

## Seven Things Parents Should know about Track and Field

Track and Field is usually a ton of fun for coaches, athletes and parents. Most of the negative issues can be avoided through clear communication early in the season. To that end, please read through this with your daughter(s).

1. **Practices:** We practice every day from 3:00 -5:00. Each athlete is expected to attend every practice, and should make every attempt to schedule appointments, school work, and other priorities at other times when possible. Students who do not have a zero-hour class should make every effort to get academic help before school. Outside-school activities, including part-time jobs, are never a reason to miss practice.
2. **Meets:** We usually have two meets a week, although most of the time athletes will participate in only one. We travel to and from meets as a team, and athletes are expected to remain for the entire meet, even when the meet is at North. Meets may sometimes run until after 7pm, so parents should plan accordingly.
3. **Rest:** We train very hard in Track and Field, and throughout the course of the season a lot of stress is put on the athlete's body. The secret of good coaching is to create enough training stress for achievement without leading to injury. We have a successful track record, except in cases where athletes don't get enough rest after practice. Please consider limiting your daughter's participation in other sports during the track season as we have seen a high correlation between multiple sports and injury.
4. **Outside Sports:** Historically, many of the girls on this team have considered track to be a supplement to their primary sport, be it soccer, hockey, basketball, volleyball, or swimming. We're always glad to have these athletes be a part of our team, but it doesn't work for every person. If you plan on participating in a club sport during the season, keep in mind that practices or meets you miss because of that sport are not considered excused, and will lead you to being kept out of meets. In most cases athletes have been able to balance their time, and the time they miss is only occasional, but for some athletes their commitment to their club sport is too big to allow them to be a part of Track and Field. If you know you will be competing for another team during the spring, please take a long look at the schedule before you sign up. I'd be happy to speak to you directly as well.
5. **Equipment:** Each athlete should have a pair of training shoes. Since shoes are our first defense against injury, it is advised that a new pair is

bought at the beginning of each season, and worn only during practice. Clothing that is appropriate for training outside even during the early and cold part of the season is necessary. A sports bra should be worn at every practice and meet, and most girls wear black spandex shorts under the meet uniforms. Some athletes like to have spandex tights and tops for wearing under their meet as well; any of these items should be in black and only have one manufacturer's logo showing in order to comply with uniform rules. Many athletes also choose to get shoes for competition. This is not required but is strongly encouraged. In addition

6. **Website:** The team has a dedicated page at the school website, accessible at [north.isd622.org/girlstrack](http://north.isd622.org/girlstrack). On this page are downloadable files including a schedule, policies and a more extensive informational packet that tells you everything you would need to know as a track parent. In addition, all of our results (and the results of a number of our conference opponents) are available at [www.athletic.net](http://www.athletic.net).

7. **If you need to talk to us:**

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