

Track and Field 2018

April 8, 2018

FLORENCE
TRACK
CLUB

Welcome to the 2018 Track and Field season! If you are brand new to Florence Track Club, we look forward to getting to know you and your athlete. If you are returning, we are excited to work with you and your athlete again this year. Here are some items to help you and your athlete begin practices prepared this week.

PRACTICE THIS WEEK: Monday, Tuesday, Thursday (6:15pm)

FIRST WEEK: When you get to practice, please follow the signs to check in your child so he/she can get a name tag. Athletes will then proceed inside the fenced track area. (Registered athletes and coaches only inside the track fence, please.) All athletes will complete a 2-lap warm up together at the beginning of practices.

PARENT MEETING: There will be a parent meeting at 7:15pm on Monday at the bleachers next to the track. At least one parent per athlete must attend this meeting.

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 Please make sure you have signed up to receive texts and/or emails from the "Florence Track Club" association.

CAR WASH: We will kick off the season with a car wash fundraiser this **Saturday, April 14**. The car wash will be from 8am-1pm at Highland Park United Methodist Church. Please make every effort to come out and help wash cars for a couple of hours. Also, send your friends and family by to get their cars washed for a donation to Florence Track Club.

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.

DATES TO KNOW:

April 14: Final event selections due

April 14: Car Wash at Highland Park United Methodist Church (2nd Loop Rd.)