



Who are the Lincoln Jets?

The Lincoln Jets Track Club, Inc. is a non-profit organization newly established in 2002 to provide Lincoln area youth with a program and instruction that promote enthusiasm and develops skills in track and field. Participants will be able to attend local, state, and national track meets which will provide competition, experience and fun needed for obtaining individual and team goals. The Jets also offers a non-competitive program that will provide each athlete instruction and the fun that will encourage participation as a competitor later in that athlete's career. The Jets are a member of the USA Track & Field (USATF) Nebraska Association, which includes all 93 counties of Nebraska. Iowa athletes living in counties that border Nebraska may also compete for Nebraska Association clubs.

Where will practices be held?

All the Jets practices are at East High School. East High School is at 70th and D on the East side. The track is to the east of the school and north of the Tennis courts. Recommended parking is the northeast corner of the West parking lot at Seacrest field. Pole Vault practices will be held at Lincoln High after the high school season.

Define the seasons for me?

We aim to make track & field available to ALL kids 7-17. We define our track program into 4 seasons. Our four seasons are designed for beginners, to in season track athletes to the club elite.

Season 1 - Technique, Training, Traditional Season - April 5th- May 7th. This season take place during normal track and field season. This period is used to teach technique to new kids of track and field, learn that track and field is fun for beginners, and train club kids for the upcoming season. If you are involved with other summer sports, you may only wish to compete during this season. This season requires base membership. Base membership does allow practice during all three summer seasons. You decide when you are complete with your goals of track and field. This season finishes with the annual Lincoln Jets Spring Invitational. This meet is a USATF sanctioned meet and free to all Jets. This season will see lots of testing, inter-club competitions and track games.

Season 2 - Club Season - May 8th - June 26th. Seven USATF Nebraska Association track meets, one multi event, one throws event occurs during this period. High School athletes will start during this season as soon as they have completed their high school competition. If high school athletes fail to qualify for the state high school meet, then they are eligible for the Jets and competition. Otherwise, high school athletes must wait until completion of the state high school meet. Club Season has several competition packages available with a recommended season. Our club recommends 3-5 track meets during this season. During this season we will concentrate on individual coaching, refined technique, and individual training based upon his/her schedule. A club picnic will happen at the end of this season. We have a traditional family relay at this picnic.

Season 3 - Championship Season - June 27th - July 31st. Aged Group Nationals, Junior Olympic Regional, Junior Olympic Nationals and Cornhusker Games all happen during this season. This season is financed by

each individual. The club is not responsible for travel, rooms, or entry fees during the championship season. The club will try to raise and or except Corporate funds to help send qualifiers to these events. Everyone is open to Cornhusker Games. You must qualify at the J.O. state meet and register at the meet for regionals. You must qualify at the J.O. regional meet and register at the meet for nationals. Age group nationals requires a qualification by time, jump or throw. All base club members are allowed to practice throughout this season. This season, the intensity increases to prepare the athletes for their championship season.

Season 4 - Cross Country Season - September - November. This season is a separate season from the track program. All USATF cards are eligible cross country. This program is for the more long distant athletes. Cross country will run more on golf courses and parks. Up hills and down hills.

How do I enter track meets?

Each track meet is posted here on our website. You may e-mail me your entries if you are unable to attend practice. Most meet deadlines are at Monday's practices. (Please note red dots on the calendar) A sign-up sheet will be available the last practice prior to a deadline on Monday. DEADLINE is 8:00 pm for email and practice.

A schedule of each meet and the sign-up deadline will be posted. Again USATF Nebraska does not make allowances. Any entry submitted after Tuesday for a Saturday meet by a club will be penalized at \$8.00 per event per person and \$12.00 an event on the day of the meet. That is why the club will not hold up for anyone. After the Jets submit their entries then each individual will have to enter the meet on their own and pay the penalties.

If you enter a relay please do not skip the meet. Three other kids waited through an entire meet waiting to run and then you don't show up. Don't commit to a relay unless you plan on being there. Relays are great and fun for all unless you don't show up.

The state track meet will require that you sign up for regional's at the track meet. You will sign up and pay the fees there if you plan to advance. Sign-up and pay fees at regional meet if you advance from regional's to nationals.

Sign-up for the Cornhusker games is on your own. Cornhusker games is not an USATF meet so, the club is not responsible for sign-ups but, we will have the tent and uniforms will be used at this meet.

