

## MINIMUM PERFORMANCE STANDARDS

Minimum performance standards for VS ATHLETICS Track Club membership are *in the neighborhood* of the **1200-point marks**, event by event, as published in the current edition of the Hungarian IAAF Scoring Tables listed below. Those 1200-point standards are:

Event	Men	Women	Event	Men	Women
100m	10.50	11.70	High Jump	6'10" (2.09m)	5'10" (1.78m)
200m	21.30	25.00	Pole Vault	17'0" (5.28m)	13' 0" (3.97m)
400m	47.00	56.00	Long Jump	24'6" (7.47m)	20'6" (6.25m)
800m	1:52.00	2:10.00	Triple Jump	51'0" (15.54m)	42'6" (12.95m)
1500m	3:48.00	4:30.00	Shot Put	56'0" (17.07m)	48'0" (14.63m)
3000m SC	9:00.00	10:40.00	Discus	170' 0" (51.82m)	160'0" (48.76m)
5000m	14:30	17:00	Javelin	215'0" (65.54m)	150'0" (45.72m)
10,000m	31:00	36:30	Hammer	200'0" (60.96m)	160'0" (48.78m)
110/100 Hurdles	14.20	14.20	Dec/Hept	7200 pts	5000 pts
400m Hurdles	52.00	62.00			

Ultimately, however, the Club's coaches will use their own discretion as to which athletes they choose to coach and offer VS Athletics Track Club membership.

## MEMBERSHIP REQUIREMENTS

Training with one of the Club's coaches is a requirement to be a member of the VS ATHLETICS Track Club. When and where the Club's coaches train their athletes is their prerogative.

While the Club does not have a list of team rules, we DO expect certain things of all team members:

**We expect your motivation for becoming a member of the VS ATHLETICS TRACK CLUB to be the desire to improve and elevate performances to the highest level possible.**

**We expect you to come to training on-time.** Your commitment to becoming a better athlete begins with getting to your training sessions on-time. Since the VS ATHLETICS Track Club is based on creating new training groups, it is important to come to training on-time—because when people are absent from their training group, the dynamic of the group suffers. Occasionally, circumstances will arise that will cause us to be late. However, it is our experience that it is the same people who are always late. In doing so, those people are telling us that it is OK for us to wait for them because their time is more important than our time. The truth is just the opposite.

**We expect you to communicate with your coaches.** If you cannot come to training on-time, or must to miss a training session or a meet because of illness or an emergency, we expect you to inform your coach about it in advance whenever possible. In this day of instant messaging by phone, cellphone, fax, and Email, there is no excuse for not communicating.

**We expect you to follow your training plan to the best of your ability.**

**We expect you to put some time and thought into planning and critiquing your performances.** No one is so gifted or experienced that they can't learn something from every competition.

**We expect you to treat each other like teammates.** Even if you have no interest in socializing with other members of our team away from the track, we expect you to be supportive, encouraging and considerate of one another at our training sessions and competitions.

**We expect you to have made a long-term commitment to your athletic career and to regard a poor training session or competition as a temporary setback not worthy of any agonizing or sulking.** Psychological profiles of successful athletes have identified their ability to quickly let go of a disappointing performance, analyze it, learn from it, and begin focusing on the next opportunity for success as the critical character trait which sets them apart from less successful athletes.

**We expect you to take the time to READ the information we give to you.** If we didn't think it was important, we would not have taken the time to prepare it for you.

**We expect you to take advantage of this opportunity.** Very few athletes have the chance to continue their track & field careers after college as part of a well organized, supportive team with coaching, teammates to train with, free equipment, and a comprehensive schedule of competition. Few track clubs made up of developing and emerging elite athletes enjoy the level of organization, coaching, and support that you will have. You should try to make the most of this time we will have together.

**In return, this is what you can expect of the VS ATHLETIC Track Club and your coaches:**

**You can expect us to be there for you** ....every day, at every training session, and at every one of your competitions if humanly possible, well-prepared and fully-armed with all the encouragement, support, and enthusiasm we can muster for your efforts that day.

**You can expect us to match the commitment, dedication, determination, and personal sacrifices you are making to become a better athlete.**

**You can expect us to be honest with you and say what we mean and mean what we say.**

**You can expect us to work to continue to improve as coaches, just as you are trying to improve as athletes** ...by reading, studying, and experimenting.

**You can expect us to try to make your training and meet experiences FUN.** The quality of our mutual commitment makes this serious business. Ultimately, however, this is worth doing because it is an experience that enriches our lives. Training and competing at this level is a unique challenge. Moreover, it is an *adventure* that very few people have the talent and opportunity to experience. You owe it to yourself--and the few short years of your life that you have to do this--to enjoy the journey and savor each one of your successes along the way.

**You can expect us to treat you with dignity and respect in a way that makes you feel important** ... regardless of your current level of athletic success. We will never equate your quality as a person with the quality of your athletic performances. And when its time for your life to move on in some other direction, we will always value your friendship and consider you a part of our extended family.

## **MEMBERSHIP DUES**

**VS ATHLETICS Track Club membership dues are \$350.00 for the entire 7-month track season and \$250 for the entire fall cross country track season.** All dues go into a Christmas Club-type account that pays all team members' meet entry fees and team travel and lodging expenses. The Club's coaches receive no financial compensation from member dues.

## **POSITION STATEMENT ON PERFORMING ENHANCING DRUGS**

The coaching staff of the VS Athletics Track Club opposes the use of banned drugs to enhance athletic performance and will not tolerate their use by our members. We believe the use of banned substances such as anabolic steroids, testosterone, human growth hormone, stimulants, EPO and other blood-doping techniques, ephedrine, pain-killers, and methods to avoid their detection, such as masking agents and diuretics, is a moral, ethical issue on which the credibility of all sports is grounded. This issue is neither complicated nor controversial. **The national governing bodies and international federations for every Olympic sport consider those who use banned drugs as "CHEATERS".**