



Feb 1, 2020

We would like to take this opportunity to welcome you to the Florence Track Club (FTC). Last year 23 of our athletes qualified for the USATF Junior Olympics National Championships - three of them earned the title of All-American! We are looking forward to the 2020 Track & Field season!

Schedule:

Our practices will usually be on Monday, Tuesday, Thursday, and Saturdays, but be sure to check the schedule. We will remind you of any discrepancies in the schedule and will keep you informed by email newsletters and the website (www.florenctrackclub.com). In the event of weather cancellations, we will notify you by text and/or email through REMIND app. Please text @flotrac to the number 81010 for these alerts. We do understand that situations may occur during the year that may prevent your child from being out here at all times, but we do encourage that they come out and participate with the team as much as possible.

With the exception of relay teams, track and field consists of individual events. Therefore, progression will be the responsibility of the athlete. We will be here to help that progression, but we can only help if they show up. All athletes should arrive by 6:15pm so that they can complete 2 warm up laps and be ready to practice. It is also important that your child has a way home after practice (7:45 pm) and is promptly picked up.

Event Selection:

Event selection should be completed during the registration process. If events are not selected, they will be assigned events. At that point, we will have them concentrate on those events. They will not necessarily be locked into those events, but they should get a good idea of which events they want to do. In this way, we may begin training for those events with the idea that these are the events that they will participate in at the state meet in June. Events changes must be made by the parent/guardian.

Safety:

Please do not drop your child off until a coach is on the field. After practice, we will have a coach at the exit fence for proper pickup. If your child is to be picked up by someone else, please notify me so that all the coaches are aware. The City of Florence requires that if you are not part of our coaching staff that you remain off the field during practice. We also ask that your child come prepared for cold weather (early in the season) by bringing sweats and a jacket, and also bring water with them to stay well hydrated. We do expect these young athletes to be good listeners as well, and if they are unable to listen to the event coach and have decided to do their 'own thing', they will be asked to sit for the duration of their event, until it's time to move to the next event. You, as a parent, will also be notified when we find it necessary to do so. With 100+ children signed up for our season, it is imperative that we work together to make things go as smoothly as possible!

Meets:

FTC will require that you pay a penalty of \$10 for any meet you have registered your child for that they do not attend. Your child will not be permitted to attend future meets until the penalty fee is submitted. In addition, you will be responsible for meet fees for your athlete(s) for the duration of the season. The reason for this is that in the past we have lost money in registration fees due to athletes that committed to events not showing up.

Also, during meets, the meet schedule will be posted at the team tent. Parents will be responsible for having their athletes at the team tent when their events are called. The FTC coaches will escort the athletes to their events provided that the athletes are present at the team tent.

Uniforms:

Uniforms consist of Florence Track Club tops and solid black bottoms. Tops are \$15 and will be available for purchase through the club. Bottoms can be fitted spandex or loose running shorts (or both) and are to be purchased on your own.

Fundraisers:

The City of Florence and the Florence Track Club have partnered to bring you the Flo-Town 5K Run/Walk on Saturday, April 25th as well as Flo-Town Relays on Sat., May 2nd. Proceeds will benefit the Florence Track Club.

Florence Track Club will participate in a Tidal Wave car wash fundraiser as well.