

Top Ten Tips For Track Parents/Spectators

- 1.** Attend the meets. BRING YOUR CAMERA!! Watch, cheer, encourage! It's a lot of fun!
- 2.** Send food and water with your student-athlete. It is a long time between lunch and when your athlete finally gets home from a track meet. Often there are no concession stands at the meets.
- 3.** If you are planning to have your student come home with you from an away meet, you absolutely must have permission forms completed, signed and turned in to Coach prior to leaving for the meet. The forms are available online (Girls Track website or Schoology page). Plan ahead. Don't put the coach or your athlete in an awkward position.
- 4.** Bring gloves, warm jackets, blankets & hand warmers to the first few track meets. Even if the weather is warmer when the meet starts, it typically gets colder as the meet goes on and the sun sets. Come prepared.
- 5.** When the weather gets warmer, send sunscreen with your student-athlete.
- 6.** Get to the meets a little earlier than the time your student is scheduled to compete. Every now and again, they run ahead of schedule.
- 7.** Buy extra spikes for track shoes. Spikes can come loose from time to time.
- 8.** Remind your student to notify teachers and get homework done ahead of time when a meet is scheduled during the week. It can be late when they finally get home and your student may be too tired to start studying. Lots of kids study at the track between events and on the bus rides.
- 9.** While at meets, pay attention to what's going on around you. I've seen parents walk in front of runners, jumpers and shot puts. There's a lot going on at a track meet. Be aware of your surroundings.
- 10.** Know that the end of year banquet has never, ever been only a couple of hours. But we feed you, and it's a lot of fun for the kids to celebrate the season and receive their awards!