

Track and Field Parent Meeting

This document contains brief comments on a number of different topics that are usually presented at the parent meeting on the first day of practice. Consider this your FPYC Town Hall Meeting 😊

Welcome to FPYC Track & Field 2021.

We are Lynda and Geoff Hymans, Co-Directors of the FPYC running program. We took over as directors in the spring of 2016 so this is the start of our 6th year managing the program. Our oldest started in the program in the fall of 2013 when he was 8 y/o so we have been part of FPYC running since then. He is now in his sophomore year at Woodson HS and runs on the cross country and track teams. He will be helping assistant coach for FPYC when he is able. We have 2 daughters still in the program. Sarah is 14 and finishing 8th grade at Frost MS. Aubrey is soon to be 12 and finishing 6th grade at Wakefield Forest ES. Lynda tends to manage the more administrative side of the program, and Geoff manages the practices and meets with the other coaches.

We have one volunteer who manages our meet data. She will be done in this volunteer spot at the end of this season. She no longer has children in the program. We will need a new volunteer for this duty. Hytek (the meet data program we use) experience is helpful. She has created a document that explains how to do the tasks. We would greatly appreciate a new person stepping up to this job.

Coaches are identified by coach shirts at practice. All coaches undergo background checks. Geoff will be at the Van Dyck weekday practices. Both Geoff and Lynda will be at Sunday practices. You will not hear directly from your child's age group coach. Coaches do not have access

to family information in the registration system. Only the directors have this access. We are the contacts for the team. If you have the need to talk to a specific coach, you can do so at a practice or get in touch with us and we can assist connecting you to them.

If a parent is going to run with their child at practice, you must sign up as an assistant coach. Extra helpers for the 7-8 group are appreciated to help run with the kids and keep them organized.

Masks: Coaches supervising runners will wear masks. Runners need to arrive with masks on and keep them on until they start running. Runners can keep them in a pocket or wrapped around their wrist while running or with their water bottle. Runners put the mask back on when feasible during rest breaks and keep socially distanced from other athletes. Athletes doing field events should keep masks on for those events.

Parents or other family members onsite need to wear masks. People from different families should not gather together. Family members should wait in their cars, away from others while their child practices or be away from other families.

Families need to separate themselves in the bleachers at Sunday practice. Runners often use the school side of the stadium stands to run steps so families should be on the far side from the school and separated if they choose to stay onsite. But don't worry – if you sit in the wrong spot we will politely ask you to move (through a megaphone!).

If we find that athletes are not able to consistently follow the mask rules, show up without a mask, or do not follow guidance to stay

socially distanced, parents will be contacted and asked to take the child home.

Practice Review: What does practice look like? Short warm-up jog, drills, core work, dynamic stretching, workout, warm down. Parents are not required to stay at practice but should be available by phone. We keep a list of parent contact numbers at practice. EXCEPTION: If the weather is looking like possible thunder and lightning, all parents should stay. Practice is immediately cancelled if there is thunder or lightning. We can't leave until everyone is picked up. Please keep this in mind if you leave during the practice. See below.

What to bring: Water bottle, good supportive running shoes and the race number. Dress in layers for clothing as track season can start cold and get warm. Kids can get overheated once running. We typically say that it feels 20 degrees warmer than the current temperature while you are running. Any extra clothes the kids need to shed can be left with their water bottle while they run. Up to ¼ inch spiked racing shoes can be worn at the track for meet events but are not required. These should NOT be worn for general training.

Weather cancellations: We cancel practice if there is thunder or lightning within 30 min of practice start time. We have to wait 45 minutes after thunder or lightning, so we are willing to start practices up to 15 minutes late without cancelling. We only send out emails to cancel practice. If practice will occur, you will not get an email reminder. If we are already on site at practice locations (and we arrive early) we may not be able to send out an e-mail, so if you see lightning or hear thunder within a half-hour of the scheduled start time assume practice is cancelled. We do not generally cancel practices for rain

(unless it is pouring buckets). Please do not email us to inquire whether practice is “on.”

Practice Locations: Practices are Tuesdays and Thursdays at the following locations:

- 1) Lanier Middle School track (for sprinters),
- 2) Van Dyck Park (for distance runners), and
- 3) Lake Accotink (distance and sprint runners).

Weekday practice time is 6-7 p.m.

Accotink practices: Athletes can decide if they want to practice at Accotink. This is usually a smaller group and mainly runners who live close to that area. On Tuesdays runners meet under the train trestle. On Thursdays runners meet in the parking lot of the Danbury Forest Community Pool which is off of Danbury Forest Dr. (across from Kings Glen ES).

Sunday Practices: Practice is at Fairfax HS in Fairfax in the afternoons. We are having 2 practice group sessions. Group 1 is from 12:45 p.m. to 1:45 p.m. with runners with last names A thru H. Lee. Practice session 2 is from 2:00 p.m. to 3:00 p.m. with runners with last names M. Lee through Z. We need runners to come to the appropriate time slot to keep the numbers equal at each practice. We need people to depart quickly and those arriving should stay off the track until the others have moved off. We will have the departing runners leave the field out the gate by the high jump pit area while the arriving runners come in the gate at the top of the stadium steps by the small ticket type building, school side.