Your event purchases will be reviewed prior to sending in entrants to a track meet. If you have not purchased events please do so prior to a Monday deadline. Please do Not do this weekly. It's more important to teach your child track and field then collecting money weekly. Try to figure out how many meets and how many events you are going to be in and purchase the events by May 1st. You will have another opportunity to purchase more events around the end of May. Thank you for your cooperation.

How do I get a members password to the website?

If you were a Jet member the prior season or you are signed up to be a current member then email the following message to Steve Morrison

To: SMM547277@aol.com Subject: Password
XXXXXXXXXXXXXXXXXX

I would like a password and my name is

Tell me about practices

The Jets first practice will be the first week of April at East High School. All of April will be held at East High School. Check the calendar for the start date. Practice dates and times during April and May will vary depending on LPS High school track meets. Calendars will carry practice specifics. Practices are not required to compete in meets but highly recommended.

The program is designed for your child's needs and wants. Busy schedules are part of today's world but, so is the athletic burn out rate so, feel free to come and go as you wish, including starting your own work-out with walking or jogging with friends. We would like to slow down that busy schedule pace but, we understand your needs.

Practices are designed to build-up endurance early in the season, maintain and develop technique through the middle season and work with specifics at the end of the season. Championship meets occur after mid-June so, after the team picnic is when some athlete's close down their season. Certainly everyone is entitled to practice until nationals around the last week of July. (Even if you are not participating in the meets) Practices consist of track games (tag, follow the leader), warm-up, stretching, form running, a running workout, field event training and a warm down.

Some practices may only include specifics like blocks or relays and some practices may not cover a specific field event so please check your weekly schedule.

Occasionally, we will test the kids with certain running or field event tests for progress. After some practices we might have a water balloon fight, or have treats, picnics or other fun activities.

We will be holding practice from 6:00-8:00 pm. If you athlete needs some individual work you may request some special time. Special time will be from 7:30 to 8:00 and a coach will see that you get that time.

Official warm-ups will begin @ 6:00. Anyone coming later will need to warm-up on their own before they can join the group.

What about the team uniform?

Uniforms are required to compete in any Jets track meet. We offer a new uniform this season available to athletes for \$37.00. The uniform is not part of the annual cost but, is required and you may wear as many years as it will fit. Some previous Jets may have outgrown their uniform and would be willing to trade, borrow or sell it to you.

What ages can compete for the Jets

We recommend Little Green for any children under the age of 7. This season a new sub-bantam division was added and the lowest division and that includes 7-8 year olds. High school athletes may not participate in our practices or compete in our meets until their school season is over, either after their state or district meet. Junior high and middle school athletes may participate in our practices and compete in our meets.

What are Youth Athletic and Junior Olympic meets?

Both Youth Athletic and Junior Olympic meets are sanctioned by USA Track & Field, and the same events are offered in both. Athletes in the Young Men/Women, Intermediate, and Youth age groups may compete in up to four (4) events, while Midgets, Bantams and Sub-Bantams may compete in up to three (3) events. Combined event competitions do not count against an athlete's event limit.

Youth Athletic (also called "Youth" or "Age Group") meets are open to all USATF-member athletes. The entry procedure for each Youth meet will be explained at club practices, usually within a week or two of the meet. Any USATF-member athlete may register for and compete at any Youth meet. All meets on the competition schedule are Youth meets except those which include the phrase "Junior Olympic". (or "JO")

meets are based on a stair-stepping program of qualifying meets, leading to the National Junior Olympic meet. The advancement procedure looks like this:

Local JO meets - The top six (6) in each individual and relay event from these meets qualify for the Association JO meet (note: not every event in the age groups are contested at the Local JO meets, so those events will begin competition at the Association JO meet)

Association Meet - The top six (6) in each individual event and top four (4) in each relay event from this meet qualify for the Regional JO meet

Regional JO meet - The top three (3) in each individual and relay event from this meet qualify for the National JO meet

What is age group track?

