



UM GATORS

TRACK

CLUB

Guidelines for the 2011 Track Season

The staff of the UM Gators Track Club are looking forward to working with your children and having an exciting season. To make sure that we can achieve success, we have listed some guidelines that should be followed by athletes, parents, and the staff.

1. All athletes should be dressed appropriately for practice and weather conditions. When it is cold athletes should dress warmly, and on warm days light cool clothing (shorts, t-shirts, etc.). No jeans, dresses, or skirts.
2. Athletes should wear appropriate athletic running shoes. If you are unsure about what type of shoe is appropriate, please speak with a member of the staff. Basketball shoes are not appropriate because they are too heavy. Track shoes (spikes) can be purchased at most sporting good stores or online at fitnesssports.com. Track shoes are not mandatory, but are highly recommended.
3. All athletes should be dressed in the track uniform issued by the club to include the singlet (top & bottom) to all track meets. It is imperative to athletes that are part of a relay team, because the team can be disqualified if not dressed uniformly.
4. The coaching staff will decide which events are appropriate for each athlete. This will be based on observation and time-trials. If you have any questions or concerns about the events your child is placed in please speak with a member of the coaching staff before or after practice.

5. It is very important that parents monitor what their child consumes during track meets. Fried and greasy foods are discouraged. Staying hydrated with healthy liquids such as water, Gatorade, fruit juices, etc is encouraged. Please no sodas!! An athlete cannot put in a good performance if the body is not fueled properly.
6. The registration fee covers the sweat suit, singlet (top & shorts), entry fees for meets, not to include qualifier meets (district, regional, and Junior Olympics), AAU membership for athlete, fundraiser, track bag and equipment needed such as batons, parachutes, etc.
7. It is very important for athletes to come to scheduled practices if individual progress is to be achieved. If your child is a member of a relay team it is imperative to come to practice for baton work and to achieve cohesion with team.
8. Every athlete can participate in the district and regional qualifier, but only the top 4 athletes will advance to regional's in each age group. If your athlete advances from regional's than they are qualified and ranked to compete in the Junior Olympics which will be held in New Orleans this year.
9. There will be practice in the rain provided there is no lightning in the area. However, extenuating circumstances such as heavy rain and cold temperatures could force us to cancel practice. In the event of inclement weather we will post updates to the homepage website. If time permits, and email will be sent in the event of cancellation.

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