USATF Age Group rules: There is an age group range on your child's race number. This two year age group follows USATF age up rules. Your child will be in the age group that corresponds to the age they will turn THIS calendar year. This is their age group for practice, racing purposes, and results. Runners can adjust and run in a different age group at practice as appropriate for fitness level or if they want to run with a friend, so long as they can handle the work outs in that age group. Please let us know if the age group on the number is incorrect. This info comes from the registration system so if it is wrong perhaps an incorrect birthdate was entered. Example: If your child will turn 9 y/o on Dec. 31st 2021, they will be in the 9-10 age group for racing/results even though they are 8 through the track season.

Bibs/Race Number at practice and meets: This year we are handing out numbers and having the kids take them home. We are not collecting them after each practice. The child's name on the number helps coaches learn names. Wearing the race number helps us identify FPYC runners at practice. Athletes are REQUIRED to wear the number at each practice and any meets. We need the race number to determine each runner in the races at meets. Since we are not collecting them, it is the responsibility of each family to keep track of their child's number.

Attendance: There is no attendance requirement at practice/meets. Families do not need to let us know if someone will miss practice due to another sport practice or other event. If your child misses due to illness or exposure related to COVID-19, then let us know.

Lollipops: We are not handing out lollipops per Pre-Covid methods. We are creating lollipops bags to give the kids at the start of the season. There is a sign-up for that. There are enough lollipops in the bag for the

entire season. You can use the lollipops as motivation to get in that run on a day the athlete does not attend practice. 😊

Home Track and Field Meets: We are planning multiple home intra-squad meets. There is no sign-up for home meets. We are planning FPYC-only meets at this time to reduce the number of people onsite. Show up with your race number, warm up, and run. Pre-pandemic we had 2 invitationals (no invitationals/having other teams this year) and then 2 FPYC-only meets (Time Trials and Mother's Day Meet). We have added additional intra-squad meets since we do not expect to be able to attend away meets. See the online schedule. More details about each meet will be sent closer to those events. We may need to adjust the meet schedule because of Covid protocols or resource issues, but we send out notifications during the season if a cancellation is necessary.

Away Invitational Track and Field Meets: We do not know about attending away meets. There are a couple of area teams that may host a meet. We will send notifications if such meets are scheduled. If we do have an away meet, any FPYC event (practice or intra-squad meet) for that weekend will be cancelled.

Uniforms: We have gotten permission from the FPYC board to not require uniforms this season since we will not be competing against other teams. FPYC athletes can wear their team t-shirt at a meet or if they have a uniform, they are welcome to wear it. Exception: If your child is going to compete at any district, regional, or national championship (AAU/USATF) this season, then they will be required to wear an FPYC uniform. They may also be required to wear the uniform at certain away meets. We can assist families obtaining uniforms later

in the season if they decide they want to participate in post-season races (districts, regionals, & nationals). Uniforms are \$28.

Volunteer requirement: We use “Sign-up Genius” for volunteer spots. At this point, we are requiring two volunteer spots per family during the season. Coaches and assistant coaches and their families do not need to sign up for additional volunteer spots. We need lots of volunteers to help this year especially since we have added additional home meets. If you have a MS or HS aged child who wants service hours, we are happy to have them help at a meet. We will sign off on those hours. If we do not have enough helpers to manage a meet, parts of the meet will be pared back OR we will switch to holding only a practice as noted on the website.

Mass email communication system: We send out 2-3 emails/week depending on events. The system does not notify us if a recipient’s email system does not receive an email. We suggest families make an email file to keep the emails for future reference. If you have not received any e-mails from FPYC Running for a period of a full week then please reach out to us in order to determine what is wrong. Check your spam filters and make sure we are a “trusted” e-mail. Mass team emails come from Support@Stacksports.com. Replies to us from those emails come to running@fpycsports.com.

Lost and Found: We do keep items left behind. PLEASE HELP YOUR child to remember their items before leaving practice. Especially this season, we do not want to be handling other’s items. Items not claimed by the end of the season are thrown out or donated.

Post-Season Opportunities: There are two main national organizations (AAU and USATF) that manage different post-season championships. People often ask if their child should compete in post-season meets? Everyone is welcome to do the qualifiers and to go to national meets if they achieve a high enough result at the qualifiers. You can look under Extended Season for those meets and see results from Nationals under Meet Results. This will give you some measure of how your child might perform at such meets.

AAU Outdoor Nationals: Planned to be held in Humble, TX, near Houston. See Extended Season tab for details. AAU does have a Region 3 qualifier on the CoachO meet calendar, planned at the end of June. We do not know about a district qualifier yet.

USATF Outdoor Nationals: Planned to be held at the University of North Florida in Jacksonville, FL. USATF cancelled all indoor meets. See Extended Season tab for details. No details available yet about district and regional qualifiers.

Post season weekday practices are usually at Woodson HS. Post season practices are only for athletes who plan to participate in post-season races. We will send out emails about locations once we reach the post-season. If post-season meets are cancelled there will not be post-season practices. We understand that many runners want to keep practicing but most coaches are done with practice when their child is done so we don't have enough post-season coaches to manage a large group.

Soon to be High School runners: We usually host a meeting for parents and 8th grade runners to provide some information about running in HS and summer prep. We will look into doing a Zoom meeting this season.

We have multiple coaches who have children or have had children who competed in HS and can provide some guidance. Stay tuned.

Additional details are available on the running website under FAQ and all the links. If you cannot find the answers to your questions, please email us at running@fpycsports.com