

Saturday, March 12, 2011

Frederick Strider Parent Meeting
www.frederickstriders.com
facebook: Frederick Striders Track & Field Club

Practice

- Parents please be on time for practice and picking your child up from practice.
- Make sure the athlete dresses appropriately for the weather and practice.
- Parents please do not walk on the track during practice. You may walk outside the fence.
- The athletes will be given water breaks during practice. If you bring bottled water please dispose of all trash before you leave the track.
- Do not wear your uniform to practice.
- You are responsible for all items that you bring to practice.
- Parents of athletes 8 and under please meet them on the track about 10 minutes before practice is over so they can get to your vehicle safely.
- Once school is over we will practice on Mon., Tues., Wed., and Sat.
- We will practice until July 27. If you are not participating in our post season you are still welcome to attend practice.
- We are being charged to use the track for practice. Please support our fundraisers.
- Before the first meet your child will need to bring their spikes. Spikes aren't mandatory but if you have them bring them.
- **Unsportsmanlike conduct and disrespect will not be tolerated at practice or at the track meets.**

Food

- Before all track meets make sure, your child has a light breakfast.
- Please do not allow the athletes to eat the food from the concession stands until after their events have been completed.
- All athletes are responsible for providing their own lunch and drinks during the meets.

Dress

- Attire is yellow tank top, which should be tucked inside green shorts, worn under green wind suit if it was purchased.
- Spikes can be purchased from Sports Authority, If The Shoe Fits or Eastbay.com
- Carry your spikes in the bag.
- Always wear your entire uniform to all track meets.
- **Make sure all uniform pieces have been labeled with your child's name.**
- Under Armour (or something similar) can be worn under your uniform.

The track meet

- Track meets can last 5 hours or more.
- Please arrive at registration time, not meet start time, the athletes need to warm up together before the meet begins
- Pay \$5 entry fee, locate Striders tent/area
- Once the entry fee has been paid, please see a parent volunteer for Frederick Strider labels. Your child will need a label for each event they will participate in. The coaches will let you know what events

your child will be doing. Most athletes will be given an information card. For the first meet only the athlete can decide what event they would like to participate in.

- Your child should receive all labels before the meet begins. The labels should be worn on the yellow tank top; a meet official will remove them once the event is complete.
- Ages 7-12 can do 3 events and 13 & up can do 4 events.
- **Age groups are determined by your child's age as of Dec. 31, 2011-EXAMPLE: IF YOUR CHILD IS 8 TODAY AND WILL TURN 9 ON OCTOBER 15 THEN YOUR CHILD SHOULD BE RUNNING WITH THE 9/10 AGE GROUP. PLEASE GO OVER THIS WITH YOUR CHILD.**
- Listen to the announcements and follow the order of events sheet so you will know when to go to the bull pen. The bull pen is the staging area where all athletes go to check in and begin the race. It will be in a different location at each meet. Usually it is some bleachers under a tent on or very near the track.
- *New this year they will only announce 1st and final calls for all events.*
- *Please make sure your child is ready to go to the bull pen, (i.e. bathroom, spikes, stickers, running gear)*
- First time parents may escort their child to the bullpen for running events, a coach will be there.
- Check in directly at the field event location on first call. (i.e long jump, shot put, discus, high jump)
- If you need to leave the track meet before the last event please let your child's coach know.
- Remind your child to put on their spikes just before their event is called and to remove them immediately after they have finished. Walking on surfaces other than the track may dull the spikes.
- Ribbons will be awarded to the top 6 fastest times overall in each event (not the heat winner). Age group 15-18 will not receive ribbons. Ribbons will be distributed 1 or 2 weeks after the meets.
- Athletes will be disqualified from an event for a major infraction. (i.e. unsportsmanlike conduct, running around a hurdle)

Suggested items to bring to the track meets

You are responsible for all items that you bring to the meets and practices.

Ink pen	Event sheet	Stop watch	Tent
Water	Raisins	Oranges	Crackers
Pretzels	Cooler	Trash Bag	Towel
Folding chair	Blanket	Umbrella	Hat
Sunscreen	Insect repellent	Allergy medicine	Hand Sanitizer

Volunteers

We will need several volunteers throughout the season. We would like to have several for each position so that you can alternate.

- Time Keeper-The person would copy the official times and distances for each Strider at each track meet.
- Sticker-This person would distribute the correct amount of stickers to each Strider before each track meet begins.
- We will host a meet on May 7th. We will run the entire meet. We will need help in all areas from concessions, registration, and ribbons. A separate volunteer sheet will be emailed.
- Picnic-Coordinate food, supplies, location for our end of the season picnic.

The Post Season

AAU Meets-District Qualifier, Regional Qualifier, Junior Olympics. These meets are not mandatory. There are additional fees and travel associated with these meets. If you choose to participate you will need to purchase an AAU membership card and turn in all appropriate paperwork by the deadline. Late registrations for these meets will not be accepted.

Our Coaches

All of our coaches have years of experience with youth athletes and track and field. Check them out on our website and read their bios.

Debbie Brown	Head Coach	all ages	
Charles Brown	Weight/Throw Coach	all ages	
Billy Talley	Asst. Head Coach	ages 13 and up	Sprints/Relays
John Nii DoDoo	Asst. Coach	ages 11/12	Long Jump
Stephen Nelson	Asst. Coach	ages 9/10	
Kevin Price	Asst. Coach	ages 8 & under	
Phillip Glover	Asst. Coach	ages 8 & under (9/10 when needed)	Hurdles
Brent Ayer	Distance Coach	all ages	