



ATTENTION ALL TRACK AND FIELD ATHLETES ...

SSA is a **USATF** (United States of America Track and Field) & **AAU Jr.** Olympic Track and Field club. Spokane has a rich Track & Field tradition and we would like to build upon that legacy by providing an opportunity for our local Track & Field athletes ages **6 – 18** to continue to compete during the winter and summer months.

If you or someone you know would be interested in finding out more about our club, please email us at coachaction@yahoo.com and request to be added to our email list!

You will need both **USATF and AAU Memberships see pages 4 and 5 of this packet for instructions. Please do this right away!**

First practice: May 27th, 6:00 pm – 8:00 pm at **Cheney High School.**

Cost: \$350 (Please make checks payable to **Spokane Speed Academy ... No Cash Payments**, please get a money order if you don't have checks)

Please bring sign-up forms, concussion forms and check made out to **Spokane Speed Academy to first practice.**

We are looking forward to hearing from you!

Sincerely,

Coach Cecil Jackson (USATF Certified)
Spokane Speed Academy Founder
(509) 720-3234
coachaction@yahoo.com





SPOKANE SPEED ACADEMY REGISTRATION APPLICATION

Full Legal Name _____ Date of Birth _____ Male Female

Family Address _____ City _____ St _____ Zip _____

Primary email to receive team communication _____

Phone number(s) to text team communication _____

Parent/Guardian #1 _____ Phone _____

Address (if different) _____ City _____ St _____ Zip _____

Email _____ Alternate Phone _____

Parent/Guardian #2 _____ Phone _____

Address (if different) _____ City _____ St _____ Zip _____

Email _____ Alternate Phone _____

Emergency Contact (other than parent) _____ Phone _____

CURRENT AAU Number: _____ **CURRENT USATF Number:** _____

Visit aautrackandfield.org and usatf.org to renew your memberships or obtain a new membership (If you already have a membership, do not obtain a new one). Please make sure you use club number **220** for USATF and **W3B37Y** for AAU so you will be associated with Spokane Speed Academy. You MUST have a current USATF & AAU membership before you can practice/compete with Spokane Speed Academy.

Does the athlete have any known health concerns or special needs? Yes No
Explain _____

Cost: \$350 for the season (**uniforms are provided**)

Bring registration and fees and give to Coach Jackson at first practice.

Make checks payable to **Spokane Speed Academy**

*** Additional fees for meet entry and coaches travel expenses will be the responsibility of parents.**

Concussion Information

(Adapted from the CDC and the 3rd International Conference on Concussions in Sport)

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the signs and symptoms of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- Neck Pain
- Sensitivity to light or noise
- Drowsiness
- Not feeling “right”
- Nervousness or anxiety
- Confusion
- Concentration or memory problems (forgetting game plays)
- Pressure in head
- Balance problems or dizziness
- Feeling sluggish or slowed down
- Change in sleep patterns
- Fatigue or low energy
- Irritability
- Repeating the same question/comment
- Nausea or vomiting
- Blurred, double, fuzzy vision
- Feeling foggy or groggy
- Amnesia
- Sadness
- More emotional

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Forgets plays
- Answers questions slowly
- Can’t recall events prior to hit
- Loses consciousness
- Vacant facial expression
- Is unsure of game, score, or opponent
- Slurred speech
- Can’t recall events after hit
- Any change in typical behavior or personality
- Confused about assignment
- Moves clumsily or displays incoordination
- Shows behavior or personality changes
- Seizures or convulsion

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

What can happen if my child keeps playing with a concussion or returns too soon?

Athletes with the signs and symptoms of a concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student athletes’ safety. If you think your child has suffered a concussion: Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new “Zachery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years: “a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time” and “may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance* to return to play from that healthcare provider.”

Remember, it is better to miss one meet than miss the whole season. When in doubt, the athlete sits out.

*Concussion release forms, required after an incident, are available through Cecil Jackson.

