

## What should you expect at a track meet?

1. One week prior to the meet the CLUB NAME coaching staff will meet one-on-one with the youth athletes and assign them to events. CLUB NAME's goal is not to earn the most points or walk away from the meet the overall club winner. Our goal is to ensure that each athlete participates in the events that are best suited for their particular stage of training.
  - a. Once your athlete is confirmed to participate in a meet the appropriate meet fees will be collected in advance and your athlete will be pre-registered for the meet
2. Many meets are heavily attended with youth of all ages. The largest groups of athletes are Bantams and Midgets.
3. You can't compete if you don't bring the proper attire!
  - a. Full uniform (top & bottom); top must be tucked in during competition
  - b. Running flats to warm up and cool down
  - c. Spikes or throwing shoes to compete in
  - d. Sweat suit in case it gets cold; team sweat suit if you own it
  - e. No jewelry worn during competition
4. Weather is changeable so always pack sunscreen and a hat
5. Be an encourager.
  - a. Have FUN! We do!
  - b. Taking first in a heat or overall event feels great but what we really want the athlete to focus on is continuous improvement of form and technique and their own personal records.
  - c. Make sure every athlete feels important and knows that their best is what we ask them to give in each event
6. Team parents sit together under the CLUB NAME 12' x 12' Ez-Up which will be located somewhere around the perimeter of the track at ground level
  - a. Parents bring lawn chairs to sit around the perimeter of the Ez-Up and the kids spread blankets on the ground to lie on.
  - b. Suggest that you bring stuff to keep the kids occupied between events; i.e., coloring books, head-sets, books to read.
7. Most meets have snack bars. CLUB NAME also brings a BBQ to track meets for your use. If you are packing your own food consider the following:
  - a. Refer to the CLUB NAME website section titled, "Handouts for you" and download the article titled, "What should you eat before a competition?"
  - b. Pack your own ice chest with plenty of waters, fresh fruit and other food that can be consumed throughout the day.
  - c. Athletes are not to consume any soda or coffee during the day of competition.
  - d. More than likely you'll be eating lunch and dinner at the track.
  - e. Sharing is not required but fresh fruit and such is often an item that the kids like to pass around.
8. Keep an eye on your athlete.
  - a. It is impossible for the CLUB NAME coaching staff to keep track of all team members at a meet. You need to ensure that your athlete is checked

in at the proper time and meet him/her at the end of the race to ensure they get back to the team area for their cool down.

9. Pack it in ... you pack it out!
  - a. We don't want to become known as the slob team. Make sure that all items you bring with you leave with you or find their way to a trash can.
10. Bring a pen so that you can write down the results of your athlete's events on their ribbon (when ribbons are provided at the finish).
11. Keep a positive attitude.
  - a. The days can get long and hot and they can be quite unbearable when you have to listen to someone complaining throughout the day.
  - b. Encourage and cheer for all team members. Don't know someone's name ... ask another parent or athlete on the team.
  - c. No gossiping about CLUB NAME members or associates.
  - d. Encourage and cheer for athletes who compete that aren't on CLUB NAME.
12. Be ready to volunteer.
  - a. You may be asked to take a group of kids to the bathroom, to the starting area or to the warm-up field. Be open to helping out.
  - b. You may be asked to collect stats, video tape a race or field event or time several running events.
13. If you see a safety concern, bring it to the attention of one of the coaches so it can be addressed.
14. The CLUB NAME coaching staff has the right to remove any parent or family member from the team area who continues to show a negative attitude, lack of concern for safety or uses foul language.