Age group track is just as the name implies: track & field competition based on an athlete's age in the current calendar year. The age group divisions for competition in 2009 are as follows:

Young Men/Women (YM/YW) - born in 1992 or 1993, or in 1991 on or after August 1

Intermediate Boys/Girls (IB/IG) - born in 1994 or 1995

Youth Boys/Girls (YB/YG) - born in 1996 or 1997

Midget Boys/Girls (MB/MG) - born in 1998 or 1999

Bantam Boys/Girls (BB/BG) - born in 2000 or 2001

Sub-Bantam Boys/Girls (SB/SG) – born 2002 and after

What is the cost of the Lincoln Jets?

The fee structure is based upon the three track & field seasons. A base membership is required for all Lincoln Jet club members. Club rules that ONE practice can be a trial but at least a club base membership must be purchased to return.

Club membership is \$40.00 - Club membership includes practices for all three track seasons. (April - July) No other club memberships are required during the season. This club membership helps pay for club expenses, team sanction fees, liability insurance, website hosting, weekly treats, awards, picnics, help frey coaches expenses. A \$10.00 Discount for the second child.

USATF membership is \$20.00 - 2009 USATF membership card (required by USATF to participate in either practices at East High and compete in USATF sanctioned meets. USATF cards available online at the national USATF site but, as an individual it will cost \$20.00 plus the process of getting a USATF password. If you purchase on your own then proof would be required to practice with the Jets.

Uniform is required - First year Jet athletes will be required to buy a uniform to participate in the Jets Invitational or any other sanctioned USATF meet. If you already own a uniform then no purchase is necessary. You may trade or sell your old uniform to new Jets. New Jet Uniforms are \$37.00. Jets that already have a uniform may purchase a new uniform for \$37.00

Club Track Entry Packages - We are still searching for the best and fairest way to purchase entries to each track meet. The Jets would prefer to handle track meet money on occasion. You must have a positive balance to sign up for any events in a meet. No exceptions.. The Entry packages are \$4.00 per event for club track meets and \$6.00 for championship meets (State). Regional and National competitions are on your own at the meet. These are the exact cost to our club per event for your athlete. We make nothing as a club and your registered in the meet. (very easy). Sign-ups are due Monday before a weekend track meet. The club will send in entries on time. Any late fees or entries are the responsibility of the athlete or parents. Lincoln Jets do not pay for any late fees unless it is our error. State JO Multi-Events are \$20.00 for Bantams, \$25.00 for Midgets and Youth and \$30.00 for Intermediate and Young Men(Women). Because we have 12-14 meets each year the cost can vary per family or individual. Cornhusker Games is entered and paid on your own.

Bantams are allowed to participate in 3 events per meet and the Midgets and above are allowed to participate in 4 events per meet. Figure number of events times number of meets and that is your cost.

Championship Season - This season can be expensive with airline travel, car travel, motels, etc. All expenses are paid by the athlete including meet entry fees. These meets include Age Group Nationals at Ypsilanti, Michigan., N.C., J.O. Olympic Regional at Omaha, Nebraska, J.O. Nationals at Greensboro, NC and Cornhusker Games at Lincoln High. Fees usually will run \$5.00-\$7.00 per event. Planning ahead will save you money. All corporate sponsorships or donations will be made to the championship fundraising drive. The money will be divided by participants going to J.O. Nationals. Some clubs will charter a bus to attend regionals. We are looking for a committee chairman in the fundraising, trip planning area of our club. Remember we have no limits on the amount of fundraising funds you can generate.

REMEMBER VALUE BOOK SELLS CAN AND WILL PAY FOR ANY CHILD TO PARTICIPATE. You can easily make \$8.00 to \$12.00 per book. Allows the less fortunate to get out and earn their own way. Great experience.

Revenue Generated by Lincoln Jets and what it pays for.

Club Membership - Club expenses, team sanction fees, liability insurance, website hosting, weekly treats, awards, picnics, help frey coaches expenses to meets.

Uniforms - Cost of Uniform. Teams must be in a uniform according to USATF rules. No profits.

Track Meet Entry Fees - Exact cost of meet to Lincoln Jets. No profits

Club Sponsorship Money - Goes directly to support Lincoln Jet Athletes at Championship Events.

Championship Season - This season can be expensive with airline travel, car travel, motels, etc. All expenses are paid by the athlete including meet entry fees. These meets include Age Group Nationals at Lisle, Illinois, J.O. Olympic Regional at St. Paul , Minnesota, J.O. Nationals at Mount Sac in Los Angeles, California and Cornhusker Games at Nebraska Wesleyan. Fees usually will run \$5.00-\$7.00 per event. Planning ahead will save you money. All corporate sponsorships or donations will be made to the championship fundraising drive. The money will be divided by participants going to J.O. Nationals. Some clubs will charter a bus to attend regionals. We are looking for a committee chairman in the fundraising, trip planning area of our club. Remember we have no limits on the amount of fundraising funds you can generate.

