

Hello Track and Field Team Families,

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

### Goals

The Track & Field Team is a recreation-based program designed for all skill levels. The emphasis is on fun, participation, and social and sport skill development. 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 only have 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. Track shoes are NOT needed. 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.

### Practice Information (schedule attached)

- What To Expect on Day 1
  - Parent Meeting/First Practice – Tuesday May 16th, 5:45pm at Renton Memorial Stadium
  - Practices will be Tuesdays, a majority of the meets are on Thursdays (1 Tuesday meet) season runs May 16 – July 13.
  - Our first two practices on May 17 and 24 will run 5:45pm-8:00pm (5-8 year olds) or 5:45pm-8:30pm (9-14 year olds).
  - Remaining practice times will be 6:15pm-8:00pm (5-8 year olds) or 8:30pm (9-14 year olds).
  - For the 9-14 year old age group, there will be an extra 30 minutes of practice from 8:00pm-8:30pm. Any 5-8 year olds can also participate in the extended practice times but they it's optional.
  - The parent meeting on Tues. May 16 is mandatory, we will discuss expectations and volunteer opportunities.
- Rules
  - We are having all participants arrive and practice at the same time and our coaches will divide the groups up by interest and age.
  - We ask that all family members not enrolled in the program stay seated safely in the stands.
  - Only water is allowed on the infield of the track. Please do not bring food, snacks or flavored beverages into the gated area.
- Pickup/Dropoff
  - Parents are not required to stay at practice, but for the safety of the athletes, they are not to be dropped off or picked up in the parking lot: **Please accompany your child into the stadium and please do the same for pick up.**

- 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.

### Meet Information

Several parent volunteers are needed for each home meet. It takes 20-25 parent volunteers and staff 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. We will do a formal call-for-volunteers at the Parent Meeting.

- Parents Role
  - Parents are responsible for the athletes before, during and after each track meet (transportation is not provided to the away meets).
  - Try to get to the track meets 15-20 minutes before they start.
  - We encourage all parents to stay off the field during track meets. *\*New for 2023\**
  - Athletes and parents are expected to model good sportsmanship to the officials, coaches, track participants and other parents.
- Meets
  - Meets will take place on Thursdays; with the exception of a Tuesday meet on July 11.
  - We will have 6 meets total. 1 practice meet, 2 home meets, and 3 away meets.
  - Practice meet: Thursday June 8
  - 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.
  - Some of the events we'd offered in the past include: 1 mile, 50M, 100M, 200M, 400M, 800M, Running Long Jump, and Javelin Throw. There may be some variations of what events are offered at each track meet.
  - An informative flyer for each track meet listing the events will be available at each meet and emailed out prior.
- Ribbons
  - 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.

### Contact Us

- Practices and meets are **NOT** mandatory, and it is not necessary to notify staff if you and your child will not make it to practice.
- 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.
- If you'd like to contact Renton Recreation directly, please email Sean Conway at [sconway@rentonwa.gov](mailto:sconway@rentonwa.gov)