

AAU 2023 TRACK SCHEDULE

**Tentative Schedule*

December 2022 – March 2023: Indoor practice at SMBC's Family Life Center. Sundays from 5:00-6:30pm; Mondays from 6:00-7:30pm; Saturdays from 10:00am-12:00pm

March - August: Windsteppers practice at a location TBD Mondays, Tuesdays, and Thursdays from 6:00-7:30pm.

Scheduled Meets/Events

- April 22, 2023 - Girard Warriors Meet in Girard, KS
- April 29, 2023 -
- May 6, 2023 - Windstepper Meet – Location TBD
- May 13, 2023 - Rice Athletics Meet
- May 19, 2023 - Hot Feet Meet
- May 27, 2023 -
- May 30, 2023 - Team Believe Meet @ Central High School
- June 3, 2023 - AAU District Qualifier in Ft. Hays, KS
- June 9-10, 2023 - AAU District Qualifier
- June 17, 2023 -
- June 22-25, 2023 - AAU Regionals in Yukon, OK
- July 1, 2023 -
- July 8, 2023 -
- July 16, 2023 -
- July 23, 2023 -
- July 29 – August 5, 2023 AAU Nationals at Drake University in Des Moines, IA
- August 20, 2023 - Windsteppers Banquet

ALL meets need to be paid for in advance. If your fees **ARE NOT** paid, your athlete will **NOT** compete, **NO** exceptions and **NO refunds**.

\$150 team fees due one week after joining.

34 Years of Investing in Your Child's Future!

2023 SMBC WINDSTEPPERS



Ecclesiastes 9:11

Bishop John Lewis, Jr.



TRACK CONTACTS

Coach Johnathon Forbush (816) 985-6420

Coach Autumn Smith (816)456-6291

Windsteppers@gmail.com

www.TGMWindsteppers.com

From Bishop

It is with great pleasure that I welcome you to Second Missionary Baptist Church!

As a member of our outreach ministry, you are a part of a fellowship that is proud of its Kingdom heritage and the accomplishments that have made it an outstanding organism in the Greater Kansas City Community. Second Missionary is committed to providing an environment that is conducive to carrying out the Great Commission while meeting a very basic people need -Hope. For our valued athletes, we strive to administer our policies in a manner that is competitive, fair, and understandable. This Handbook intends to communicate terms and conditions of engagement that apply to each of us as we carry out our important responsibilities at Second Missionary Baptist Church ~ City of Hope. The policies detailed herein reflect a concern for the well-being and for the personal development of all members of the Second Missionary Community.

While the Handbook provides important information relative to all aspects of your engagement at Second Missionary, it cannot be used as the basis for all decisions. To that end, I encourage you to consult your coaches and the members of our Corporate Board. We also focus great attention to organization diversity, development, and preparing all for success in life.

On behalf of the entire Board of Directors, I give you our very best wishes for fulfillment and success as a Windstepper of the Second Missionary Baptist Church.

Best Regards,

Dr. John Lewis, Jr.
Bishop/Director



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Team Scripture

Ecclesiastes 9:11






















...the race is not to the swift, nor the battle to the strong, nor bread to the wise, nor riches to the intelligent, nor favor to those with knowledge, but time and chance happen to them all.

Excuses

Excuses build monuments of nothing, bridges to nowhere and those who use these tools of incompetence become masters of nothing!

Windstepper Representation: Higher Learning Institutions

Alcorn State University	
Baylor University	
Clark-Atlanta University	
Emporia State University	
Florida A&M University	
Georgetown University	
Grambling State University	
Indiana State University	
Jackson State University	
Johnson County Community College	
Kansas City Kansas Community College	
Mississippi State University	
Northwest Missouri State University	
Texas Christian University	
University of Arkansas	
University of Central Missouri	
University of Kansas	
University of Memphis	
University of Nebraska	

From Coach

Hello

My name is Deacon Johnathon Forbush also known as Coach John. I am the Commissioner and Head Coach of the SMBC Windsteppers. I am extremely honored and excited to coach and mentor your children in this upcoming track and field season.

