

2026

**Fresno Flyers Track Club, Inc.**

INFORMATION PACKET



***ACCELERATION LEADS TO ELEVATION!***

# 2026 Fresno Flyers Track Club Information

## I. Welcome & Vision

The Fresno Flyers Youth Track Club was established to empower young athletes through demanding physical training and mental discipline. We believe the hard work and dedication required to achieve athletic goals foster a successful lifestyle and build the character necessary to pursue any dream. Our goal is to continue the Central Valley's great tradition of Track and Field while providing our children with a sense of community and pride.

### Contact Information:

- **President:** Lynell Glover
  - **Email:** coachglover@fresnoflyers.org
  - **Phone:** 559-691-0377
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## II. Registration Requirements

All athletes must complete the following before they are considered registered members:

- **Registration Form & Waiver:** Signed by both parent and athlete.
  - **Birth Certificate:** A copy must be submitted by the 3rd practice for USATF age verification.
  - **Medical Clearance:** A sports physical or medical clearance is mandatory by the 3rd practice.
  - **Academic Standing:** Athletes must submit a grade report by their 3rd practice; we encourage all athletes to reach 3.0 GPA or better, but enforce a minimum of 2.0 GPA.
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## III. 2026 Season Logistics

### Practice Schedule

- **Time:** Typically begins at 6:00 pm (subject to seasonal changes and venue availability).
- **Locations:** Koligian Track or Woodward Park
- **Preparedness:** Athletes must arrive in workout attire with spikes, running shoes, and water.

### Fees & Expenses

- **Initial Start-up: \$350** (Includes USATF/AAU memberships, team t-shirt, club insurance, and first month's dues).
- **Monthly Dues: \$150**, due on the 1st of each month (late after the 5th).

- **Uniforms:** Ultra Fuse Compression Uniform (\$100 due by March 22<sup>nd</sup> for 1<sup>st</sup> orders).
- **Warm-ups:** Team sweat suit (\$95 due by April 17<sup>th</sup> for 1<sup>st</sup> orders).
- **Additional Costs:** Parents are responsible for individual event entry fees and travel expenses.
- **Note:** There are no refunds for fees under any circumstances.

### **Gear Recommendations**

Our primary colors are Green, Orange, and White. We generally recommend Nike **Zoom Rival Sprint** or **MD**. A reliable local source for gear is **Fleet Feet** in North Fresno.

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### **IV. Standards of Conduct**

- **Exclusivity:** Athletes must train exclusively with Fresno Flyers coaching staff. External training with personal trainers or other programs requires preauthorization and may result in dismissal.
  - **Communication:** Please notify coaching staff when an athlete will miss a practice/meet.
  - **Behavior:** Abusive language, cursing, fighting, or arguing with staff/opponents will not be tolerated.
  - **Facility Care:** The team is collectively responsible for cleaning up practice facilities and seating areas.
  - **Parental Conduct:** Parents should stay away from active workout areas and avoid negative or divisive talk in the stands.
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### **V. Athlete Nutrition Advice**

- **Hydration:** Drink water throughout the day until urine is clear. Avoid soda and high-sugar drinks during activity as they accelerate dehydration.
- **Daily Diet:** Replace processed wheats with whole grains; swap candy/chips for nuts and fruit. Reduce red meat and pork, which can make athletes sluggish.
- **Competition Loading:** 48 to 72 hours before a meet, focus on "Carb Loading" (pastas, grains, fruits) while removing meats and dairy.
- **Meet Day:** Eat a healthy meal at least 2.5 hours before competing.

## Fresno Flyers Track Club 2026 Registration Form

For Club Use Only	
NEW	RENEWAL
DOB Verified?	Yes    No
Date	___/___/___
USATF#	_____
Check#	_____
Amount \$	_____

Athlete's Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

School \_\_\_\_\_ Grade (2025-26) \_\_\_\_\_ T-shirt size \_\_\_\_\_

Birth date \_\_\_/\_\_\_/\_\_\_    Boy [  ] Girl [  ]

Parent/Guardian #1's Name \_\_\_\_\_

Work/Cell Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Parent/Guardian #2's Name \_\_\_\_\_

Work/Cell Phone \_\_\_\_\_ E-mail \_\_\_\_\_

### WAIVER, RELEASE, AND STATEMENT OF PHYSICAL CONDITION

In consideration of the participation of my child, \_\_\_\_\_, in the Fresno Flyers Track Club (Fresno Flyers) Program, I, in my own right and as next of kin to such minor child, for myself and for such minor child, our heirs, successors, administrators and assigns, hereby contractually waive, relinquish and release any and all rights, claims, actions and/or causes of action we may have against the Fresno Flyers, President Lynell Glover, and/or any volunteer assistant coach or other club personnel for personal injury or property damage arising from, or in any way connected with, the Fresno Flyers Program during the 2026 calendar year.

I further certify that the minor child named above is granted my permission to participate in the Fresno Flyers Program. I am aware of the intensity of the training and competition involved and the associated risks, and I certify that such child is physically fit to participate in such program. I further certify that I know of no physical condition or impairment that would in any way prevent such child from participating in the program. I further understand that, with my child's membership, I assume the responsibility of helping with the competitions that the club shall put on in whatever capacity that I am qualified for.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_

\_\_\_\_\_  
Athlete's signature

\_\_\_\_\_  
Parent's/Guardian's signature