

# HCYT&F PARENT INFO

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WELCOME TO THE HCYT&F 2021  
TRACK SEASON!



## **MEET THE COACHES**

Head Coach/ Long Jump:

Brad Johnson

Distance/ Mid-Distance:

Alina Chalkley, Steve Felt, Justin Gazda

Strength Coach, Shot Put/ Softball Throw:

Keith Cauley

**Our coaches are highly skilled volunteers and all have an athletic background.**

## **MEET THE BOARD**

President:

Brad Johnson

Vice President:

Ray Chalkley

Treasurer:

Alina Chalkley

**Our board members are volunteers and seasoned veterans of HCYT&T!**

# COVID Protocol

Temperatures will be checked prior to athletes entering the field for **each** practice and meets.

If your child is sick or has been directly exposed to COVID they are not allowed to attend practice. Please follow standard CDC quarantine guidelines before returning to practice.

Masks are mandatory for your child to attend practice. Neck gaiter type masks are recommended so children can pull them down while running.

Masks will be worn while stretching and while children are not running.

**Parents will not be allowed on the track, in the stands, or along the outside of the track. Parents may park at the side entrance of the stadium to view their children from their vehicles.**

# Uniform Sizing

- Uniform sizing will be held Saturday, February 6<sup>th</sup> after conditioning practice.
- This will be your opportunity to view uniforms to properly size your child.
- Spirit wear will also be available for sizing during this time.
- **Due to COVID precautions we will not allow uniforms to be tried on.**

# Practices

- Practices are held at HCHS on Tuesdays and Thursdays from 6:30 to 7:45 PM.
- Occasionally Saturday morning practices will be called. Saturday practices will be announced a week prior.
- All athletes should strive to be On-time and properly dressed.
- Layer clothing (you'll warm up substantially when running and your body temperature will drop after practice). Don't forget the gloves!
- All athletes are asked to eat a snack one hour prior to practice and hydrate throughout the day prior to coming to practice. **It is mandatory that each athlete bring water to practice.**
- Running shoes. If you own spikes it is recommended you bring them to practice but wear your running shoes for warm up.
- **Only HCYT&F registered athletes and coaches are permitted on the track during practices. This is a HC regulation and ensures the safety of our athletes.**

# Clothing & Footwear

- Athletes are allowed to wear track spikes at meets. No needle spikes; diamond tip only. A pair of running shoes is required for practices.
- Practice attire (consider weather conditions): shorts, sweatpants, t-shirt, long sleeve shirt, sweatshirt, gloves, beanies, technical running pants and/or shirts.
- Meet attire (consider weather conditions): Under Armour/technical type long sleeve clothing and leggings are permitted to be worn underneath your athlete's track uniform during their events. Although, be prepared for the weather to warm up. All listed in practice attire are acceptable to wear in stands. Uniform must be worn to compete.
- Make sure you purchase a “running” shoe. Running shoes are lighter than regular sneakers/cross trainers which makes a huge difference when racing. If you're looking for less expensive shoes look into purchasing last year's versions/styles. You can usually find them marked down up to 50%. Online stores such as Zappos, Amazon, and East Bay, often have good sales. Locally Below the knee and Ross. A few brand recommendations: Brooks, Asics, Nike, Mizuno.

# Meet Protocol & Prep

- **Arrival:** Please arrive at meet no later than 30 minutes prior to the start time.
- **Prep:** Come prepared for the entire day. (Meets can run as late as 4:00pm depending on the speed, flow and organization). Have your athlete bring games for entertainment between events.
- **Meeting point:** Please look for us in the stands on the home side. We ask that our group sit together so we can ensure all athletes are available to warm up and that athletes don't miss their event calls.
- **Shelter:** HCYT&F owns two tents. You may want to bring your own tent/umbrella as there is no shelter from the sun.
- **Dress properly:** LAYER (you'll need to keep your muscles warm prior to races but you'll warm up substantially when running and your body temperature will drop after).
- **Hydrate:** Hydrate throughout the evening prior to a meet and bring plenty of water. (Water is usually available at concession stands as well).
- **Eat smart:** Have a healthy carb loaded dinner and a healthy breakfast about 2 hours prior. Bring smart snacks to eat throughout the day.
- **Sunscreen:** apply/bring sunscreen for your child during track meets