This is my tenth year with the Windsteppers. I am a certified track and field coach with an emphasis in youth development and sprints. The coaches on staff are former track and field athletes with years of experience in the events that they coach. We also have certified track officials on staff as well.

I endeavor to create a fun and positive environment for your child to grow. In preparation for greatness, we challenge all athletes to develop the mental toughness and muscle memory needed to compete at the highest level. I am 100% committed to helping your child succeed. Every athlete needs to embrace the process in order to attain success.

I have an open-door policy and I welcome all parents and guardians to reach out to me for comments and concerns. I look forward to celebrating your child as a 2023 AAU national champion.

Sincerely,

Deacon Johnathon Forbush "Coach John"

816-985-6420



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Standard of Conduct

The Second Missionary Baptist Church Windsteppers Track Team (Windsteppers) holds that the Bible is the infallible, divine Word of God and that salvation by faith in Christ is the initial step in the Christian life. There is adequate biblical basis for the idea of spiritual growth into the image of Christ (Romans 8:29), which is the work of the Holy Spirit (2 Corinthians 3:18). This growth begins with the initial act of saving faith and continues throughout life. The Holy Spirit makes the Christian conscious of the biblical demands of a holy life, which fulfills both God's moral law and high law of love (Matthew 2:37-39; Romans 13:8, and Galatians 5:14). The result is a life consecrated unto God and separated from the world.

The Windsteppers must, therefore, provide an environment conducive to the spiritual growth and development of young people who are not yet mature Christians. A standard of conduct based on the following biblical imperatives is necessary to provide such an environment. All of the activities of the Christian must be subordinated to the glory of God who indwells in (1 Corinthians 8:12-13, 10:32). The Christian will endeavor to avoid practices which cause the loss of sensitivity to the spiritual need of the world and loss of the Christian's physical, mental or spiritual well-being (1 Corinthians 9:27).

A sense of the need for spiritual growth, in light of these principles, has led the Windsteppers to adopt the following standards, which are believed to be conducive to the environment that will promote the spiritual welfare of each athlete:

- To refrain from swearing, indecent language, smoking, drinking alcoholic beverages, the abuse of drugs, gambling, and lewd-lascivious dancing while at practices/meets.
- To maintain Christian standards in courtesy, kindness, morality, and honesty while at practices/meets.

The selection of restrictions mentioned in this pledge may appear arbitrary to some however, they are not. Additionally, we are not condemning others who see things differently. The Windsteppers believe that the restrictions named are representative of the types of conduct that are detrimental to the team's established standards.

Athletes are expected to abide by these standards throughout their membership within the Windsteppers team.

In this atmosphere of definite and positive Christian standards of conduct, good scholastic planning and genuine personal interest between coaches and athletes, there is an excellent opportunity for development of strong Christian character traits.





Becoming a Member

Track Fees (per athlete):

Membership fees are \$150 and are due one week after joining the team. If you have multiple athletes, the fee is \$125 per child. Fees cover: Team enrollment fee, practice equipment, first aid supplies, AAU registration fee, and facilities. A separate uniform fee will be \$245 and will include shorts, top, warmup top and bottom, and a bag (If your athlete only needs a warmup, the cost is \$150. If they only need a uniform the cost is \$100). Fees can be paid in cash or check (given to Coach Autumn) or Cash App \$mbccoh.

NOTE: A copy of each athlete's birth certificate and health insurance is required for proper registration.

ALL fees are non-refundable.

Mandatory Fundraisers

All athletes and parents/guardians must participate in all fundraising activities to including but not limited to:

- Windsteppers Invitational Track Meet – Sat. May 6, 2023
- Trash Bags
- Working at KC Chiefs games, KU games, golf tournaments, bowling tournaments, etc.

Parents/guardians will have an option to buyout of each fundraiser. Additionally, all funds that are raised will be credited to an athlete's account. No funds will be personally given to anyone. Lastly, all unused overages on an athlete's account will be used to assist with the ongoing costs of the Windsteppers team as a whole.

