

Parents & Athletes - What you need to know

Introductions

Mission & Goals - **Safety, Participate, Performance** (In that order)

Introduction to Track & Field (learn to Run)

Communications see our website for :

Announcements

Registration and Info Page

Meet and Practice Schedule

Meet results

Contact Info

Communications (all urgent notes will come via text , email and web site)

Schedule of Practices

Clinic (8 and under) - practices start @ 5:30 - 6:15 (if they are staying later to be with sibling the Parent must be with them)

All other athletes start at 6:00 and end at 7:00 (Tuesday and Thursday) Saturday is at 11:00-12:00

How to be prepared

Please be on time

Go to the bathroom before

Bring Water with name on bottle (and take home the bottle)

Dress in layers it is always windy at the high school

Parents - Please supervise your non participating children (for safety please be careful on Bleachers etc..)

Under 10, Parent must come and get child from coach they will not be allowed to go by themselves

Older kids can not linger by parking lot. Please make sure rides are on time

Schedule of meets

See Website for info on how to prepare for a meet

Meets (7 and under)

Be 30 minutes early

Notify coach in advance if athlete can not make it to meets (relays etc.)

We will explain Relays / Triathlon & Pentathlon / Open / Championship later in season

Other Events

Loschiavo Run (optional and open to all no practice that day)

MO Gaining Momentum (Mayors race, Optional no practice we are Volunteering to run finish line and halfway marks)

Relay for Life (we encourage participation)

Banquet (Date will be announced later in the season)

Equipment

Running Shoes

Proper fit

Shop toward the end of the day

Bring your own socks

Don't believe in breaking in. Running and walking shoes should feel comfortable right away

There should be about a thumb's width (3/8-1/2) inch between the front of your big toe and the end of the shoe --

The heel should fit relatively tightly the heel should not slip out when running

The upper part of the shoe -- which goes over the top of the foot -- should be snug and secure, and not too tight anywhere

Don't over- or underpay.

Expert advice go to

Runner's Haven (Route 10 in Randolph @ Party City Plaza)

Shoe/Sneaker Barn in Chester

Racing Spikes

Not required

Only to be used by 13-14

Only to worn at Meet while racing or upon coaches request for practice

Improper use (coach will confiscate and give to parents)

Volunteers (We need help for home meets) PLESASE EMAIL YOU INTREREST

Snack Bar (one hour shift for the season)

Timing is easy (100, 200, 400 and relay)

Long Jump (rake and measure and record jumps)

Uniforms (Buy and Order at first practice)

Only required to buy uniform top and shorts

We have a recycle program so please return your old uniforms

Running/Walking Parents

Need to stay off track during practice