

Track Parent 101

Track Express Track Club
Fall 2014

Wisdom of Practice

- What to to Expect
 - Practice 2 to 3 Days per week for at least 2 hours
 - Weekly Communiques
 - Sunday Track Meets
 - Expenses (Indirect and Direct)
 - New Friendships (strengthened)
 - Support

Student's First

- Please encourage the completion of homework and other school assignments
- Please reach out to us if assistance is needed within any facet of education

Communication

- Monday Messages
- Notes from Coaches
- Text Messages
- Phone Calls
- Direct Emails

Health and Wellness

- Diets should be balanced (very colorful)
- Include dark green and red veggies for energy and fiber
- Limit excessive sugar
- Promote at least 8 hours of sleep
- Include other extra curricular activities (aside from track)
- Plan your meals
- Limit fast food

Track Meets

- 6 to 8 hours
- 15 to 120 seconds per event
- 20 to 40 Teams

What's in a Cooler?

- Ice
- Water
- Sports Drinks
- Fresh Fruit
- Sandwiches (PB and J) or Mayo free
- Pasta Salad

Interacting with Coaches

- Email
- Refrain from talking during races
- Be sure to thank them

Kid's Stuff

- Books
- Crayons
- Coloring Books
- Game Boys
- Electronics
- Dolls
- Action Figures