

Track and Field Parent Meeting

This document contains information on a number of different topics that are usually presented at the parent meeting on the first day of practice. We will have a meeting on 3/19 when the directors are available. **Please read this.** It really does explain the main issues and will reduce your scouring the website for information or needing to email us.

Welcome to FPYC Track & Field 2023.

We are Lynda and Geoff Hymans, Co-Directors of the FPYC running program. We took over as directors in the spring of 2016. After this spring season, we will have managed the program for 7.5 yrs. Our oldest started in the program in the fall of 2013 when he was 8 yrs. old so we have been part of FPYC running since then. He is now in his senior year at Woodson HS and runs on the cross country and track teams. Our middle child is a sophomore at Woodson and she also runs on the HS cross country and track teams. Our youngest, Aubrey, is in 8th grade at Frost MS and still runs for FPYC. Lynda tends to manage the more administrative side of the program, answers emails, enters kids in meets, and organizes volunteers, and Geoff manages the practices and meets with the other coaches. Lynda does not attend weekday practices.

We have been forthcoming that we will be done managing the running program when our youngest finishes 8th grade in the spring of 2023. We will be looking for others to step up to run the program or it will cease to happen. We are happy to share information and assist training over this spring 2023), but we will not be managing the program in the fall of 2023. Please contact us if interested. This can be one family but can also be a couple of different people from separate families doing different jobs. There does have to be one main Director who represents the running team on the FPYC board, attend a monthly meeting, and do the budget. The Board meetings have been a Zoom call instead of in person since the pandemic began.

Data Volunteers: We have one volunteer who manages our meet data. If anyone else has Hytek experience and would also be willing to learn the system, please let us know.

Coaches are identified by coach shirts at practice. All coaches undergo background checks. Geoff will be at the weekday distance practices in Fairfax. Both Geoff and Lynda (Lynda not always) 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 5-6 and 7-8 group are appreciated to help run with the kids and keep them organized.

Masks: Athletes and coaches are not required to wear masks while at practice. Your child is welcome to wear a mask if you want them to do so.

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. Parents of those in the youngest age groups, (5-6 and 7-8), should stay onsite to make sure their child is doing ok at practices. We keep a list of parent contact numbers at practice and can contact you if an issue arises. 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, appropriate running clothes, and the race number. Your child will be given their number at the pre-season pick up option or the first day they attend practice. Try to attend the pre-season or the first day of practice. 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 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 torrential rain). Please do not email us to inquire whether practice is “on” early in the afternoon. We decide closer to practice time.

Weekday Practice Locations: Practices are Tuesdays and Thursdays at the below locations. We will update everyone when we can. Field event details will be sent out when info is available. Field event practice locations are dependent on coach availability and where that coach will be with their child. If your child wants to practice a field event during the week, they will need to go to the appropriate location. We plan to have all three field events (shot put, long jump, and turbo-javelin) available on Sundays but again this will be coach dependent. If your child wants to do a field event on Sunday, we suggest doing the running warm-up and then going to the field event area. They can split their time between running and field events as desired.

- 1) Katherine Johnson (formerly Lanier) Middle School track (for sprinters),
- 2) Van Dyck Park/Providence Park (for distance runners), and
- 3) Lake Accotink (distance and sprint runners, no field events).

Weekday practice time is 6-7 p.m. Practices starts at 6 p.m. If your child arrives late, they can go directly to their practice meet up location.

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 by the marina due to construction. We will update the team if there is any change. 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 the Fairfax HS track/football stadium in Fairfax in the afternoons. Practice is 1-2 p.m. for age groups 5-6 yrs. old and 7-8 yrs. old. We have the track until 2:15 and plan to have the older (9 and up) kids there longer. There will be a lot of kids at the track on Sundays. If your child needs to leave early that is fine. When we have more information about field event availability we will update everyone.

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 years old on Dec. 31st 2023 (they were born 12/31/2014), they will be in the 9-10 age group for racing/results even though they are 8 through the track and cross country season. This may seem unfair, but it is just the way it is. Once they get to high school they are racing against all ages although occasionally there are separate races for underclassmen.

Bibs/Race Number at practice and meets: This year we are continuing to hand 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 and bring it to practice and meets. Keep the pins on the number and wear it on the front of the shirt.

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 planning to have a few containers of lollipops for the end of practices just as in pre-covid days. Please remind your child to only take one lollipop.

Home Track and Field Meets: This year we are holding our FPYC only Time Trial event (200m and 1600m events for a time), our FPYC only Mother's Day meet (full list of events), a relay meet (planned with other teams in attendance), and our Invitational meet. More details about each meet will be sent closer to those events. There is no cost to FPYC athletes to participate in any meets. This cost is covered by the registration fee. Athletes can do the Iron-athlete (all events at one meet) at our Mother's Day meet. We are not using a timing company at our invitational so our team athletes can do Iron-runner. That said, it is a longer meet than our Mother's Day meet so choose wisely.

Away Invitational Track and Field Meets: We do plan on attending away meets. Some away meets are on Saturdays. Your child is not required to do any away meets. If the team attends an away meet, any FPYC practice for that weekend will be cancelled. Some away meets are already on the schedule. All away meets require a sign up with athletes picking specific events to do and athletes cannot just show up and participate. Track meets are long. Be cautious picking events that are spread apart at the meet. If you pick a first event and a last event you will be there ALL day. We cannot tell you when to arrive other than for the first event. We cannot predict how long it will take to get through each event.

Uniforms: Uniforms are required to participate in the home and away meets. Your child does not need to wear the uniform to practice but is welcome to do so.

Uniforms are \$33 for a set. More details will be sent about getting a uniform. Families DID NOT pay for uniforms during the registration process. You only indicated the likely size your child will need. At the time of uniform pick-up, the \$33 will be collected then. Cash or Check only.

Volunteer requirement: We use “Sign-up Genius” for volunteer spots. We will likely require 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. 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.

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 **mailer@demosphere.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. 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 for track. People often ask if their child should compete in post-season meets. Everyone is welcome to do the qualifiers and to go to the 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 prior Nationals under Meet Results. This will give you some measure of how your child might perform at such meets. The qualifier meets are typically on alternating weekends in June. FPYC only pays for the meet registration fee. Families are responsible for all travel, hotel, food, and other costs.

AAU Junior Olympics National Outdoor Track and Field Championships: Planned to be held at Drake Stadium, Drake University in Des Moines, Iowa at the end of July/beginning of Aug. See Extended Season tab for details. We will update info about qualifier meets when information is available.

USATF Junior Olympic National Outdoor Track and Field Championships: Planned to be held at Hayward Field, the University of Oregon, in Eugene, Oregon, July 24th – 30th. See Extended Season tab for details. We will update info about qualifier meets when information is available.

Post Season Practices: These practices are only for those athletes who will participate in post-season races. We will send out other details once we reach the post-season. We understand that many athletes 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 have multiple coaches (and us) who have children or have had children who competed in HS and can provide some guidance. Stay tuned. If we do not meet in person, we will have a document or email available with the important points.

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.

Thank you and we look forward to a great spring season.

Lynda and Geoff

