

**PRACTICE THIS WEEK:** Monday, Tuesday, Thursday - West Florence, 6:15pm  
Saturday – West Florence, 8:30am

**MT. PLEASANT MEET (May 19):** Our first meet will be the Mt. Pleasant meet on May 19. You can find the meet schedule on the Track & Field page of the website. To sign up your athlete, please use the sign-up form on the Announcements page of the website. **The sign-up deadline is May 13<sup>th</sup>.** In order for us to register your athlete for the meet, you will need to have paid the meet deposit (see below).

**MEET DEPOSIT:** We require that you pay a deposit of \$10 for any meet you have registered your athlete that they do not attend. The reason for this is that in the past we have lost money in registration fees due to athletes who committed to events not showing up. We will hold on to your deposit and return it to you at the end of the season if your athlete doesn't miss any meets/event for which they register. You may give this deposit to the team moms.

**UNIFORMS:** Uniform tops will be sold at the team moms table beginning Tuesday, May 1. Uniform tops are \$15 each. Athletes are asked to wear shorts that are either black or a blue that matches the shirt. Uniforms are required to be worn at meets.

**PRACTICE TIMES:** Please be prompt in picking up your athlete at the end of practices. Our evening practices will end at 8pm and our morning practices will end at 10am. There will be a \$5 overtime charge per athlete for every 5 minutes past practice end that they are not picked up.

**PARKING:** Please park **ONLY** in the marked parking spaces in the parking lot, not on the grass. West Florence High School has been generous enough to allow us to use their facilities to practice and has requested that we not park in the grassy areas. We can show them our appreciation for the use of their facilities by honoring their request.

**SHOES:** Please make sure your child's shoes are tied before they come to practice, preferably double knotted. This will help keep them from tripping over their shoelaces while they run or throw and will allow them to use every minute of practice time working on their events instead of having to tie their shoes.

**BIRTH CERTIFICATES:** If you have not submitted a birth certificate with the recreation department and you have not competed with USATF in previous years, please submit a copy of your athlete's birth certificate to our team moms.

**WEATHER CANCELLATIONS:** Weather cancellations will only be announced via [www.rainedout.com](http://www.rainedout.com). Please make sure you have signed up to receive texts and/or emails from the "Florence Track Club" association.

**DATES TO KNOW:**

May 13: Deadline to sign up for Mt. Pleasant Meet

May 19: Mt. Pleasant Meet