

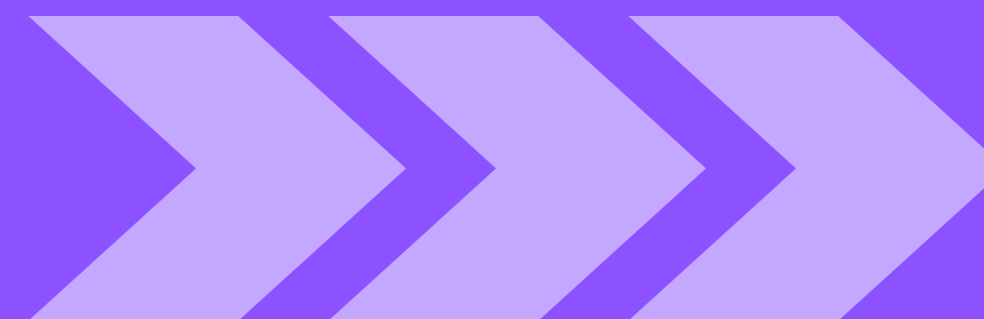


PARENT MEETING



CEF

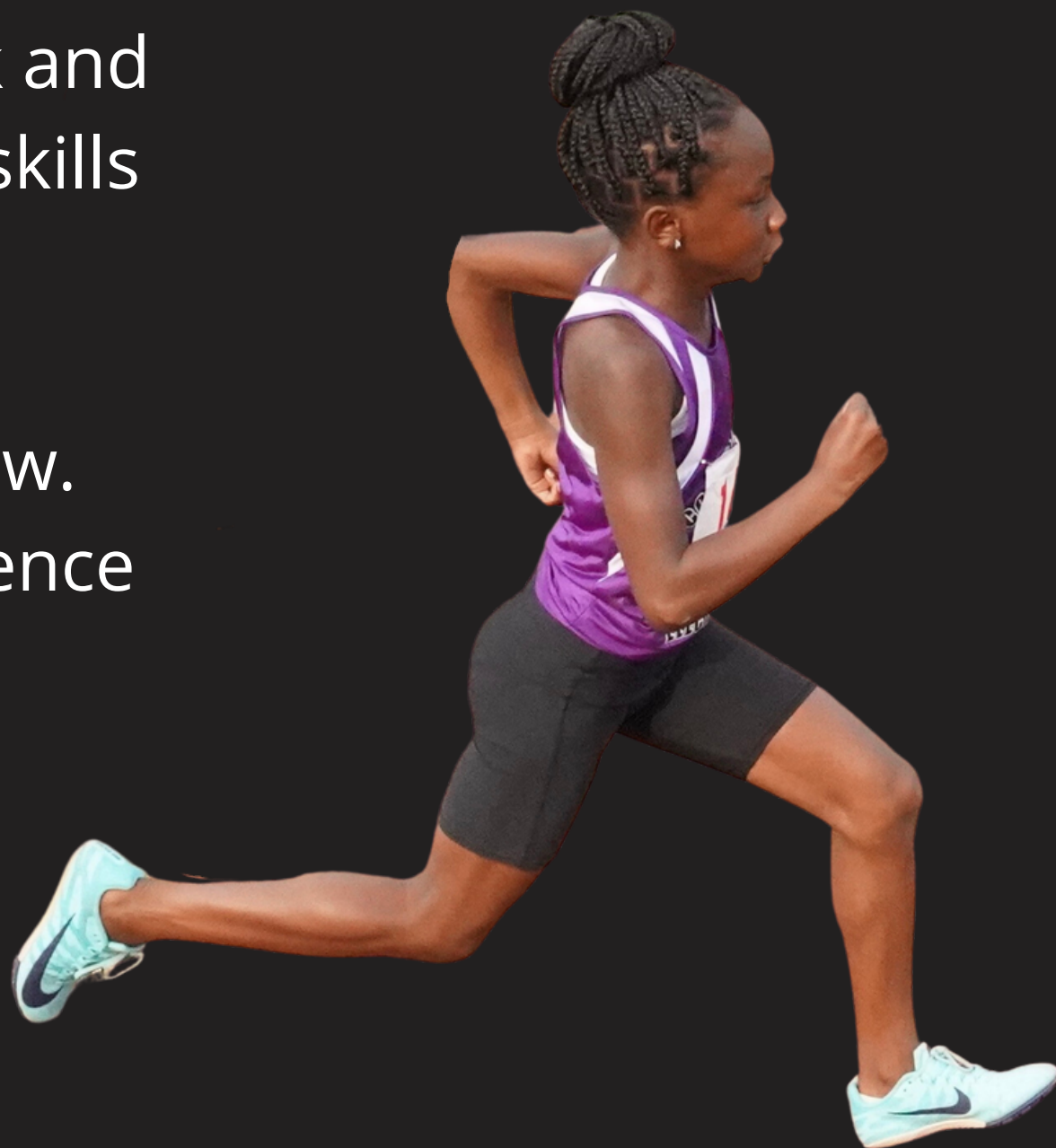
TRACK AND FIELD





OUR GOALS

- Teach the fundamental principles of track and field that will equip our athletes with the skills to perform competitively.
- Create a fun, safe, and competitive environment for athletes to learn and grow.
- Challenge our athletes to strive for excellence in every life endeavor.
- Develop strong leadership skills and encourage good sportsmanship.



