



2025 Track Season Welcome Letter

We started in 2007 as Taylor Ranch Cougar Track Club, then became Cougar Track Club in 2009, initially with 24 athletes in 2007 and rising to 180 athletes in 2015. Cougar was founded by Shane and Julie Cleveland. We are a 501(c)(3) non-profit organization staffed entirely by volunteers. Cougar was founded on principles of love, acceptance, and accountability. We encourage character development attributes of integrity, courage, charity, and hard work. These founding principles are not up for debate or restructure.

Team Rule: Do only that which brings honor to yourself, your team, and your family.

Team Mottos: "Humble in Victory, Gracious in Defeat." "The will to win means nothing without the will to prepare." "Reputation is who people think you are. Character is who you are when no one is looking."

Team Strategy: As One. We win as one, we lose as one. We race as one single force on the field of competition.

Team Philosophy: "The most important thing in the Olympic games is not to win, but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well." (Pierre de Coubertin who revived the modern Olympic games)

Team Mission: Promote the sport of amateur track and field and cross country while developing strong positive character traits and encouraging a lifelong love of running and a healthy lifestyle in young athletes in the community of Albuquerque and the surrounding areas.

What is expected of our athletes:

1. Remain committed to our program during the season and be self-motivated and self-disciplined.
2. Show respect for and have honest communications with coaches, teammates, parents, opponents, and officials.
3. Keep the activity in perspective: Family – School – Activity.
4. Place the needs of the Team before his/her own needs.
5. Show good sportsmanship and attitude and be a positive influence both in and away from the training and competing facilities.

What is expected of our parents:

1. Support our founding principles and support coaches' efforts to maintain an atmosphere of respect, discipline, and hard work.
2. Pitch in! We are only as strong as our families. We have a lot of athletes and need a lot of support. If there is a way you can help, please do. If you would like to run, etc., please let us know. If you can't do that, ask us how you can help.
3. For our meet May 31st ALL families will need to be available to participate. This is not optional. We cannot do it without you.

Further clarification on our mission: It is imperative for families to understand that we are a RACING team. However, we have room on our team for athletes of every level of experience and speed. We have 4-5 different training groups based on athlete ability. Our only requirement is effort. Do what is asked with no complaining. Athletes who are unable to keep up with our slowest training group will require a parent to attend practice with them. The head coach reserves the right to remove athletes from the team if the athlete is unable to meet minimal requirements or for other reasons.

Practice: Monday, Tuesday, Thursday, Friday **5:30pm**

We expect attendance 4 days per week. We know that more practice participation will result in higher success. Every day has a different goal and missing practice will be detrimental. If your athlete is participating in another sport please discuss with the head coach before registering.

First day of practice: **Thursday 3/27/25.**

Mondays and Thursdays: Practice will be in the Bosque, east of Sagebrush Church near Coors and La Orilla.

Tuesdays and Fridays: Practice will be at the Volcano Vista High School track.

Throws and Long Jump: Practice will be Tuesdays and Fridays toward the end of practice.

Weather: There is no such thing as bad weather, only poor choices in clothing. We will run in the wind and rain, but will not practice if lightning is too close. If we cancel practice, we'll cancel at 5:31pm.

Middle to Long Distance: Our team's focus and strength are the **400m-3000m** race distances. Coaches in consultation with the head coach will determine which races the athletes will enter. We will see how they perform and help them find the events where they can have the most success. Some athletes may be approved to compete in shorter distances than the 400m, but that will not be a focus of our training.

Meets:

May 10: AAT hosting @ Eldorado High School

May 24: Zia Track hosting @ TBD

May 31: Cougar Track hosting @ Volcano Vista High School

June 7: Jags hosting @TBD

June 21-22: NM State meet @ Cleveland High School

Optional Meets:

July 3-6: Region 10 meet in Arizona

July 22-28: Junior Olympic Nationals in North Carolina: <https://georgia.usatf.org/2025-usatf-national-jo>

Age Divisions: Age groups are 8u, 9-10, 11-12, 13-14. This is determined by the age the athlete turns this year. For example, if you turn 11 on December 30th this year, you'll race in the 11-12 age group.

Stack Team App: Essentially all communication will occur using this app. Please go to the App Store or Google Play and download Stack Team App onto your mobile device, then follow these simple steps:

1. Sign-up to Stack Team App. You'll be sent an e-mail to activate your account.

2. Log-in and search for Cougar Track 2025, then request to become a member.

Team App is a giant group text, basically. Please DO NOT reply or "like" any messages that are sent out as that dings everyone's phones again. Any questions can be directly asked of Coach Chris (5053588505) or Coach Tami (5057204391) by text or by using the private chat feature in the app.

Cost: Registration fees are \$195 for the first athlete and \$175 for subsequent siblings. This fee includes USATF individual membership fee, team shirt, uniform (or bonus item if you already have a uniform from a previous season) and meet entry fees. Payment is made in the "Store" tab of the Cougar Track 2025 Stack Team App.

Uniforms: Athletes need to register ASAP so we can submit a uniform order. The registration link is in the "Documents" tab of the Cougar Track 2025 Stack Team App.

Looking forward to a great season,

Chris Reed, Head Coach

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