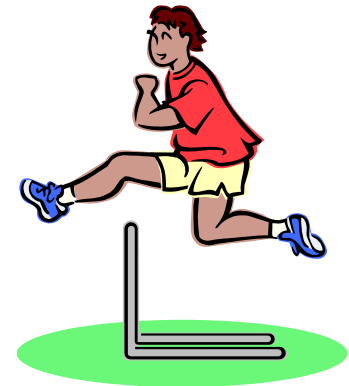
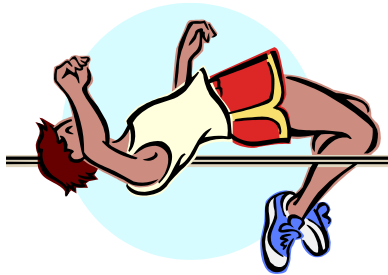


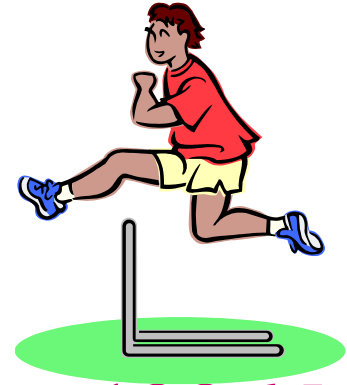
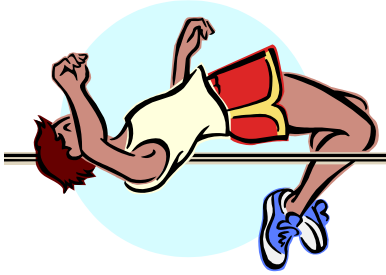
# Gazelles Track Club



## 2020 Summer Season

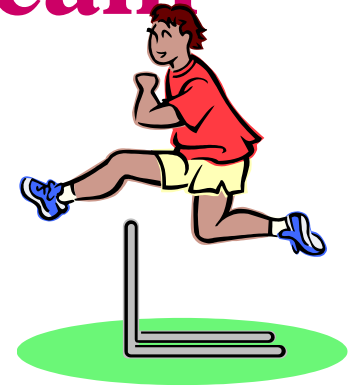
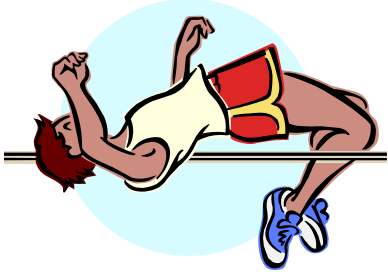
<http://gazellestrackclub.teampages.com/>

# Mission Statement

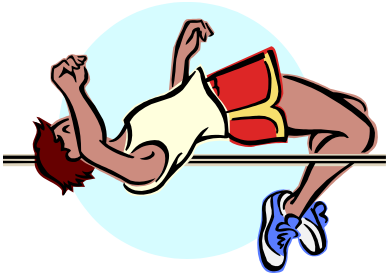


**Our mission since our inception in 1996 has been to teach boys and girls between the ages of 5 and 18 about track and field, provide a fun atmosphere in which to train, provide top-level instruction to enable them to increase their speed and conditioning and access to meets where they can experience the thrill of competition and teamwork.**

# Meet the Coaching Team

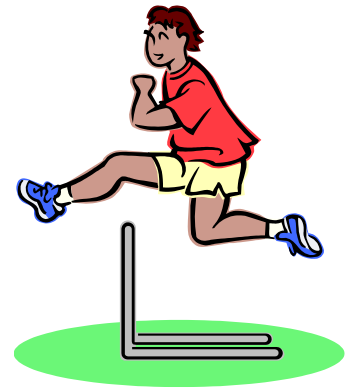


- **Greg Scoggins**  
(817) 300-0046 4028 Wellington Lane, Grapevine, TX 76051
- **Brandon Moody (817) 565-2769**
- **Steve Moore (817) 312-5607**
- **Larry McKenzie (817) 788-8049**
- **Rebecca Moore (817) 412-1880**
- **Derek Jenkins (817) 291-3066**
- **Joe Kammerlocher (817) 789-8105**
- **Meredith St. John (817) 917-2025**
- **Trent Jackson (817) 723-6457**
- **Jason Smith (801) 390-5362**

