

Wings of Glory Track Club

New Parent Orientation

Youth athletics is a valuable asset to your child's growth and development, mentally and physically. Youth track is a commitment for parents and children so as a team we want to engage and support your family. Youth track is a culture, we would like to introduce you to the culture and supply you with the knowledge and tools to help you navigate through this exciting experience for your child.

Practice schedules

A. Outdoor season practice:

Practice starts for all non-high school students the first Monday in May every Monday and Wednesday from 6-7pm. High school students start practice that first Monday after the State high school track season comes to an end. Their practice is from 6:30-7:30pm.

Once the high school students start practice, the practice days increase to Monday, Wednesday and Friday.

B. Indoor season practice:

Practice starts in November (day and time TBD)

Team Fees

There are Indoor and Outdoor season fees.

Indoor fees:

Team membership dues \$55.00 (includes indoor/outdoor seasons; \$35 for AAU only)

- AAU membership
- USA membership

Uniform \$35.00

Individual meet fees: typically the fees are \$5-7/event and these fees are due a week before the meet in order to get your child registered to run. Example: (100 & 200=2 events @ \$7=\$14).

Outdoor fees:

Team membership dues \$55.00 (\$35 for AAU only; \$0 if participated in indoor season)

- AAU membership
- USA membership

Uniform \$35.00

Individual meet fees: typically the fees are \$5-7/ event and these fees are due a week before the meet in order to get your child registered to run. Example: (100 & 200=2 events @ \$7=\$14).

We want to make this experience as affordable as possible and feel this payment structure will allow just that. We ask that you adhere to the fee deadlines to ensure your child's participation.

- ❖ ***It's important to know that the Wings of Glory Track Club participates in the AAU National Junior Olympics, and there is a progression of qualifying meets in order for your child make it to the national championship. (See season schedule)***

Running Shoes

Shoes are a very important part of running track. Your Athlete should have a pair of lightweight running shoes for training and a pair of track spikes. WOG has a shoes exchange program for track spikes. Donate a pair of spikes and you could pick a pair for a cost of \$5, without donation you can buy a pair of spikes for \$10. Listed below are a few websites that have the most affordable shoes. Certain spikes fit differently; they may not be true to shoe size. It's helpful to visit the Eastbay website to get the best description of a shoe, but you may be able to find that same shoe on a different website for less.

www.eastbay.com

www.firsttothefinish.com

www.6pm.com

www.dickpondathletics.com

www.amazon.com

Travel

We do participate in out of town track meets so there will be traveling expenses that families will be responsible for. You are responsible for travel arrangements for your child and all hotel expenses if we participate in any meets that require an overnight stay. We will always try to be economical with comfortable accommodations.

When we travel out of town, our designated meeting place is Culver's at Midtown if you would like to travel as a caravan.

- ❖ **Younger children must be accompanied by their parents at all track meets, in town and out of town.**

Track Meet Survival Tips

- ❖ When we have evening track meets they usually last about 2 hours. It would be helpful to supply your child with a water bottle or Gatorade.
- ❖ When we have a weekend meet or out of town meet, be prepared to spend the entire day at the track, typically 8am-6pm.

Below are some items to bring to help you survive.

1. Chairs to sit on, sometimes there are bleacher seats available, but not always.
2. Cooler with water or Gatorade to keep your child and yourself hydrated.
3. Healthy food items, granola bars or snacks, fruit, sandwich, keep it light.
4. Tents, optional, the team does have a few tents for runners to relax in between races.
5. Blanket to lay on the ground, optional for comfort.
6. Plan for the weather; make sure your child has jogging pants and a shirt to warm up in. A hooded sweatshirt or jacket would be ideal.
7. Umbrella (just in case in rains)

Helpful tips

1. Some meets have a spectator's fee \$2-\$5 for adults; children are generally half the cost.
2. Once you arrive to the meet, check in with one of the coaches to get the athletes running number and attach it to their uniform.
3. Athletes should warm up 30 minutes prior to their races. For younger kids, Coach Mays will gather them for warm ups. Make sure your child seeks out the coach, or athletes.
4. Parents with younger kids, please monitor their eating, drinking and bathroom breaks.
5. The meet announcers will call for runners by ages to check in to get their heat and lane assignments.
6. After each race, the results will be posted for you to view generally 20 minutes after the race.