Release of all claims against Spokane Speed Academy:

In consideration of permission granted my child/ward by Spokane Speed Academy to participate in the activity checked above, I, the parent or guardian of the above named child, hereby release and discharge Spokane Speed Academy, its officers, employees, representatives, coaches, and referees from all claims, demands, actions, judgements and executions which the child, parent, or guardian ever had, now has, or may have, or which the child or guardian’s heirs, executors, administrator or assigns may have or claim to have against Spokane Speed Academy, its officers, employees, representatives, coaches, and referees; their successors or assigns, for all personal injuries, known or unknown to my child/ward, and injuries to property, real or personal, caused by, or arising out of the above described sports activities. Also, I, the parent or guardian of the above named child, hereby authorize Spokane Speed Academy to use photos for publication, taken during games and events. I, the parent or guardian, have read this release and understood all terms. I execute it voluntarily and with full knowledge of the significance. My signature is legal authorization for emergency care and acknowledgment of release of all claims statement.

Signature(s) below acknowledge that you’ve read and understand this release above as well as Concussion Compliance.

Athlete Signature

Date

Parent Signature (required for all athletes under the age of 18)

Date

USATF MEMBERSHIP (Athlete)

1. GO TO: <http://www.usatf.org/>
2. **Home Page:** Click on “**USATF Connect Login**” in the red bar at the top. This will take you to, Individual membership login page.
3. **Individual Membership Page:** Click on “Join Now” if you don’t have a membership or sign into your current account.
4. If you were a member in any other year (**starting with 2001**), renewing your membership is easy! When registering this way, you don't have to re-type information like your name and address that USATF already have on file.
5. You’ll need your “Previous Membership Number”:
6. You’ll need your Password:
7. COMPLETE APPLICATION: UNDER SPORTS CODE SELECT TRACK EVENTS & FIELD EVENTS
8. Membership Categories: **SELECT ATHLETE**
9. Make sure you join our club and use the correct club number...**SSA Club # 220!**

AAU MEMBERSHIP (**Athlete**)

1. GO TO: <https://aautrackandfield.org/>
2. **Home Page:** On top right of page, Click on **Membership Login** (Blue Box) or **Join AAU** (Red Box).
3. **Individual Membership Page:** Click “Get a Membership”.
4. Membership Login to renew your membership!
5. You’ll need your “Previous Membership Number” or Email address your account is under.
6. You’ll need your Password:
7. COMPLETE APPLICATION:
8. Select Sport: Track & Field.
9. Coverage: Select Regular (\$20 - \$22)
10. Term: Select Current Membership (\$20 - \$22)
11. Are you a member of a Club?...**YES!**
12. ZIP CODE: **99224** (TEAM ZIP CODE)
13. Enter SSA Club Code: **W3B37Y** (Spokane Speed Academy)
14. Who are you registering? **Your Athlete**
15. Membership/Clubs: Checkout (Green Button on Bottom Right)



Spokane Speed Academy (Practice/Event Locations)

PRACTICE SITE:

Wenatchee High School
1101 Millerdale Ave
Wenatchee, WA 98801

MEET SITES

Southridge High School
3520 Southridge Blvd
Kennewick, WA 99338

Spokane Falls Community College
3410 W Whistalks Way
Spokane, WA 99224

TC THUNDER TWILIGHT MEET #1
TC THUNDER TWILIGHT MEET #2
USATF INLAND JO CHAMPIONSHIPS

University of Oregon
Hayward Field
1530 Agate St
Eugene, OR 97403

2024 NIKE OUTDOOR NATIONALS

University High School
12420 E 32nd Ave
Spokane, Valley WA 99216

USATF INLAND NW ASSOCIATION CHAMPIONSHIPS

Mt. Hood Community College
26000 SE Stark St
Gresham, OR 97030

USATF REG. 13 TRACK AND FIELD CHAMPIONSHIPS

Texas A&M University
400 Bizzell St
College Station, TX 77840

USATF JO NATIONAL CHAMPIONSHIPS

*ADDITIONAL MEETS MAY BE ADDED!



