



2016 Renton Youth Track & Field Team Parent Information

Dear Track and Field Team Families:

Thank you for registering your child in the City of Renton Recreation Division's Track and Field Team. We are excited for the opportunity to share the benefits of running with your child! We would like to take a moment to give you a brief overview of the program.

Goals

The Track and Field Team is a recreation program designed for all skill levels. The goal of the Renton Recreation Division Track and Field Team is to improve skills, have each athlete feel better about themselves, look forward to future sports participation, and enjoy the relationships established with their coaches and teammates. Communicating our goal to each athlete is far more important than winning or losing. We will strive to teach each athlete that success is related to effort. Athletes have complete control over the amount of effort they put forth, but they have only limited control of the outcome of a contest. All athletes are winners when they give maximum effort.

Equipment

Each athlete will receive a team t-shirt that they can keep. Always dress for the weather. **For the safety of your child, we encourage each athlete to wear tennis shoes with laces to run in.** Please do not send your child to practice in slip-on shoes, boots or shoes not built for running and play. Spiked running shoes or shoes with removable spikes will not be allowed at any of the track meets. If you are looking for recommendations on what to wear, please feel free to ask one of the coaches. All other equipment will be provided.

Concussion Form

Parents will be required to fill out and sign the concussion form prior to your child participating in practice. Please complete the form and turn it in to a coach. No form, no practice....no exceptions!

Practice Information-see practice schedule online at rentonwa.gov

- **Parent Meeting/First practice Tuesday, May 17 6:30pm at Lindbergh High School**
- Track teams will be divided by age groups.
 - Ages 5 to 8 will practice 6:00pm to 7:00pm @ Renton Memorial Stadium
 - Ages 9 to 14 will practice 7:00pm to 8:00pm @ Renton Memorial Stadium
- Developing good fundamentals/habits will be the goal of each practice.
- No practices will be held on days that track meets are scheduled.
- Parents are not required to stay at practice, but for the safety of the athletes, they are not to be dropped off in the parking lot: **Please accompany your child into the stadium and please do the same for pick up!**
- Please drive slowly in the parking lot and be very attentive particularly during the transitional time for practices.
- Parents are to pick-up athletes promptly at the end of each practice. Participants are not allowed to be unsupervised at the stadium, regardless of their age, so please be respectful of the staff and drop your child off and pick them up on time.
- Practices and meets are **NOT mandatory**, but will be held regardless of most weather situations. In severe weather situations, we suggest staying at the facility during the practice/meet in case of a cancellation. It is not necessary to notify staff if you or your child will not make it to practice. Inclement weather line: 425-430-6719.
- Due to the number of kids in the program, we ask that all siblings not enrolled in the program stay seated safely with the parents either in the stands or off the main part of the track when in use.
- Water only is allowed on the infield of the track. Please do not bring food, snacks or flavored beverages into the gated area.
- If you have any questions about the program, events, practices, forms, etc., coaches will be happy to answer those questions for you. Your child will have the opportunity to interact with all the coaches during practices and meets.

Additional information on back

Track Meet Information

WE NEED YOUR HELP! Several parent volunteers are needed for each home meet. It takes 20-25 parent volunteers to run an efficient track meet and your participation is necessary during the season! Lack of volunteer support will result in the cancellation of some events.

If you know of a group of young people or people from your work willing to donate a few hours of their time to assist, please have them contact deken@rentonwa.gov.

- Parents are responsible for the athletes before, during, and after each track meet (transportation is not provided to the away meets).
- We will have a Practice Meet at Renton Memorial Stadium Thursday, June 9 at 6:00pm. The main goal of the practice meet is to help each athlete feel confident on what to do at an official track meet. Your child must wear their team shirt to participate in each track meet; home and away.
- Athletes can compete in any three (3) events of their choice at the track meets(unless specified).
- We encourage all parents of children 8 and under to help their child to each event. Track meets can be a little confusing so feel free to assist your child during the meets.
- Please be mindful of other events going on during the meets, locations of events etc.
- An informative flyer for each track meet will be available online at rentonwa.gov for each scheduled meet. In addition, a printed schedule will be available at each meet.
- Each event will place 1st through 8th, with participation ribbons for remaining places. Field event ribbons can be picked up after the age group has completed. Please allow enough time for the results to be tabulated. It is not necessary to wait around for field event ribbons as they can be picked up at the next scheduled practice. It is your responsibility to pick up ribbons at the meet or the following practice.
- Try to get to the track meets 15-20 minutes before they start.
- Athletes and parents are expected to model good sportsmanship to the officials, coaches, track participants and other parents.
- If a parent or athlete has a disagreement with a ruling, bring it to a coach's attention or to the results table, (do not approach an official/volunteer). It is the coach's job to voice your concerns.

If you have any questions, call 425-430-6700 or deken@rentonwa.gov

Donna Eken, Recreation Coordinator

rentonwa.gov



Great Tasting Lunchmeat

