

Etowah Youth Track Club – Track FAQ’s (Spring 2012)

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

Etowah Youth Track Club is available to athletes from 5 -18 years old. ALL athletes 10 & under 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 **12/31/2012**.

In the year 2012 the age groups are:

Sub-Bantam “8 and under”	(Born in 2005 or after)	Allowed to participate in 3 events
Bantam “10 and under”	(Born in 2003 or after)	Allowed to participate in 3 events
Midget “11 and 12”	(Born in 2002 or 2001)	Allowed to participate in 3 events
Youth “13 and 14”	(Born in 2000 or 1999)	Allowed to participate in 4 events
Intermediate “15 and 16”	(Born in 1998 or 1997)	Allowed to participate in 4 events
Young “17 and 18”	(Born in 1996 or 1995)	Allowed to participate in 4 events

What does the registration fee include?

The registration fee is \$160 for NEW athletes. Previous athletes with a uniform and current USATF # will have a rate of \$105. 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 3/3/12. Fees are refundable less \$10 for t-shirt, within the first two weeks of practice if the athlete should decide to withdraw. ALL CHECKS RETURNED will pay a NSF fee of \$35. Final withdrawal date is March 17th.

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, March 1st, at 6:30 p.m, Etowah High School Cafeteria. 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, 4/28/12. 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. For the first part of the season, practice will be Tues/Thurs/Sat. The high school has priority usage of the track. We will be using the new gym parking lot for most of our practices during the week and the track on Saturdays. These days may change, with notice, due to high school scheduling.

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 March 3rd, 9 a.m. on the 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). The long distance runners will be running, at times, on the sidewalks. We will need parents to position themselves to help monitor the kids running with the coaches.

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 2nd. 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). We will try to have pole vault for the ages 13 and up this year also.

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 – 3/24/12

EYTC hosts a 5k run at Etowah High School 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 would like to buy additional pole vault equipment and hire a pole vault coach. 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)