



Welcome to the 2026 Track & Field season

COACHES:

Coach: Sheldon Cantrell
Coach: Tarra Driskell
Coach: Travis Rainey
Coach: Victoria Richardson-Preston
Coach: Baraka Atkins
Coach: Chris Hannon
Coach: Carra Williams
Team Liason: Tameka Hannon

Team Organization- One of the main advantages of track and field over other sports is that it allows everyone to participate. At SPARQ Track Club, we welcome and support individuals who are interested in joining and contributing to our team's success. SPARQ Track Club values the commitment and attitude of its members and believes that everyone can reach their potential. SPARQ's aims to provide an environment that encourages individuals to focus on individual improvement while striving to accomplish personal goals. There are 5 basic event groups that our athletes can participate in: sprints, hurdles, distance, jumpers, and throwers.

Our primary source of communication is the TeamSnap app, this has been the most efficient way of keeping everyone in the loop. It has the practice and event schedules, it allows you to ask questions, communicate due dates, and how we communicate during meet days. If you have not been added, you will be added once initial Registration fees are received.

FEES: CLUB FEES ARE DUE PRIOR TO FIRST PRACTICE. THE FIRST UNIFORM ORDER WILL BE JANUARY 26, 2026 (TAKES 6 WEEKS TO ARRIVE). IF YOU HAVE NOT PAID YOUR FEES, YOUR CHILD WILL NOT BE ABLE TO PARTICIPATE, AND UNIFORMS WILL NOT BE ORDERED.

- **Outdoor Season Club Fees-** Everyone has the option to choose between Team Packages A, B, or C. The team packages range from \$150-\$250. Each package

outlines the items that would be included in addition to an AAU Membership, and Insurance.

- **Training Only Fees** are **\$100 (Feb.- May 31st)**. "Training Only" athletes must still pay **Monthly Practice Fees**. If athlete decides to compete, the remaining Registration balance will be due prior to competition. It should be noted that "Training Only" will not have a uniformed order, but will receive a team t-shirt.
- **ALL FEES ARE NON-REFUNDABLE**, Cash, Cash App (\$SPARQAthletics), Zelle (9415390815), Venmo (@Sheldon-Cantrell) and Apple Pay (9415390815) are acceptable forms of payment.
- **NO CREDIT CARDS or DEBIT CARDS**

MONTHLY PRACTICE FEES (February-July) - \$25/month

- Rental of facility for practice & training
- Equipment pertaining to practice & training
- Subsidized training cost
- Team strength training
- Monthly progression tracking
- Aide with team travel expenses (when applicable)
- Team photographer
- Coaches meet day apparel
- End of Year Celebration / Awards

UNIFORMS: Uniforms will be ordered January 26th and Mid-March (late comers)

Once delivered, uniforms and other team apparel will be given out at practice ONLY. Coaches WILL NOT bring uniforms to the track on Meet Day.

**** Note: when you are submitting payment it is very important in the note section you include your athletes name and what the fees are for.**

PRACTICE: Practice will be at Booker HS Mondays, Wednesdays at 6pm and Saturdays (Outdoor Season) at 10am. Starting May 1st, practices will run Monday thru Thursday. It is VERY important you get to practice on time. If there is a Meet on Saturday there will be NO practice, but an optional Make up day (coaches' discretion). Times and location are subject to change PLEASE READ TEAMSnap MESSAGES/SCHEDULES.

The athletes may be separated in four groups Blue, Grey, Green and White. The coaches will determine which group your child will be in (this can change over time) Boys and girls will practice together but compete separately on meet days (girls with girls, boys with boys). Our practice routine consists of a team/group warm-up, group training and cool down.

Track Meets: **Full meet schedule will be posted in TeamSnap as we get more in season

- Meet Fee's-Track meets DO require an entry fee to participate, these fees are separate from club fees as these are submitted to meet host. These fees will need to be submitted by the due date listed. **Meet fees will be collected VIA CASH APP to \$SparqAthletics, or Apple Pay. Late payments will not be accepted once entry closes its CLOSED, the coaches have no say in this!!**

Meets are typically held on Saturdays but can run Friday-Sunday most meets begin at 7am and goes on a rolling schedule. Meaning they will not start a running event until they are all done with previous running event. (I.E. the 100m run will not start until schedule hurdle events are done). This can be the same for field events as well. We cannot stress this enough; Outdoor Track is an ALL-DAY EVENT please prepare.

*Hydration is especially important! Athletes should be hydrating at least 2-3 days prior to the meet.

Although your athlete events may be later in the day, we ask that you arrive to the meet location at the start of the meet. Tent spacing is limited so getting there early allows us to be able to get good team area. Having the team sit together not only insures a proper warm up as a team but it helps coaches easily locate our athletes and, of course, shows for great team spirit.

**Please understand during the track meet coaches are literally everywhere. There is A LOT that goes on during a meet, sometimes may even require one of our coaches to assist the meet host with flow of the meet itself. We ask that Athletes please if you have an event coming up, grab a teammate, even the group of those who's doing the same event and warm up together.

What to Bring to a Track Meet?

Eat a healthy breakfast #1

Athletes should have on warmup gear (any joggers, long sleeve-shirt, sweater to keep them warm. Uniforms underneath. A pair of running shoes or racing flats to warm up in, and spikes. backpack or duffle to carry this. If you are purchasing spikes, they NEED to be TRACK SHOES with 1/4 inch spikes. Coaches will go over specialty event spikes.

Meets are again all day some from 7am-5pm. The goal is to try to be as comfortable as possible for both the athletes and parents.

- Bring entertainment-especially for the little ones
- Battery pack
- Tents for shade
- Lawn/folding chairs
- cooler with
- Drinks/ water **hydration is important**
- Appropriate snacks
- fruit

- Lunch
- sunblock

No fatty/oily or concessions stand food if you are still competing!!

FAQS

1. HOW DO YOU KNOW WHAT EVENTS YOUR CHILD WILL DO? Its combination of the athlete's preference, the coaching staff's evaluation. TRUST YOUR COACHES, TRUST THE PROCESS events are not set-in stone. They can try different events and figure what is the best fit for them.
2. WHAT TIME SHOULD YOU BE AT THE MEET/WHAT TIME DOES YOUR CHILD RUN? Again, meets are ran on a rolling schedule it's very hard to determine exactly what time an even is going so we encourage everyone to get there at the beginning of the meet. This also will help you get Tent space.
3. HOW DO YOU KNOW IF YOUR ATHLETE IS IMPROVING? Keep track of your athlete's event and times the goal is to get a lower time, highest Jump, furthest throw or jump. We refer to it as PR (PERSONAL RECORD) That's what we're as coaches are looking for!
* JO usually puts together an excel spreadsheet for each meet which has the athletes' events and times on it, it may take longer to update due to the number of athletes.

** The meet results link will be posted in TeamSnap as soon as its available, you can also look there.

Welcome to the SPARQ family
Charge On!!!