



# MILWAUKEE MUSTANGS TRACK CLUB

Established 2002



# WELCOME

- Introduction | Board of Directors
- Introduction | Coaches
- Ice Breaker (Parent/Athlete Intros)
- Athlete Requirements and Code of Conduct
- Practice & Track Meets
- Team Communication
- Fees
- Q&A

# Founder and Head Coach | Ray Hale

*Mission: To provide each athlete the opportunity to reach his or her **full potential** by both developing **endurance, character, and self-discipline.***



# Mustangs Coaches



**Kevin  
Martins**



**Frank  
Cumberbatch**



**Carol  
Pleas-Carney**



**Lauren  
Berlin**



**Darnell  
Bennett**

# Icebreaker: New Parent/Athlete Introductions

- Family name

Brag a little.....

- Share a sports accomplishment you as a parent experienced in your youth

# Athlete Requirements

- All athletes must be registered by deadlines set by team. To include:
  - Online registration - [www.mustangstrack.org](http://www.mustangstrack.org)
  - Copy of birth certificate
  - Pay fees
- Athletes should arrive at track meets and practices on time
- Athletes must attend at least 80% of practices
  - If athletes miss practice due to other sports with conflicting or overlapping schedules, the missed practices should be discussed with the coaches
- Athletes should get 8 hours (min) of sleep per night
- Medical consent forms must be filled out for each athlete
- If your child is a member of a relay team, you must commit to going all the way or inform your coach if not ASAP
- Allow coaches to handle all field injuries. Coaches will let you know when additional assistance is needed



# Athlete Code of Conduct

- Dress code: Practice clothing should include appropriate shorts, t-shirts, etc...
- Show respect for all coaches and parents
- Listen attentively when coaches are speaking, follow all instructions
- No use of foul or inappropriate language
- No headphones or cell phone use during practice or at meets during warm ups. Use of headphones is allowed when relaxing during track meets at camp area
- At track meets, athletes must stay at the team “camp” area to ensure they are ready to warm up, check in for events, resting and eating properly
- Athletes will not leave trash at track meet or practice areas. All water bottles, water cups, food wrappers, etc. must be picked up before leaving
- Display good sportsmanship at all practices and track meets. Good sportsmanship will be shown at all times, win or lose
- Athletes must organize their time effectively to ensure that they maintain acceptable, passing grades in school. Be a student first and commit to getting the best education



# Practice & Track Meets

## Indoor Season

### Pettit National Ice Center

Note: The Pettit requires an entry fee for every practice session. Take advantage of the savings by loading an initial card for \$40 at the front desk.

## Outdoor Season

### Rufus King High school





# Team Communication

- Team App/Email
- Website
- Facebook
- Contact Ray Hale
  - 414-467-2276



# Fees



## **Indoor Season:** Competition Athlete

- New Member \$260.00
- Existing Member \$210.00

## **Sibling Fee (Each additional athlete)**

- New Member Sibling Fee \$220.00
- Existing Member Sibling Fee \$170.00

## **Training Athlete \$150 Per Season**

## **Additional Fees:**

- National Competition Fees
- Indoor Season Pass (Required for Practice) \$40
- Uniform Warm Up (Optional) \$75

**Paying FEES** online requires a 3.1% convenience fee. This is automatically charged if you use the online payment feature.

**Paying FEES** in person see Neyahte Martins