OUR GOALS



BEHAVIOR/CONDUCT

- Conduct which is detrimental to the club may result in an athlete's and/or parent's dismissal. While not desired, the athlete may suffer because of misconduct by the parent.
- Fees will not be refunded.
- All Members (Parents, Coaches, and Athletes) need to adhere to the club procedures and code of conduct. 3-strike policy that will be strictly enforced
 - 1st strike-Verbal communication
 - 2nd strike-Child's coach and parent meeting
 - 3rd strike- Group meeting with parent/guardian, coaching staff, and Gloria/Kim.

BEHAVIOR



COMMUNICATION

Communication:

- Team Website:
<https://clubs.bluesombbrero.com/conshohockneftc>
- General announcements, scheduling, upcoming events, and meet information will be sent through email and TEAM SNAP.
- Email: ceftrackclub@gmail.com if you have any questions or concerns please feel free to contact a coach, team parent or our the Team administrator, Gloria.

COMMUNICATION



PRACTICE



LOCATION: PLYMOUTH WHITEMARSH H.S. | 6:30-8:00PM

10 & UNDER: MONDAY/THURSDAY

11 & UP TUESDAY/THURSDAY

EXPECTATIONS

- ATTENDANCE IS MANDATORY. FAILURE TO ATTEND AT LEAST ONE PRACTICE DURING MEET WEEK MAY EXCLUDE ATHLETE FROM PARTICIPATING.
- ATHLETES ARE TO CHECK IN EACH DAY WITH THE COACH OR TEAM PARENT.
- ARRIVE TO PRACTICE AND MEETS ON TIME.
- PRACTICE IS RAIN OR SHINE! ANY CHANGE IN THE PRACTICE SCHEDULE WILL BE COMMUNICATED THROUGH EMAIL.
- WE ARE NOT RESPONSIBLE FOR YOUR CHILDREN BEFORE 6:30 OR AFTER 8:00 P.M. PLEASE BE PROMPT.
- 10 & UNDER PARENTS/GUARDIANS MUST STAY AT PRACTICE AND ARE RESPONSIBLE TO TAKE YOUR CHILDREN TO AND FROM THE RESTROOM.
- PLEASE HAVE YOUR CHILD PREPARED AND DRESSED APPROPRIATELY (RUNNING SHOES, WATER AND/OR SPORTS DRINK. SWEATS, HATS AND/OR GLOVES ON COLDER NIGHTS. IF YOUR CHILD USES AN INHALER, PLEASE HAVE IT AVAILABLE DURING PRACTICE TIME).

PRACTICE



GEAR/EQUIPMENT



 RUNNING SNEAKERS
RUNNING SPIKES (OPTIONAL)

 BORN TO RUN
821 BETHLEHEM PIKE
SPRING HOUSE PA 19477
(215) 641-0410

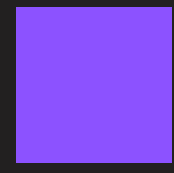
10% DISCOUNT WITH CARD
15% DISCOUNT WITH CASH OR CHECK

TELL THEM YOUR CHILD'S EVENT (SPRINT, MIDDLE DISTANCE, DISTANCE)
AND THEY WILL GET YOU THE BEST PAIR OF SPIKES FOR THIER EVENT.

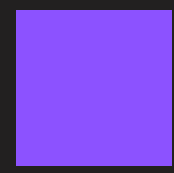
PRACTICE



MEET SCHEDULE



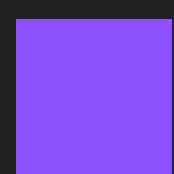
APRIL 27/28/29 POTENTIAL
SCRIMMAGE



MAY 7 @ AMBLER OLYMPIC
CLUB



MAY 13 @ DASHERS
(LOWER MERION H.S.)



MAY 20 @ DASHERS
(LOWER MERION H.S.)



MAY 27 @ TENTATIVE CHAMPIONSHIP



SCHEDULE

MEET



AGE DIVISIONS

AGE DIVISIONS

age breakdown

Age Division	Birth Year
5 - 6	2017-2018
7 - 8	2015-2016
9 - 10	2013-2014
11 - 12	2011-2012
13 - 14	2009-2010



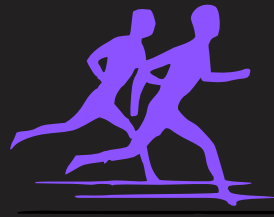
EVENTS

Sprints	Mid Distance	Distance	Relays	Field Events
100m	400m	1600m (Mile)	4x100m	Shot put
200m	800m	3200m	4x400m	Long jump

**Additional Track and Field events will be available during the travel season (Javelin, Discus, High Jump, and Hurdles).*

IF YOU KNOW WHICH EVENT GROUP YOUR CHILD WANTS TO COMPETE IN LET US KNOW. COACHES WILL PLACE YOUR CHILD IN THE EVENT THAT BEST SUITES THEIR STRENGTHS. TIME TRIALS WILL HELP TO GET A STARTING POINT.

EVENTS



PARENT MEETING



QUESTIONS?

