

YOUTH TRACK 2006

Members' Information

Practices

Tuesday 5 – 6 p.m. and Saturday 10 a.m. – noon. Please be on time so you can warm up .
In case of rain, call the Hotline at **565-2255** for cancellation.

What to wear

Please wear layers, such as sweats over a T-shirt and shorts or bring a jacket. You will get hot while running and quickly get chilled if the wind blows. We stay outside during light rain, so have a hat. Remember, you are responsible for your own stuff-take it home!

Drinks

Please bring a water bottle with you. You will need it.

Bathrooms

We DO NOT have one. Try and take care of this before practice

What will you be doing?

Running! Sprints such as 50 m, 100m, 200m, 400meter.

Distance running .5 mile, 1 mile, 15 minute runs.

Relay racing, and Hurdles

Jumping. Standing long jump and running long jump

Throwing softball and Frisbee

Learning the rules to the events, How to start, time, measure events.

What do we expect of you?

That you TRY! Every day. Even in events you don't like.

No hitting, pushing, tripping or fighting.

Good sportsmanship. No making fun or name calling.

You agree to the rules listed here.

Rules of the game

- Respect your coaches and teammates. No hitting, swearing or making fun of others.
- We all cheer for everyone. Every day.
- Track is meant to be fun, give it your best effort.
- Respect all safety rules. Look both ways before crossing the track, jumping, or walking where throwing is going on.
- Cooperate and show patience.
- Warnings and timeouts will be given to any member who does not respect people, property or rules at the track.

Meets

Hershey local track meet will be Saturday, June 3rd.

Hershey statewide meet is on Saturday, July 8th in Bolton, MA for the youth qualifying.

Team Spirit Meet will be either May 6th or 20th.

More information as we know it!

