

IMPORTANT UPDATES

CHANGE IN PRACTICE LOCATION: Southern High School Track beginning THIS THURSDAY/April 18th

Beginning this Thursday, Track practice will move back to Southern High School, 800 Clayton Road, beginning at 6:00PM. Please note change in LOCATION and CHANGE in START TIME. We will continue to practice on MONDAYS, WEDNESDAYS, and THURSDAYS at Southern until further notice. Please PASS the WORD!!!!

IMPORTANT TEAM MEETING: Thursday/7:15PM at the track

There will be an important TEAM meeting on Thursday at Southern at 7:15PM. ALL Parents are encouraged to attend. Important information about forthcoming meets in late April and May will be provided.

REGISTRATION MATERIALS

Please make sure that you get all REGISTRATION materials in to Mrs. Holland or Mrs. Brown. As we approach our first meets, we will need to have all materials on file as the kids begin to enter our kids into competition and travel to compete.

EXPECTATIONS:

Many of the parents have asked what they should expect in the next few weeks:

- 1) Practices will become more intense, with fewer rest periods between drills and expectations for focused effort
- 2) The kids will need to get as much REST as possible in the evenings AFTER practice which means that:
 - a) They should try to get as MUCH of their homework done BEFORE practice.
 - 3) GOOD NUTRITION IS ABSOLUTELY NECESSARY WHICH MEANS
 - a) AT LEAST 64 ounces of water per day
 - b) ELIMINATION OF FAST FOODS
 - c) MORE fruit, vegetables, complex carbohydrates
 - d) LESS FRIED FOODS, FATTY foods, and FAST FOODS
 - 4) PRACTICES FOR THE KIDS ARE ON MONDAYS, WEDNESDAYS, and THURSDAYS and (OPTIONAL) RUNS at Buehler on Saturdays. . Please do NOT practice your children on other days. They need time to recover.
- 5) ALL PARENTS SHOULD REMAIN IN THE BLEACHERS and OUTSIDE OF THE TRACK. USATF rules requires that only Coaches with USATF-certified criminal background checks are allowed on the practice fields and track during formal practice. If you need to speak to a coach, please do so at the end of practice.
- 6) Please dress the kids appropriately for practice. Even on warm days, practice will conclude after the sun goes down and it becomes cooler.
- 7) MARK ALL CLOTHING, SHOES, WATER BOTTLES, etc. and make sure that the kids get their clothes BEFORE they leave. We already have coats, hoodies, sweatshirts, etc. that have been left at the track.
- 8) Please help us keep the track and stadium clean-ENCOURAGE EVERYONE TO PICK UP THEIR TRASH BEFORE LEAVING THE PREMISES!!!

9) We still need to see report cards and /or progress reports!!!!

See everyone tomorrow at NCCU and THURSDAY at Southern High School (800 Clayton Road, Durham NC)