June 2024

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
						1
2	3	4	5	6	7	8
	Practice: Wenatchee HS 5:30 - 7:30 P.M.	Practice: Wenatchee HS 6:00 - 7:30 P.M.	MEET: All-Comers Meet Spokane Falls CC Spokane, WA	Practice: Wenatchee HS 6:00 - 7:30 P.M.	MEET: TC THUNDER TWILIGHT MEET #2 Southridge HS Kennewick, WA 5:30 P.M. Start	
9	10	11	12	13	14	15
	Practice: Wenatchee HS 6:00 - 7:30 P.M.	Practice: Wenatchee HS 6:00 - 7:30 P.M.	MEET: 2024 NIKE OUTDOOR NATIONALS Hayward Field Eugene, OR MEET: All-Comers Meet Spokane Falls CC	MEET: 2024 NIKE OUTDOOR NATIONALS Hayward Field Eugene, OR	MEET: 2024 NIKE OUTDOOR NATIONALS Hayward Field Eugene, OR	MEET: 2024 NIKE OUTDOOR NATIONALS Hayward Field Eugene, OR MEET: 8:30 A.M. Start USATF INLAND NW ASSOCIATION CHAMPIONSHIPS University HS Spokane Valley, WA
16	17	18	19	20	21	22
	Practice: Wenatchee HS 6:00 - 7:30 P.M.	Practice: Wenatchee HS 6:00 - 7:30 P.M.	MEET: All-Comers Meet Spokane Falls CC Spokane, WA	Practice: Wenatchee HS 6:00 - 7:30 P.M.	MEET: USATF INLAND JO CHAMPIONSHIPS Southridge HS Kennewick, WA	MEET: USATF INLAND JO CHAMPIONSHIPS Southridge HS Kennewick, WA
23	24	25	26	27	28	29
	Practice: Wenatchee HS 6:00 - 7:30 P.M.	Practice: Wenatchee HS 6:00 - 7:30 P.M.	MEET: All-Comers Meet Spokane Falls CC Spokane, WA	Practice: Wenatchee HS 6:00 - 7:30 P.M.	Practice: Wenatchee HS 6:00 - 7:30 P.M.	
30						

Notes	
-------	--



July 2024

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1	2	3	4	5	6
	Practice: Wenatchee HS 6:00 - 7:30 P.M.	Practice: Wenatchee HS 6:00 - 7:30 P.M.	Practice: Wenatchee HS 6:00 - 7:30 P.M.	MEET: USATF REG. 13 TRACK AND FIELD CHAMPIONSHIPS MT. HOOD CC Gresham, OR	MEET: USATF REG. 13 TRACK AND FIELD CHAMPIONSHIPS MT. HOOD CC Gresham, OR	MEET: USATF REG. 13 TRACK AND FIELD CHAMPIONSHIPS MT. HOOD CC Gresham, OR
7	8	9	10	11	12	13
MEET: USATF REG. 13 TRACK AND FIELD CHAMPIONSHIPS MT. HOOD CC Gresham, OR	Practice: Wenatchee HS 6:00 - 7:30 P.M.	Practice: Wenatchee HS 6:00 - 7:30 P.M.	Practice: Wenatchee HS 6:00 - 7:30 P.M.	Practice: Wenatchee HS 6:00 - 7:30 P.M.	Practice: Wenatchee HS 6:00 - 7:30 P.M.	
14	15	16	17	18	19	20
	Practice: Wenatchee HS 6:00 - 7:30 P.M.	Practice: Wenatchee HS 6:00 - 7:30 P.M.	Practice: Wenatchee HS 6:00 - 7:30 P.M.	Practice: Wenatchee HS 6:00 - 7:30 P.M.	Practice: Wenatchee HS 6:00 - 7:30 P.M.	
21	22	23	24	25	26	27
	MEET: USATF JO NATIONAL CHAMPIONSHIPS TEXAS A&M UNIVERSITY COLLEGE STATION, TX	MEET: USATF JO NATIONAL CHAMPIONSHIPS TEXAS A&M UNIVERSITY COLLEGE STATION, TX	MEET: USATF JO NATIONAL CHAMPIONSHIPS TEXAS A&M UNIVERSITY COLLEGE STATION, TX	MEET: USATF JO NATIONAL CHAMPIONSHIPS TEXAS A&M UNIVERSITY COLLEGE STATION, TX	MEET: USATF JO NATIONAL CHAMPIONSHIPS TEXAS A&M UNIVERSITY COLLEGE STATION, TX	MEET: USATF JO NATIONAL CHAMPIONSHIPS TEXAS A&M UNIVERSITY COLLEGE STATION, TX
28	29	30	31			
MEET: USATF JO NATIONAL CHAMPIONSHIPS TEXAS A&M UNIVERSITY COLLEGE STATION, TX						

Notes	
--------------	--