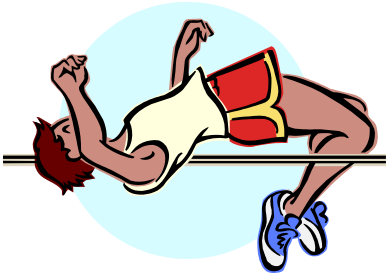


# Coaches' Resumes

## Greg Scoggins

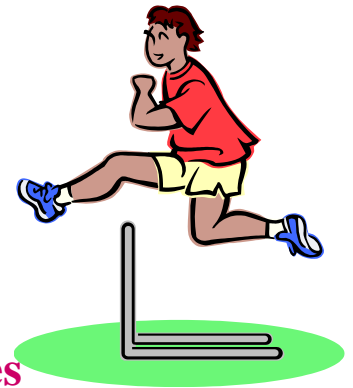


- **Ran track from age 8 through age 20**
- **Participated in AAU Junior Olympics in Lawrence, Kansas in 1976**
- **Competed in High Jump, Long Jump, Hurdles, 400 Meter Run, Mile Relay & Shot Put**
- **Worked as a Meet Official running high school track meets while attending the University of Oklahoma & earning a BS degree in Engineering Management**
- **Completed USA Track & Field Level 1 Coaching Certification in 1999**
- **Certified Track Meet Official for USA Track and Field (USATF)**
- **36 Gazelles received college track scholarships in past 18 years**
- **Conduct Elite Speed Enhancement and Hurdle Training Clinics**
- **Track Coach at Colleyville Covenant Christian Academy from 1999 to present**
- **Assistant Football & Basketball Coach at Covenant Christian Academy 13 years**
- **Coached 7 seasons of Youth Football in Colleyville Peeewe Football Association**
- **Coached 14 seasons in Colleyville & Grapevine Youth Basketball Associations**
- **Coached 14 seasons in Grapevine Baseball Association, plus 3 All-Star teams**
- **Coached 7 seasons of Youth Soccer in Grapevine Soccer Association**



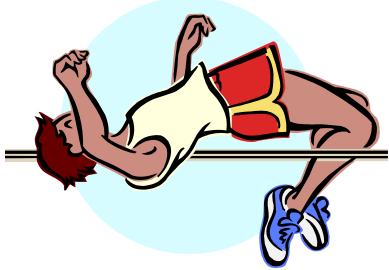
# Coaches' Resumes

## Brandon Moody



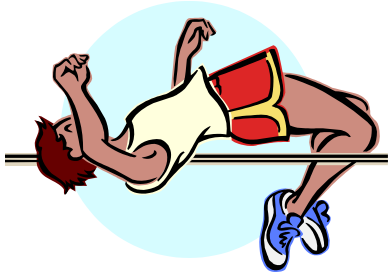
- **Ran track from age 12 through age 21**
- **Competed in High School, and Collegiate levels in relays, and hurdles**
- **Competed in High Jump, Long Jump, Hurdles, 100/400 Meter, Sprint & Mile Relays**
- **Completed USA Track & Field Level 1&2 Coaching Certification in Sprints/Hurdles**
- **36 Gazelles received college track scholarships in past 17 years**
- **Conduct Elite Speed Enhancement and Hurdle Training Clinics**
- **Bigger Faster Stronger Strength and Conditioning Certification**
- **Assistant Middle School / Varsity Coach for Football, Soccer and Track at Grapevine Faith Christian School 2000 - 2006**
- **Strength and Conditioning Coach at Grapevine Faith Christian School 2000 - 2004**
- **Head Varsity Soccer Coach at Grapevine Faith Christian School 2004 - 2006**
- **Assistant Varsity Coach for Football, Soccer and Track at Prestonwood Christian Academy in Plano 2006 - 2008**
- **Assistant Varsity Coach Football & Track at Covenant Christian Academy 2008 - 2010**
- **Assistant Coach Grapevine Gazelles Track Club 2010 - present**

