

## Youth Track 2006 PARENT INFORMATION

**Practice Tuesday 5 – 6 p.m. Saturday 10 a.m. – Noon April 11 to June 10.**  
**No practice on Sat. April 22, 2006.** Practices aren't mandatory.  
**Pickups & Drop Offs at the track/bleachers, especially for 1<sup>st</sup> to 3<sup>rd</sup> graders.**

**Weather Policy:** Rain? Thunder? Call the Park and Recreation Hotline at **565-2255** for cancellation. Cancellation posted by 3 pm Tuesday and 8 am Saturday. In case of thunder, please pickup your member ASAP. We do not have access to indoor shelter; we will be at the back of the high school.

**Water** Please provide your child with a water bottle with name on it. The water fountain at the track has not been turned on yet & not sure when it will be.

**Help! Parent Volunteers needed! No Special Skills needed to help with:**

**First Aid** – Hand out ice packs, help with band aids, only simple care.

**Greeter** – Parent hanging out near gate, aids late arrivers in finding group.

**Field help** – Help measure, time, line teams up for relays. No running necessary!  
Each group needs 4-6 helpers at each practice.

This year we have 140 members! Just because you see our teen assistants, does not mean we don't want and need you. **NO ATHLETIC EXPERTISE NECESSARY.** Contact Fran at practice or 537-6376 to sign on.

**Bathroom We don't have one!** We are still negotiating use of the concession stand bathrooms. High School is locked on Saturday. Help your child plan accordingly.

**Safety** Always look both ways before crossing the track. If you hear someone yell "**TRACK**" make sure you & younger kids are not on the track surface. Runners *always* have the right of way.

**Attire** Dress in layers, as it can get windy & cold on the track. Nylon jackets and hats are great on wet days. Remind your kids they are responsible for their own clothes.

**Medical Issues** If your child has any specific medical needs, please let us know and provide any useful information. Our goal is to provide safe, healthy activity for all track team members.

**Warm ups & stretches.** We begin and end each practice by doing 2 laps. Parents & siblings are encouraged to join in. If working out during practice, please walk on grass just inside the track or outside of the track edge. Our team is a family fitness team, and the children enjoy seeing their parents work up a sweat!

**Questions** Ask at any time.

**How to reach us** Call the Parks and Recreation main office at 565-4160 or leave a message at Fran's email [paquita595@aol.com](mailto:paquita595@aol.com) or at 537-6376.

