



New Track & Field Family  
Meeting


April 14, 2025




# Agenda

- Welcome and Introduction
  - Andover Athletic Association
  - Track & Field Program
  - Practices & Meet Operations
  - Volunteering
  - Communication, Wrap Up
  - Questions
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# What is Andover Athletic Association?


- A community-based 501(c)3 non-profit supporting youth recreation.
  - A multi-sport association
    - Slowpitch & Fastpitch Softball
    - Girls and Boys In-House Basketball
    - Track & Field
    - Cross Country
    - Volleyball (Youth Girls and High School Boys Club Volleyball)
    - Cheerleading
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# What is AAA Track & Field?

- A K-5<sup>th</sup> Grade program
    - Middle and high school programs available locally
    - Started in 1980s
  - A committed group of volunteer coaches and parents
  - The largest community youth track & field program in the state (we're pretty sure!).
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# AAA Track & Field Mission

Andover Athletic Association Track & Field strives to provide a **fun** recreational opportunity for elementary-aged students to experience track and field, improve physical fitness, and learn teamwork and good sportsmanship while teaching fundamental techniques of the sport.

A silhouette of a runner in a starting block on a track, positioned on the left side of the slide. The runner is in a crouched starting position, ready to begin a race. The background is a warm orange gradient with abstract curved lines.

# Housekeeping

- Field Event Clinic
  - April 26
  - Andover High School
- Pictures-yesterday, Sunday, April 13
  - Andover Community Center
- Practice Schedules-April 13, 21, 23
  - Andover Community Center
- Team Names

# Meet & Greet, Practices

- Field Event Clinic Purpose
- Practices
  - Field Event Clinic
  - Indoor Practice
  - Outdoor Practices




# Meet Dates and Times

- May 2nd/3rd, 10th, 17th, and 31st
  - 8:00am Start for 4<sup>th</sup>-5<sup>th</sup>
  - 10:30am Start for 2<sup>nd</sup>-3<sup>rd</sup>  
(May 2nd 5:30-7:30pm)
  - 12:30pm A teams start for K-1<sup>st</sup>, B teams start 12:50pm (May 2nd A teams start field events at 6pm and race 6:30-7:30, B teams start field events at 6:45 and race 7:15-8)
- Weather cancellations determined by director
- One meet canceled due to weather may be made up. A second may not due to facility limitations.

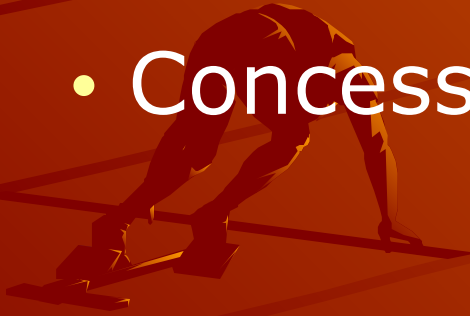


# Meet Operations

- Meet events start promptly at meet start time.
    - Check w/coaches on athlete arrival time
  - Entries in events limited by team.
  - Each athlete should compete in 4 events per meet (3 running, 1 field), try all events during season, and have roughly equal total events for season
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# Meet Operations, cont'd

- Electronic start gun will be used for all grade levels
- Down time happens at track meets.
  - But don't leave between events!
- Concessions & Restrooms



# Safety Protocols

- Safety and emergency plan in binder
- First aid kits with equipment for practices; each start line and field event area for meets
- EMT on site for meets with AED, AED in stadium if needed during practice
- Kids must stay out from underneath bleachers and off non-track equipment

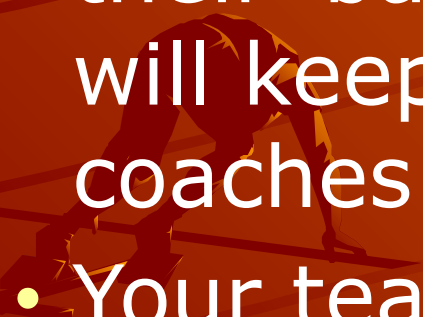
# Safety, cont'd

- Stay home if you're sick
  - if you know ahead of time, let your coaches know, it is super helpful to them with planning

## MEETS/FACILITIES

- No capacity limits for the meets - invite family and friends to come
- Be respectful of the facility. We are guests and we need to treat it that way.

# Team Camps

- Teams will have a camp area at the track by grade level
  - Each team will have their sign as their 'basecamp' where your athlete will keep their stuff and meet their coaches each meet.
  - Your team's basecamp should be in the same spot each time.
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# Track Layout



# Where Can I Watch?

- From bleachers or along fence right next to track.
- If you haven't specifically been asked by your coach to help with specific duties, we need you outside the fence surrounding the track.
- Congestion and Safety Issues

# Meet Rules

- Have fun, exemplify good sportsmanship.
- Treat meet workers and coaches well. They're volunteers!
- Leave stadium in as good or better condition than you found it.
- **KEEP OFF** high school equipment
  - Lacrosse nets
- Kids must not be under bleachers!

# Kindergarten-1<sup>st</sup> Grade Events

Individual Races	Relays	Field Events
50 Meter	4 x 50m Shuttle Relay	Softball Throw
70 Meter		Standing Broad Jump
90 Meter		Running Long Jump

# 2<sup>nd</sup>-3<sup>rd</sup> Grade Events

Individual Races	Relays	Field Events
50 Meter 70 Meter Hurdles	4 x 100 Meter	Softball Throw
100 Meter	4 x 200 Meter	Standing Broad Jump
200 Meter		Running Long Jump
400 Meter		

# 4<sup>th</sup>-5<sup>th</sup> Grade Events

Individual Races	Relays	Field Events
100 Meter	4 x 100 Meter Relay	Shotput (4lb.)
200 Meter	4 x 200 Meter Relay	High Jump
800 Meter	4 x 400 Meter Relay	Running Long Jump
70 Meter Hurdles		



# Order of Events

- Refer to website.
- Athletes should be ready to report to running events area on first call and present on second call.
  - Coaches are there to gather the athletes and get them to the right areas
- Listen for first and final calls for field events.



# Equipment

- No starting blocks
  - Coaches can train starting stance or use standing starts.
- No spikes
- A decent pair of running/tennis shoes
- Shirts provided at picture day
- Optional-AAA Track & Field online store



# Ribbons & Scoring

- Different colored ribbons are given for places 1-8 for the running events by heat.
- Ribbons awarded for field events based on hitting pre-set standards.
- Labels used to record results and placed on ribbon cards for efficiency.
- Coaches typically fix labels to backs of athletes in each event.
- No team scoring

# Volunteering

- AAA Track & Field asks all families to provide a volunteer for one meet
  - A shift is typically 2-3 hours
  - Exemption for coaches' families
- Approx. 70 volunteers per weekend needed
- Signing up will be through DIBS application on AAA website, shifts will be added as each meet draws closer



# Communication

- Program-wide announcements via e-mail.
- Contact your coach first w/ questions
- If you need to contact the director, e-mail is strongly preferred ([trackdirector@andoverathletic.com](mailto:trackdirector@andoverathletic.com))
- Watch (and follow):
  - [Facebook.com/AAATrack](https://www.facebook.com/AAATrack)

# Final Notes

- Recognition for 5<sup>th</sup> graders at final meet of season.
- Backpacks and water bottles
  - Write Their Names!!!
- Lost & Found: Meets Only



# Three Reasons

- All The Ribbons
- First Sport
- Looking Back



# Questions