# Goals & Objectives



- **Our goal is for each child to improve their speed and overall conditioning, while having fun participating in track.**
- **This can only be accomplished through consistent participation in practices and meets. We recommend that children attend at least 2 of the 5 scheduled practices per week.**
- **Beginning May 18<sup>th</sup>**, practices will be held at the Heritage Middle School track on Monday and Thursday evenings from 7:00 PM to 8:30 PM.
- **Beginning May 19<sup>th</sup>**, practices will be held at the Northwest ISD track stadium on Tuesday, Wednesday & Thursday evenings from 7:00 to 9:00 PM.
- **After school ends**, practices will be Monday and Thursday evenings, and Tuesday and Wednesday mornings from 8:00 AM to 9:00 AM, **beginning June 2<sup>nd</sup>** at the Heritage Middle School track, and the Northwest High School practices will continue with their same schedule. **These practice times will allow the athletes to train without being in the midday summer heat.**

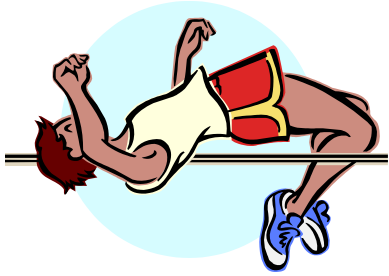
# Registration Fees and Costs for Younger / Recreational Athletes



The cost is **\$199**. This will cover the following:

- **Registration w/ Texas Amateur Athletic Federation (TAAF)**
- **The TAAF Regional Meet and TAAF State Games of Texas track meet registration fees will be extra should your child qualify**
- **Use of all club track equipment and training devices**
- **A track singlet with the club logo and track shorts is purchased *separately online at [www.AGreatIdeaOnline.com/Gazelles](http://www.AGreatIdeaOnline.com/Gazelles) .***

# Registration Fees and Costs for Speed and Conditioning Training Only

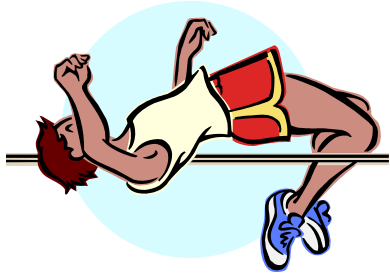


The cost is **\$195** per child for the summer session from May 18<sup>th</sup> until July 13<sup>th</sup>. This program is designed for younger athletes looking to improve their speed, running technique and conditioning for other sports, but who are not interested in running in track meets. This will cover the following:

- Expert speed and conditioning training in a small group setting from 7:00 PM until 8:30 PM Monday and Thursday
- Use of all club track equipment and training devices
- Camaraderie and training competition with other athletes

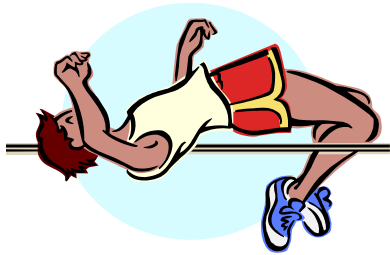


# What We Need from Parents



- Each child needs a pair of track spikes and/or running shoes along with gym shorts and a t-shirt for practices
- Each child must bring a plastic bottle of cold water or sports drink with his or her name on it to each practice
- Each child needs to arrive at practice on time to allow for proper warm-up and stretching prior to the workout
- Email Coach Moody at [ADC Moody3@gmail.com](mailto:ADC Moody3@gmail.com), and copy Coach Scoggins at [CoachSuperG@gmail.com](mailto:CoachSuperG@gmail.com) by June 24<sup>th</sup> that your child intends to participate in the Regional Meet, which is **tentatively** scheduled on July 9<sup>th</sup> and 10<sup>th</sup>. Each child competing in the Regional track meet needs a copy of their birth certificate along with a recent photo for age certification purposes, should they qualify for the State Games of Texas by placing in the top 4.