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What is the parents role in the Jets?

Parents are strongly encouraged to be involved in the support of the Jets.

Parents wanting to coach on a part-time or full-time basis may contact Steve Morrison. Drills, assignments, training are pre-planned for you to implement. Experienced coaches and coaches wishing to learn are wanted at all times. We can work around your schedules. USATF does not require certification at this time but, a plan is in the works to require certified coaches at a later date.

We need committees, championship sponsorship committee, merchandise committee, fundraising committee, track meet committee, picnic and treat committee.

Volunteers to help support the committees are needed.

We encourage all parents to work-out with the Jets. Lanes 7 and 8 are always open to parents wishing to walk or jog and meet new friends.

Make the Jets a family adventure.

What is USA Track & Field?

USA Track & Field is the national governing body of track & field. Before any athlete may register for and compete in a USATF-sanctioned meet, whether as a member of the Jets or not, he/she must first become a member of USATF. The cost of the athlete's USATF membership is \$20.00. Any athlete wishing to join the Jets must complete the USATF membership form along with proof-of-age verification, such as a copy of a birth or baptismal certificate, state or military I.D. card, or driver's license. Returning Jets will fill out the renewal USATF form and will not need to provide a proof-of-age verification. Athlete's must have the verified USATF card in hand by the athlete's first meet. This process can either take a week prior to a track meet or stand in a long line at the track meet. Membership is encouraged as soon as possible. If you would like to join online, it takes a password from USATF, a credit card and \$20.00.

How do I sign-up to be a Jet?

Returning Jets:

Print out the Jets application or the high school application. Fill out the information and sign the application. You do not need to fill out USATF application if you are returning. Make sure you have given us an email so that your USATF confirmation can be returned to you. This is your ticket into the meets until the card comes. Mail the Jets application to Lincoln Jets Track Club, Inc. c/o Steve Morrison, 7921 Nob Hill Rd., Lincoln, NE. 68516 with payment. (See cost to be a Jet) You can sign-up at Jet practices but, this does take away from Jets practice time so, please fill information ahead of time.

New Jets:

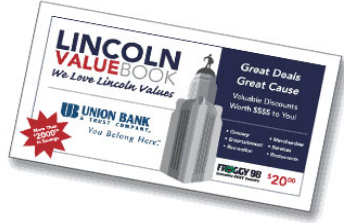
You may print the Lincoln Jets application form from the internet and provide us with all the important information and sign the form. You have the option to mail it to the address above or come in person to sign-up. From that form will fill out a USATF card for you. We do need a copy of your child's birth certificate to be mailed to USATF. Please fill out the fee section and the shorts and t-shirt section.

Why do we need volunteers?

In order to keep the club fees down, uniform, and equipment needs and find good coaches the club will need to run a track meet each year. The club fees are used for annual expenses such as website fees,

advertising, awards, goodies, picnics, team association fees, coaches shirts.. Any money generated by Corporate sponsorship will be earmarked for providing each support to traveling championship athletes.

How do I get help with fundraising



Lincoln Value books are back also for those interested in earning money. Lincoln Jets will not require sales of any Lincoln Value Books this season because thanks to your efforts last season we are debt free. Lincoln Jets will not be handling any books this season. However, they are available for you to purchase and earn lots of money. The transaction will be between Lincoln Value Book and yourself.

The books more than pay for themselves. Click on value book above and find out what's in the 2008-09 books. Contact Stan and make arrangements with him and tell him the Lincoln Jets sent you. You can profit \$8.00 to \$10.00 on a \$20.00 book.

The Lincoln Value Book sells! There are four Hy-Vee coupons in the book, each saving 5% off one's grocery bill. Many people buy more than one, because they save over \$20 on one or two of the Hy-Vee coupons alone.

High return, less hassle, little or no risk.

Contact Us:

Lincoln Value Book

2510 Wilderness Ridge

Lincoln, NE 68512

402-770-3040 - Phone

402-420-7887 - Fax

stan@lincolnvaluebook.com