If you have a fundraiser idea, please let the Commissioner know so that it can be submitted to the SMBC Board of Directors and Bishop Lewis for approval.

Additional Requirements

All athletes must pay all applicable fees. Athletes (or their parent/guardian, if unable to read) must read, sign the Agreement Form as well as read and adhere to the written Standards of Conduct, policies, and Rules and Regulations. Finally, the weekly parent meetings are **mandatory**.



History of The Windsteppers

The Second Missionary Baptist Church Windsteppers Track Team was formed in 1989 under the direction of Kimberly Waller. Kimberly served as Head Coach and Commissioner until 1995 and the Windsteppers went to Nationals and brought home winners medals each year. During her tenure, Kim was assisted by the following coaches: Berkley Pernel, John Edwards, Walt Canady, Kim Ward, Duwayne Ford, and Ken Waller.

From 1996-2000, Duwayne Ford assumed the Head Coach and Commissioner role and the team continued its successful jaunts to Nationals each year as well as bringing home numerous winning medals. In 2001, Rev. Cornelius Blow assumed the Head Coach and Commissioner role and continued in it until 2019. Under Rev. Blow's leadership, the Windsteppers continued to uphold their rich tradition of discipline, focus and winning.

A few notable highlights include:

- 1997: Windsteppers had a record-breaking twenty-seven athletes qualify for Nationals. Three athletes brought home medals.
- 1998: Fourteen athletes qualified for Nationals and two brought home medals.
- 1999: The Windsteppers had their first national champion gold medal winner, Kendal Pyant who took 1st in the 400m dash.
- 2008: Breaking the Youth Division Triple Jump record by almost a foot, Windstepper Dapo Akinmoladun became a national record holder with a leap of 46 feet 11 ³/₄ inches.
- From 1989 to 2022, the SMBC Windsteppers have had representation at each of the annual National AAU Junior Olympics.

Mission & Vision Statements



Mission Statement

Worship. Watch. Witness

Vision Statement

Reaching, Reclaiming and Retraining for Kingdom Reigning

Windstepper Leadership Team

GOD

Jesus Christ Chief Cornerstone
 Bishop John Lewis Jr..... SMBC Director
 Dea. Johnathon Forbush..... Commissioner/Head Coach
 Coach Autumn Smith..... Assistant. Head Coach/Mid Distance/Racewalk Coach
 Coach Teresa Thomas Girl's Sprint Coach
 Coach Cornelius M. Blow..... Throw Coach
 Coach Taylor Dean Throw Coach
 Coach Jose Godoy..... Primary/Sprint/Throw Coach
 Dea. Jermaine Hoard..... Jump Coach

Administration Team

Coach Autumn Smith..... Executive Administrative Assistant
 Dea. Jermaine Hoard..... Finance Administrator

Fundraiser Coordinators

SMBC Board of Directors – Parents - Coaches

Practice Attendance Policy

During outdoor season **mandatory** track practices will be held Mondays, Tuesdays, and Thursdays from 6-7:30pm. Later in the season we may practice 6-8pm. Parents will be notified of this change. All athletes are expected to be on time and ready to go. Attendance will be taken at each practice to ensure adherence to the policy.

If an athlete misses more than three practices without a legitimate excused from a verified parent or guardian, the athlete will be considered for dismissal from the team. Athletes arriving late to practice will have extra running to complete during practice.

Track and Field is a very demanding sport and it requires consistent and proper training to reach the next level of competition.

Disciplinary Action Policy

Disciplinary action can result from an athlete failing to abide by the rules and regulations of the Second Missionary Baptist Church Windsteppers Track Team and/or as a direct result of behaviors, attitudes or actions that the coaches, commissioner or director deem unseemly.

Courses of action that can take place, depending on the seriousness of the breach, include:

- Report misconduct to verified parent or guardian (Incident Report will be completed and submitted).
- Requirement of a verified parent or guardian to attend a meeting with the commissioner and/or coaches prior to the athlete being allowed to participate in practices or meets.
- Suspension or complete dismissal of athlete from the team.