

## Frederick Strider Parent Meeting

[www.frederickstriders.com](http://www.frederickstriders.com)

### 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 if you want to walk on the track during practice please stay in lane 8.
- The coaches will give the athletes water breaks during practice.
- Do not let the athlete wear their uniform to practice.
- The athlete is responsible for all items that they bring to practice.

### 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 supervise your child during this time.
- 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. Bring an ink pen to complete the athlete label (stickers).
- Once the entry fee has been paid, please see a parent volunteer to get your Frederick Strider labels (stickers). 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. Your child will need a label for each of their events. The coaches will let you know what events your child will be doing. Most athletes will be given an information card before the first meet.
- For the Brunswick meet, the athlete can decide what event they would like to participate in.
- 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, 2010
- Listen to the announcements and follow the order of events sheet so you will know when to go to the bullpen. The bullpen 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.
- First time parents may escort their child to the bullpen for running events, a coach will be there.
- For field events, check in directly at that 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	Water	Stop watch
Oranges	Crackers	Raisins	Fruit
Pretzels	Towel	Folding chair	Tent
Blanket	Umbrella	Hat	Sunscreen
Insect repellent	Cooler	Allergy medicine	

### **Volunteers**

We will need 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.
- Labels/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 1<sup>st</sup>. We will need help in all areas. A separate volunteer sheet will be emailed later.
- Picnic-Coordinate food, supplies, location for our end of the season picnic.

### **AAU Championship Track Meets**

The track meets held in June and July will require additional registration fees and a separate entry form. You must meet the deadline for your child to compete. Information that is more detailed will be emailed later.

**Unsportsmanlike conduct and disrespectful behavior will not be tolerated at our practices and track meets.**

**Please review all meeting notes with your child.**

**Check your email daily and check the website frequently for updates.**

**Thank you**