



MASTERS & OPEN TEAMS POLICIES & PROCEDURES



JOINING

There are no time, speed, height or distance requirements to participate on Atlanta Track Club's Masters and Open 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 the High Performance Department
- Be willing to act as an ambassador of the Club to the public at events and competitions by complying with brand guidelines and upholding the spirit of our mission
- Be an Atlanta Track Club member in good standing residing in Georgia, in a neighboring state AND been a member prior to moving to the neighboring state, in a state or area that does not have a local club in which to participate *existing participants are grandfathered
- Be a current USATF member listing Atlanta Track Club as their club affiliation
- For masters, be over the age of 40 (Long Distance Running [LDR]) or 25 (Track and Field)
- For open athletes, be over the age of 17 (Long Distance Running [LDR] and Track and Field)
- Compete three or more times per year preferably at national, regional or team competitions
- Compete in the adidas team uniform kit and adidas competition shoes unless given a medical waiver by the High Performance Director
- Compete primarily for Atlanta Track Club and disclose other affiliations and team memberships



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UNIFORMS

Wearing a team uniform is an important way to identify as a member of Atlanta Track Club and to acknowledge your support of the Club's values and mission for competition at all levels and ages. All team members will receive a singlet or crop top at no cost based on inventory availability. Supplemental gear, including but not limited to warmups, training gear, shoes, bags, and more, is available for purchase at a reduced cost when registering and through the webstore.

It is expected that team members compete in the Adidas Team uniform/kit and Adidas competition shoes at all team competitions unless granted a waiver by the High Performance Director.

FUNDING

Atlanta Track Club Masters and Open 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 Team Captain'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 or the Track and Field Coordinator (TFC) with adequate budget available
- Have completed four volunteer credits in the previous 365 days and be on track to complete four credits this calendar 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 adidas-branded Atlanta Track Club apparel
- Compete in adidas shoes unless granted a waiver by the High Performance Director
- Submit a reimbursement request with proper documentation and receipts for eligible expenses including travel to an event (ex. airfare, car rental, mileage) or lodging (hotel, Airbnb, etc.)
- Carpooling and sharing rooms with a teammate is strongly encouraged
- Airfare and hotel rooms paid for with "points" are NOT eligible for reimbursement in any circumstances on account of tax law

COACHING

Atlanta Track Club Open Team members are eligible for group coaching. This is a decision of team leadership to use their funds to support a more unified training program. Please talk to your captain/coordinator for more information.



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CONCERNS AND QUESTIONS

Invariably, a team of our size with passionate, 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 and less emotion. If the issue is particularly complex, schedule an in person meeting or phone call.
- Talk to your AGC or Team Captain. He or she may have your answer.
- If related to logistics and the AGC cannot help, talk to the Team Captain or team administrator
- If related to overall policies or the Club or USATF rules or procedures, talk to the High Performance Director or team administrator so that appropriate channels can be followed.
- If you desire to propose a USATF rule change, talk to the High Performance Director so that appropriate channels to USATF can be followed and the Club can provide adequate support for the proposal.

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.

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 or Open Teams. It is an expected practice to build investment in the community in Atlanta. Volunteering is necessary to receive funding. 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 four credits in the previous 365 days. 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.

Report volunteer credits [HERE](#). You can view your current volunteer credits [HERE](#) (beginning 1/1/2024).

Volunteering opportunities can be found [HERE](#). Additional opportunities specific to our teams will be offered through the team newsletter. All volunteering opportunities should be signed up through Volunteer Local. All volunteer hours must be logged by the individual using the team volunteer tracker.

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.



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TEAM AWARDS AND BANQUET

An annual banquet and awards ceremony will be held each year to honor the accomplishments of the teams.. The banquet will be held 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:

- “White Hat Award” – Male and Female
- Most Valuable Volunteers – Male and Female
- LDR Most Valuable Runners* - Male and Female, Open and Masters
- TF Most Valuable Athletes* - Male and Female, Open and Masters

*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
- Annual town hall meeting via Zoom to discuss team rules, policies, plans and schedules