# What We Need From Parents



- **Each child will let the coaches know which events they wish to enter each week prior to the upcoming meet. This helps our coaches know who will be attending each meet and what events your child wishes to run. The cost of \$5 will be paid by each child and parent at the meet when they enter the gate.**
- **Each parent must fill out the information form and sign the waivers for the club and the city on the following pages.**
- **Be prepared to have a full day of FUN at the track meets with your child! Be sure to bring fruit, drinks, coolers, ice, radios, games, books, folding chairs, pop-up tents, umbrellas, sunscreen, sunglasses, etc. to increase the day's enjoyment for you and your young athlete.**

# Information Page

• Child's Name \_\_\_\_\_

Circle the category for which your child is registering:

• Younger or recreational athletes wanting to compete in TAAF track meets - **\$199**

• Speed / Conditioning for those who **DO NOT** want to run in track meets - **\$195**

• Parents' Names \_\_\_\_\_

• Address (include zip) \_\_\_\_\_

• Home Phone \_\_\_\_\_ Work Phone(s) \_\_\_\_\_

• Cell Phone(s) \_\_\_\_\_ Email(s) \_\_\_\_\_

• Child's Birthdate (mm/dd/yy) \_\_\_\_\_ Child's gender \_\_\_\_\_ Age as of 12/31/20 \_\_\_\_\_

Need new uniform? \_\_\_ If yes, please visit [www.AGreatIdeaOnline.com/Gazelles](http://www.AGreatIdeaOnline.com/Gazelles) to order. The track tank top is approximately \$25 and the running shorts \$20.

• Has your child run track before? \_\_\_\_\_ If so, where and when? \_\_\_\_\_

• Events your child is interested in \_\_\_\_\_

• Interested in being an Assistant Coach? \_\_\_\_\_ Areas to help \_\_\_\_\_

# Release and Indemnity

In consideration of the acceptance of my child to participate in track and field for the Grapevine Gazelles Track Club, I agree on behalf of my child to assume the risks incidental to such participation (which include, among other things, muscle injuries and broken bones) and on my own behalf, the behalf of my child, my child's heirs, executors and administrators do hereby release and forever discharge the Grapevine Gazelles Track Club, all club volunteers and their coaches, Greg Scoggins, Larry McKenzie, Derek Jenkins, Steve Moore, Rebecca Moore, Brandon Moody, and others, of and from all liabilities, claims, actions, damages, costs or expenses of any nature arising out of or in any way connected with the participation of my child in such activity. I further agree to indemnify and hold each of the aforementioned parties harmless against any and all such liabilities, claims, actions, damages, costs or expenses, including but not limited to, attorney's fees and disbursements. I understand the release and indemnity agreement includes any claims based on the negligence, action or inaction of any of the above released parties and covers bodily injury (including death) and property damage, whether suffered by my child before, during or after such participation. I declare that my child is physically fit and has the skill level required to participate in track and field. I further authorize medical treatment for my child, at my cost, if the need arises. This agreement shall be governed by the laws of the State of Texas. I certify I am 18 years of age or older and that I am entering into this agreement as the Parent or Legal Guardian for a minor that is under 18 years of age.

Date: \_\_\_\_\_

Print Name of Minor Child: \_\_\_\_\_

Adult Printed Name: \_\_\_\_\_

Parent or Legal Guardian Signature: \_\_\_\_\_