



Frequently Asked Questions (FAQ)

1. What is registration costs and what's covered?

Full Participation (Traditional Competing Athletes) - \$315

- Practice facility fees;
- USATF Youth Membership;
- Regular & Post Season track meet event registration;
- Uniform & Socks; and
- Banquet fee (which includes a meal and one trophy).
- New athletes must purchase a team warm-up suit for \$45

Full Participation (High School Athletes) - \$225

- Practice facility fees;
- USATF Youth Membership;
- Regular & Post Season track meet event registration;
- Uniform & Socks; and
- Banquet fee (which includes a meal and one trophy).

Non-Full Participation (Conditioning Athletes) - \$225 (January 4 – June 1, 2016)

- Practice facility fees; and
- USATF Youth membership.

2. Does the team fundraise and is fundraising mandatory for all athletes?

Yes, fundraising is mandatory for all athletes, with exception to Conditioning Athletes. It is the club's full intention to help offset costs associated with travel to the Junior Olympics each year. Our fundraising plan is comprehensive and has proven fundraising activities that make the fundraising successful. Those that raise the predetermined amount as established by the team will qualify for the "Travel Stipend," given their child advances to the Junior Olympics. The Travel Stipend will not be applied to any other track meet.

3. What happens if we do not participate in fundraising?

If you are experiencing trouble with fundraising, please have an open discussion with a Divisional General Manager or Board Member regarding your circumstances. It is our goal to HELP our families be successful in their efforts.

4. What ages are eligible for participation?

Ages 5-18 years old.

5. Is the team insured?

The team has general liability insurance through USATF.



6. Will I be able to choose which events my athlete competes in?

The coaches will determine which events your child should compete in. It is the expectation that each child participate in as many events as possible, or as determined by their coach, to identify their interest and natural abilities.

7. My child plays another sport and will not be able to compete on Saturdays until later in the season. Can we still register?

Yes, we understand that athletes will participate in multiple sports throughout the year. However, we strongly discourage participation in two or more overlapping sports during the competitive phases of the season due to the increase in potential for overuse injury.

8. Does the team provide transportation to track meets?

The team does not provide transportation to track meets; however, we strongly encourage carpooling to practice and track meets.

9. What are the standards for the coaches?

Each coach is to maintain good standing with USATF, which includes passing a background check and completing the Safe Sport certification course as required by USATF for all persons who come in contact with athletes in any official capacity. Additionally, it is the expectation that each coach obtain the USATF Level 1 certification or higher and/or strive towards that goal.

10. Who do I talk to if I want to volunteer my services?

If you are interested in volunteering your services please contact any of the General Managers, Board Members or coaches. Please note that if you are in contact with the athletes, USATF and the team expects that you comply with the standards listed in the response for Question 8.

11. When are track meets held?

In general, the track meets are held on Saturdays for "B" meets (preseason), and on Saturday and Sunday for the In-Season Competitions or "A" meets. The National events are held over a week-long period with the majority of the events beginning on Wednesday and concluding on Sunday.

12. Will the team take into consideration that I do not want to spend all day at track meets on both Saturdays and Sundays?

The team is sensitive to the thought that people may not enjoy spending their entire weekend at track meets. If you have a specific request regarding a preferred schedule please indicate your request in writing by sending an email to info@pcshockwaves.org. All requests will be reviewed by the Head Coach for consideration. Please understand that your request may affect you child's ability to participate in particular events and/or team relays.



13. What is the difference between an A meet and a B meet?

B-meets are held on Saturdays only and are considered pre-season track meets. Only a portion of all available events are offered at B-meets.

A-meets are considered regular season track meets. All of the national recognized events will be offered over two days (Saturday & Sunday).

A-meets qualify athletes for National marks, while B-meets do not.

14. If my child advances to the Junior Olympics and neither parent can make the trip, will a chaperone be provided?

Yes, coaches and chaperones that have passed a background check with USATF will assist at the National meets.

15. My child is not a great student but really loves track. Will he/she be able to continue with the team if he/she does not maintain a 2.5 GPA?

It is our full intention to encourage the best grades possible, while the child's effort will also need to be taken into consideration. There are many educators who are part of the track team and we encourage you to reach out to them if your child is not meeting the club's GPA standard.

16. Does the team offer multi-athlete discounts to families with more than one athlete?

Yes. We offer a \$20 per sibling discount after the first athlete has been paid at regular costs. This discount only applies to Competing Athletes.

17. What athletic organization is the team affiliated with?

USATF Southern California Association.

18. What is the team's email address and website?

Email: info@pcshockwaves.org

Website: www.pcshockwaves.org

Also, find us on Facebook, Twitter, and Instagram! Search: Pacific Coast Shockwaves