirements to participate on Atlanta Track Club's Masters Teams (Track and Field and Long Distance Running [LDR]) but there are expectations and a level of commitment. To join the teams, a participant must:

- Believe in the mission and values of [Atlanta Track Club](#) and its High Performance Department
- Be willing to act as an ambassador of the Club in public at large while at events and competitions
- Be an Atlanta Track Club member in good standing
- Be a current USATF member listing Atlanta Track Club as his/her affiliation
- Be over the age of 40 (Long Distance Running [LDR]) or 30 (Track and Field)
- Complete the full team application linked [HERE](#) including signing an acknowledgment of the team policies set forth in this and other documents
- Reside in Georgia, in a neighboring state AND been a member prior to moving to the neighboring state, OR in a state or area that does not have a local club in which to participate *existing participants are grandfathered in



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UNIFORMS

Wearing a current team uniform is an important way to acknowledge your support of Atlanta Track Club and its values and mission and the Club's support of competition at all levels and ages. To acquire a team uniform, a participant may:

Pay option

- Purchase one through the webstore (link to uniform) at a reduced price

Free option

- Complete your four volunteer credits
- Compete at a national event (Club XC National Championships, Indoor Track and Field National Championships, 5k National Championships, etc. or those determined by the High Performance Director)

Periodically, Mizuno Track Club branded warm ups, training gear, and shoes will be offered at a significant discount to Masters Team members.

FUNDING

Atlanta Track Club Masters Team members are eligible for up to a maximum of \$250 for travel and/or lodging expenses for national events as budgeted according to Age Group Coordinator's (AGC) and/or Masters Team Coach's discretion. Items paid for directly by the Club are excluded (ex. team hotel). Those paying individually for joint expenses (ex. van rental) may be noted as an exception with prior approval.

To be eligible for team funding, a participant must:

- Have prior approval from their respective AGC with adequate budget available
- Have completed four volunteer credits in the previous year and be on track to complete four credits this year
- Have a minimum of four lifetime volunteer credits (ex. New members must complete volunteer credits prior to being eligible for funding)
- Compete as a team member in uniform at least once without receiving funding
- Compete in Mizuno-branded Atlanta Track Club apparel
- Wear Mizuno shoes, uniforms and accessories when possible
- Submit a reimbursement request with proper documentation and receipts to the AGC

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Eligible Travel Expenses

- Travel to an event, ex. airfare, car rental, mileage
- Carpooling is strongly encouraged and airfare paid for with “points” is NOT eligible for reimbursement in any circumstances on account of tax law
- Lodging/accommodations, ex. Hotel room,airbnb
- Share rooms with a teammate when possible and rooms paid for with “points” are NOT eligible for reimbursement in any circumstances on account of tax law
- Team meals if the full competing team is attending
- Exceptions are made only with the approval of the Masters Team Coach and AGC

Eligibility does not guarantee funding. The AGC will choose the most competitive team possible based on interest. Priority is given to previous medalists, point scorers, and other criteria.

COACHING

Atlanta Track Club believes participants of all ages can benefit from coaching. Committed athletes training for middle distance and distance events in good standing with the Club may be eligible for coaching based on availability, completion of volunteer credits, length of team participation, and commitment to the organization. If there are no available slots an athlete must wait until another participant drops from the coaching program. There is no staff coach for sprints, jumps, throws, or race walking due to lack of interest and underutilization of previous coaches.

CONCERNS AND QUESTIONS

Invariably, a team of 250 or more committed athletes will result in questions, concerns, complaints, and the desire for rule or policy changes. Procedures have been established for communicating these concerns and it is expected that team members will honor them.

- Wait 24 hours. A clearer head and distance from the event or concern will allow for stronger communication with less emotion. If the issue is particularly complex, schedule an in person meeting or phone call.
- Talk to your AGC. He or she may have your answer.
- If related to logistics and the AGC cannot help, talk to the Masters Team Coach.
- If related to overall policies or the Club, talk to the High Performance Director.
- If related to USATF rules or procedures or if you desire to propose a USATF rule change, talk to both the Masters Team Coach and High Performance Director so that appropriate channels to USATF can be followed.

It is asked that team members refrain from complaining publically about the Club and/or its procedures and policies. All members of the Atlanta Track Club staff are open to meetings and phone calls to discuss any matters that arise.



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VOLUNTEERING

Giving back to the Track Club is the best way to say thank you for the competitive opportunities and funding you have access to as a member of the Masters Team. It is an expected practice to build investment in the community at large here in Atlanta. Volunteering is necessary to receive funding and/or a free uniform. To be in good standing with the Club, participants must be on track to complete four (4) volunteer credits for the current calendar year and have earned a prorated number based on when they joined the previous year. A credit is defined as volunteering at a single event. If the event lasts more than four (4) full hours, it will be counted as two (2) credits. No volunteer opportunity will be counted as more than two (2) credits.

Volunteering opportunities can be found [HERE](#).

All volunteering opportunities should be signed up through Volunteer Local.

Upon completion, all volunteering should be reported to an AGC for tracking by completing the form [HERE](#).

Team members that live a great distance from Atlanta will be allowed to complete remote volunteering opportunities as they arise. These are inconsistent and unpredictable and should not be relied upon for completion of credits on a specific timeline.

TEAM AWARDS AND BANQUET

An annual banquet and awards ceremony will be held each year to honor the accomplishments of the Masters Team. The banquet is currently held in August in conjunction with Atlanta's Finest 5k and the USATF Masters 5k Championships. In 2021, an attempt will be made to move the banquet to January to make the awards more relevant and to coincide with the completion of the calendar year and USATF Grand Prix series. The following recognitions will be awarded:



- Jim Askew "White Hat Award"
 - LDR Age Group Most Valuable Runners (Male and Female)*
 - TF Age Group Most Valuable Athletes (Male and Female)*
- *determined by placing at events and points scored

TEAM COMMUNICATIONS

Given the number of active participants, it is difficult to communicate clearly and effectively. The following will occur in order to disseminate information among members.

- Regular emails from AGCs and Team Captains
- Atlanta Track Club newsletter (1-2 times a month) to highlight team results and accomplishments
- Social media posts regarding significant achievements
- Periodic Wingfoot magazine highlights
- Preseason and midseason emails from Atlanta Track Club staff
- Semi-annual meetings at USATF Club Nationals or in Atlanta in December and prior to the August banquet