

## **Track & Field Parent/Guardian Meeting – Wed 2/11**

*Link to Meeting Handouts:*

[https://www.lcctrackandfield.com/uploads/1/5/1/3/151389692/2026\\_parent\\_meeting\\_flyers.pdf](https://www.lcctrackandfield.com/uploads/1/5/1/3/151389692/2026_parent_meeting_flyers.pdf)

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### **Parent Liaison Info:**

#### **Welcome and introduction**

- Parent volunteers: Karina Shaver and Denise Oh
- What makes this program so special – coed, size, variety, welcoming culture, cheering for sheer effort

#### **Track and Field at LCC is a caring community of families**

- Recommend you check out the “Track and Field 101” page on our website for FAQs, covers typical meet order, how to look up meet results, and an overview of each of the event types.

#### **Takes \$20K each session to run a robust track & field program for 150+ athletes**

- District provides access to the track, a certain number of coaches, and buses for season away meets (not invitationals)
  - What your contributions help us fund:
    - Additional coaches
    - Uniforms (including 2 shirts varsity gets to keep)
      - Side note – do NOT wash shorts with the hip stickers on!
    - Equipment – relay batons, throwing implements, hurdles, starting blocks, timing systems, medicine balls, etc.
    - Registration fees for invitational meets – 9 this season!
    - Timing system for our home meets (allows us to see results online in real time)
    - Team photo
    - Senior banners/recognition
    - Coach appreciation
    - End of year banquet

#### **How we fund our program:**

- Preseason camps
- Roadrunner shoe/apparel days (Carlsbad 2/18 6 PM – mention LCCTF to get 10% off and benefit our team)
- Açaí food truck at home meets
- Biggest support comes from family donations - donations optional and welcome in any amount; we are asking \$350/family to help cover our costs for the season

- Donation QR codes in handout and on website, Instagram bio
- SnapRaise fundraiser – optional this year IF we can get 75% participation from family donations!
- THANK YOU FOR YOUR SUPPORT!

**Spiritwear store – LAUNCHES TODAY! Items will be shipped directly to you, and some of it is customizable (last name, “seniors”, etc.)**

- Check the handout links or go to the team website

**Volunteers needed**

- We ask each family to volunteer once per season, and have several volunteer opportunities available now (signup sheet at meeting). We will also send out a signup via email the week before home meets for meet volunteers.
  - Uniform distribution - 2/20 from 3:30-4:30 pm
  - Home meet announcers and scoreboard operators (home meets 3/12, 3/14 youth meet, 4/8, 4/15)
  - Senior appreciation volunteers (senior night is 4/15)

**Communication, in order of urgency:**

- Remind – this is primarily intended for athletes – last minute reminders/practice changes
- Instagram & Google calendar (you can subscribe from our website)
- Sunday emails (add trackandfield@lccteams.org as an approved sender; check spam folder)
- Website (last to be updated)
- How to reach me (text/email/IG) & what to come to me for (everything except how your athlete is doing, or anything to do with coaching)

**Coaches Info**

- Introductions/background – Coach DJ and Coach Simmons are head coaches
- Who to go to with questions/concerns about your athlete (event coach first, then head coach, then AD; we encourage athletes to initiate most of the communication with coaches)
  - Any questions/concerns about your athlete (health, performance, placement), please reach out to the event coach or head coach
  - All other team/season/event questions please reach out to the parent liaison
- Changes for this T&F season
  - Practice times - 4:00pm - 6:00pm (day before a meet 5:00pm-5:30pm)

- Attendance expectations – practices and meets are required, have your athlete communicate with their event coach before an absence whenever possible
  - 5 missed practices/meets/behavior infractions will result in the athlete being released from the team
- Buses must be taken to/from away meets for all athletes; no athletes driving themselves or leaving the meet early with a parent
- Athlete injuries – prevention and notification; fueling and hydrating properly is necessary, as is wearing sweatshirts/sweatpants to practice and meets to keep muscles warm and injury-free
- Support for other activities
  - While coaches support athletes being involved in other activities, they are asking that they make track practices and meets a priority; if your athlete knows they will need to miss any practice/meet for another sport, please have them talk to their event coach ASAP
  - School (making up a test, etc) is always an approved excuse (homework or studying is not)
- Meets
  - volunteers determine how quickly home meets run – please volunteer
  - Check out the Track 101 page on our website for more info about how meets run, what events, what order
  - Everyone competes at home meets
  - Varsity and top 8 JV will compete at away meets
  - Invitational meets are usually on Saturdays; usually select varsity (athletes will be notified by coaches ahead of time)
- Time trials – winter athletes should join track & field practice once their winter sport is over; have them come up to Coach DJ or Coach Simmons that first day so they can be assessed
- Athletes will be on JV or Varsity based on their skill level, performance and commitment level
  - Athletes can move between JV and Varsity throughout the season
- Shoes/spikes
  - Make sure your athlete has a good pair of running shoes; injuries can be avoided by getting properly fit shoes
    - RoadRunner sports is a great place to get a free gait assessment and be fitted for running shoes
  - “Spikes” are competition shoes that are mostly worn at meets
    - 3/16 needle spikes are required for high school meets; they can be purchased from the parent liaison or online (see Amazon team list for options)
    - The spikes that come with the spike shoes are not the right type for high school meets
    - Wait to buy spike shoes until athletes are sorted into their events, and then have them ask their event coach what type to buy

- They can be purchased at RoadRunner Sports, online, and sometimes at Dick's sporting goods
- Do not wait too long; it can be hard to find spike shoes in stock this time of year; try to purchase them at least 1 week before the first meet on 3/25
- The team does have some gently used spike shoes athletes can wear; contact the parent liaison for more info