# TRACK MEET RULES & PROCEDURES BOARD MEMBERS/COACHES

- HCYT&F will appoint 1 to 2 board members to monitor stands/event calls as best they can. These board members will be secondary; **PARENTS** will be primarily responsible for same. We love teamwork so as you get to know other parents please feel free to help out. As you can imagine it can get crazy in the stands.
- These same 2 people will be responsible for monitoring their phones for Remind messages (or similar app) from coaches.
- HCYT&F will provide each parent with their athlete(s) event list for each meet via email/Remind app at least two days prior to the meet.
- HCYT&F will appoint board member/coach to walk athletes to warm up area and release to their coach.
- HCYT&F will appoint board member to distribute race numbers to athletes/parents at each meet. **Parents will be provided with the contact name via email/Remind app at least 2 days prior to the meet.**
- Coaches please be available to board members coordinating in stands & communicate should your position change from the warm up/bullpen area.



# TRACK MEET RULES & PROCEDURES - PARENTS/ATHLETES

- GPRA requires that parents supervise their child/children (and guests) at track meets when they are not warming up or in the bullpen area with their coach.
- Please sit with (near the HCYT&F team). We usually sit in the stands on the home side.
- Parent(s) please know where your athlete(s) is/are at all times. This will help ensure they don't miss their event can and will help ensure their safety.
- When arriving at meets please check in with the HCYT&F predetermined representative to announce your attendance and obtain your bib number (race number). This info will be emailed and sent through Remind app 2 days prior to meet.
- Parent(s) please listen for event calls for your athlete(s).
- If your child is asked to be part of a 4x400 or 4x100 team please ensure they are able to meet the following obligations before accepting a position on the team: Regular attendance at practices and guaranteed attendance at meets (unless due to unforeseen circumstances).

# AT HOME EXERCISES

- Running is an endurance, strength and power sport. Conditioning and regular workouts are key.
- The following are exercises for off practice days:
  - Planks (1 plank hold for 30 seconds)
  - Cardio (swimming, biking, running (10 minutes is sufficient), basketball)
  - Core (Break up into sets with rest time in between): (10 crunches/day) (10 leg lifts/day) (15 squats/day)
  - Jump Rope-try to work up to 200 (do sets; 10-20 jumps at a time)

# KEY DATE TO REMEMBER: March 20th HOME TRACK MEET

- We will host our 3rd Annual track meet at HCHS.
- We need **VOLUNTEERS** to make the event a success.
- We will need the following:
  - Bullpen Organizer (3)
  - Event Check-In Person (3)
  - Admission Attendant
  - Event Announcer
  - Event Results Transporters to Timing Company
  - Heat Organizers for Each Event

# HCYT&F 2021 Schedule

Date	Type	Host	Location	Start Time
March 13 <sup>th</sup> , 2021	Regular Season	Carroll County	Central Carrol High School 113 Central High Road, Carrollton, GA 30116	9:00 AM
March 20 <sup>th</sup> , 2021	Regular Season	Harris County	Harris County High School 8281 GA-116, Hamilton, GA 31811	9:00 AM
March 27 <sup>th</sup> , 2021	Regular Season	Carrollton	Carrollton High School Grisham Stadium 202 Trojan Dr., Carrollton, GA 30117	9:00 AM
April 24 <sup>th</sup> , 2021	District Meet	Carrollton	Carrollton High School Grisham Stadium 202 Trojan Dr., Carrollton, GA 30117	9:00 AM
May 7 <sup>th</sup> , 2021	State Meet	TBD	TBD	4:30 PM
May 8 <sup>th</sup> , 2021	State Meet	TBD	TBD	9:00 AM
May 15 <sup>th</sup> , 2021	HCYT&F Banquet	Harris County	Harris County Community Center 7509 GA-116, Hamilton, GA 31811	2:30 PM