

Etowah Youth Track Club – Track FAQ’s (Spring 2010)

What ages can participate in the Etowah Youth Track & Field?

Etowah Youth Track Club is available to athletes from 6 -18 years old. ALL athletes 10 & & are required to have a supervised adult in attendance at all practices and at all meets.

What are the different age groups and what is the birth date cutoff?

The athlete will participate in the age group determined by the athlete’s age as of **12/31/2010**.

In the year 2010 the age groups are:

Sub-Bantam “8 and under”	(Born in 2002 or after)	Allowed to participate in 3 events
Bantam “10 and under”	(Born in 2000 or after)	Allowed to participate in 3 events
Midget “11 and 12”	(Born in 1999 or 1998)	Allowed to participate in 3 events
Youth “13 and 14”	(Born in 1997 or 1996)	Allowed to participate in 4 events
Intermediate “15 and 16”	(Born in 1995 or 1994)	Allowed to participate in 4 events
Young “17 and 18”	(Born in 1993 or 1992)	Allowed to participate in 4 events

What does the registration fee include?

The registration fee is \$180 for NEW athletes. Previous athletes with a uniform or current USATF # will have a reduced rate. This fee covers their uniform (singlet and shorts), t-shirt, equipment, USATF membership, meet ribbons, team liability insurance, developmental and area meet fees, and end of season party for 4. All fees must be paid prior to participating in practice. A payment plan can be developed if needed, with all fees paid by 3/14/10. Fees are refundable less \$10 for t-shirt, within the first two weeks of practice if the athlete should decide to withdraw. Final withdrawal date is March 15th.

If your child is a **NEW** member, please provide us with a **COPY** (original not needed) of your child’s birth certificate.

Is there a parent orientation?

Yes there will be a parent orientation prior to the season starting on Thursday, February 25, at 6:30 p.m, Rose Creek Library. Please bring questions with you at this time.

What are my volunteer obligations?

It is mandatory that at least one parent volunteer per child (or family) to help with the meet we host, 5/1/10. In cooperating with other teams who kindly host meets, we may ask for some volunteers to work a short shift at some of the other meets to make sure they run smoothly and timely. The registration form lists the other opportunities to assist the team. Managing a team of 100 plus kids ranging in age 6-18 and participating in 13-15 track & field events requires a lot of support and help from the parents.

What form of communication is used by the club to reach parents/athletes?

All communication is handled via e-mail, eytclub@gmail.com and the website, www.eytclub.com In case of bad weather, we will also use Calling Post to contact you.

Are there additional expenses required by the athlete?

- The athletes/parents are responsible for transportation to all meets.
- There are EYTC warm ups (\$55), sweatshirts (\$20), hoodies (\$25), gear bag (\$10), and team magnets (\$5) for sale, but purchase is optional. Most of the runners purchase the warm ups. (Non-refundable after ordering)
- A good pair of running shoes should be purchased for the athlete. Spikes are an optional purchase.

What are the practice times and where?

Practices will be 3 days a week for 2 hours. The practice schedule is posted on the website. The high school has priority for use of the track. As of 1/07/10, we do not know the specific practice days. The tentative schedule will be Mondays and Saturdays, with a floating day from Tuesday-Thursday.

We understand that due to family schedules and school work, you may not make it to every practice. Please do not let school suffer due to practices. However, the more you put into the club, the more you get out of it. Attendance will be taken. Members will be eligible for end of season awards if attendance is greater than 50%. Practices will start on February 27th 9 a.m. at the Etowah High School Track.

What can I expect at practices?

At each practice the kids will do a warm-up, run, strength and core exercises and a cool down. Practice for field events will be on a rotating basis. They will also get information about running, nutrition, injury care, etc. The information may be verbal and/or written handouts. Practices will be designed and supervised by experienced coaches. **Please have your child use the bathroom before coming to practice.** Our goal is to train kids physically, motivate them mentally and emotionally, develop interest in running /fitness and most of all we make sure the kids **HAVE FUN!!** (we often incorporate games or relay races where they run and play).

What can I expect at meets?

Developmental meets are run at local high schools on Saturdays starting at the end of April. They start at 8 a.m. in the morning and last until about 4 p.m. in the afternoon. If your child participates in another sport, you may be able to work around the events that your child will participate in. There is not a set time schedule for the events but they follow a standard order. The only way you can guarantee your child will make their event is to be at the track.

The season builds up to the most important meet which is the Area/Association Meet, June 5th. The children **HAVE** to participate in this meet in order to get a team trophy and have the opportunity to advance further. Please try and plan vacations accordingly.

Some suggestions to bring to the meets: cooler of drinks, food, chairs, umbrellas for shade, book, sunscreen.

What are the events in track & field?

The running events include the following: 100, 200, 400, 800, 1500, 3000 (only for bantam and up age groups), 4 x100 relay, 4 x 400 relay. Hurdles are run also, but not at every developmental meet.

The field events include the following: long jump, triple jump, high jump, javelin, shot put, discus (midget and up).

What running gear does my child need?

Your child will need to have a pair of athletic running shoes for practice and meets. Appropriate running attire should include warm ups/sweats (earlier in the season), running shorts, long and short sleeved shirts. Running spikes are an option, but they are not required.

It is required that all athletes bring water and/or sports drinks to practices and meets. (preferably labeled)

Team Fundraiser – Eagle Mountain Run – 3/20/10

EYTC hosts a 5k run at Etowah High School, usually the 3rd Saturday of March, to raise funds for the track program. Each year we try to pick a track area that needs funding at the high school and help them with their goal. We strongly encourage EYTC members to participate in this event. We encourage the parents and members to pass the word around to publicize this event. This year we are trying to help fund a pole vault pit that costs approximately \$15,000. Etowah is at a severe disadvantage not having a pole vault pit to compete against other schools in Cherokee County. The youth program feeds into the high school and we work hand in hand with the high school track team.

Where can I buy running shoes?

You can buy running shoes at any of the sports stores. However, the following stores have a knowledgeable staff, and a wide selection:

- Big Peach Running Company, 1062 Johnson Ferry Rd, Marietta
- Big Peach Running Company, 1625 Ridenour Blvd NW, Kennesaw
- Fleet Feet located at 224 Johnson Ferry Road, Sandy Springs
- Phidippides, 220 Sandy Springs Circle, Sandy Springs (also Ansley mall, Atlanta)