



DURHAM STRIDERS TRACK CLUB

INTRASQUAD MEET: This FRIDAY, April 17/6:30PM START/Burlington Cummings HSTrack

The first track meet of the season will be held THIS FRIDAY EVENING at Burlington Cummings High School and will be an intrasquad (IS) meet. We will at least run the 100, 400, 800m, maybe the 4x1, & a selected number of field events. The running events will be timed finals. This will help prepare the kids for the first competitive meets in May.

This IS meet will allow us to get times in the 100m, 400m, and 800m for all kids, let some of the kids try to long jump, high jump and throw the shot put so that we can begin to move the kids into areas appropriate for them based on turnover, speed, distance jumped or thrown etc. All of our current athletes will participate.

The meet will begin at 6:30 PM which means that the **kids need to be in Burlington NO LATER THAN 6:00PM** to get registered and warmed up for their events. All events will be timed finals and we will use labels to enter the kids into events. For those parents who wish to get more “on the job” training, I am sure Coach Davis will have need for folks to help out with clerking, timing, lane judges, recording distances, working the long and high jumps, etc.

We will ask the kids to dress out like they do for a regular meet-Durham Strider white running shirts (which can be purchased at NINTH STREET ACTIVE FEET with navy running shorts **UNDER** their warm-ups. The kids will need to wear their running shorts/shirts **under** their warm-ups. **Please label all clothing items, shoes, bags, coolers, etc.** Parents should also know that children tend to leave their clothing around so we ask that you are careful to make sure that the kids (or preferably the parents) keep up with their things

Remember to bring water, and nutritious snacks. We won't be there as long as we usually are for regular meets. Please **check the weather report to make sure that you and the kids dress accordingly, especially since we will be there into the evening.**

This meet will be a “dress rehearsal” for the upcoming developmental meets, USATF , AAU and Invitational meets especially where the organization of meets, rules of competition, etc. are concerned. For new parents, this is your introduction to track competition as well.

The children will need to eat a **LIGHT** dinner at least 90 minutes **BEFORE** leaving home. Please **DO NOT GIVE** the kids, foods containing milk, fried foods, and juice with pulp. The kids will also need snacks and **PLENTY** of water to have with them. Please send **NUTRITIOUS** snacks, such as fresh or dried fruit, NutriGrain/cereal bars, and peanut butter and jelly sandwiches on **WHEAT** bread. **Do not send candy, cookies, chips, chewing gum, sodas, Kool Aid, sandwiches with fried meat and/or mayonnaise.**

We will insist that the children sit together so that we know where they are at all times. This allows them to warm up together, get to the check-in areas together and **on time** and remain together during the meet. This will allow us to **get the children to check-in at the first call for their events** on time. Since most of the kids won't remember which events they are in, it will be even more important that they are close to the coaches so that they do NOT miss their events. We cannot emphasize that we need to know where the children are **AT ALL TIMES**. For the young kids, 11-12 and under, we request that they do not go **ANYWHERE** unaccompanied, including the bathrooms

Please review the code of conduct with the children. It will be **strictly enforced** for this and any subsequent activities both in Durham and for future meets away from Durham. We will not tolerate horseplay, fighting, wandering off without permission, bad/profane language, fighting, or any of the other behaviors, which are spelled out in the code of conduct. **Any violation of this will be grounds for suspension from the team and there will be NO exceptions to this.**

If your children are leaving with you when they complete their events, **please let the coaches know before taking your child so that we can account for all children.**

We will ask for volunteers to help us run the meet, however, if you are NOT helping with the meet, please **STAY IN THE BLEACHERS**. There is nothing more distracting especially for the youngest kids than to have their parents on the infield, and even if you are helping you MUST remain neutral while helping out...

DIRECTIONS TO BURLINGTON CUMMINGS HIGH SCHOOL FROM DURHAM:

Directions to the track at Cummings High School are below.

Take I-85 South from Durham.

Take EXIT 150 (Haw River). Make a RIGHT Turn at the exit and follow to NC-70. You will go over a set of railroad track and take the next LEFT Turn. This will be NC-70 which will become Church Street. Continue on Church Street into Burlington to North Mebane. You will see a shopping area (Cum Park Plaza) to the right as a marker. (

Turn Left at the light onto Mebane Street, and then take a LEFT at the very next stop light (which will come up right away)

Follow the street into the campus and go around to the back of the high school where you will see the football stadium.

RECYCLE YOUR SPIKES

Many of you have spikes that your children have outgrown but are in good shape. **Please bring those spikes in good condition to the track, so that we might recycle them for the children who need them.**

Many of the smaller sizes especially are very difficult to find and therefore any help that you can give us will be appreciated. Parents should check with their child's coach to see if they will need spikes.

TEAM COMMUNICATIONS: DURHAM STRIDER WEBSITE (www.durhamstriders.com) /DURHAM STRIDERS PARENTS GROUP FACEBOOK page/Durham Striders listserve

We continue to have parents who do not know what is going on with the kids. We will continue to have Parent "Check-ins/Meetings" on Thursdays at the track each week to provide information about what is going on and answer questions. These are important informational meetings and will be crucial as we begin to travel to meets on the weekends and begin to get involved in the USATF Junior Olympic competition. Please remember that ALL newsletters are now published to the listserve and are placed on the Durham Striders Parents Group FACEBOOK page. put on the Durham Strider website **BEFORE** we distribute them to you Please check the DS website and FACEBOOK PAGE frequently for important information. For those parents who just can't get to Parents' meetings/check-ins or are not at practice, the information is on the website. The newsletters are posted every week.

DURHAM STRIDER RUNNING SHIRTS/UNIFORMS:

Ninth Street Active Feet is the exclusive outfitter for the Durham Striders. For the early part of the season, the kids will need a white DS running shirt and navy blue shorts. They should wear this UNDER THEIR WARMUPS. ALL CLOTHING SHOULD BE LABELED WITH THEIR NAMES ON EVERY PIECE, ON THEIR SHOES, ON THEIR BAGS/BACKPACKS, etc.