



VIRGINIA RAPTORS TRACK CLUB

PRACTICE AND MEET RESPONSIBILITIES

- Bring water at all times to avoid dehydration. Fluids should be consumed throughout training and after completion of the work out.
- Bring a towel
- Stretch before and after each workout to maintain flexibility and to help prevent injuries.
- Pack a lunch for all track & field meets (sandwich, lots of liquid, fruit and a snack). Please understand there are parents that do come to the meets and bring extra items; however, it is not their responsibility to make sure your athlete has the proper amount of food and liquid. If you do not send food or liquid, please make sure your athlete has enough money to purchase items from the concession stands.
- Bring your spikes and an additional pair of running shoes.
 - Only wear your spikes on the field. Remove spikes when you exit the field.
- Dress accordingly: These items should be in your track bag at all times.
 - Chilly days--T-shirt, sweat pants, towel and a sweatshirt, hat
 - Warm days--T-shirt, shorts, Under Armor (or similar spandex worn underneath shorts)
- Stay with the team to avoid missing their events at track and field meets.
- Have good manners and keep our area clean. Remember we represent VIRGINIA RAPTORS TRACK & FIELD CLUB at all times.
- **Disrespect towards any coach, parents, team member, athletes from other teams, or track & field meet staff will not be tolerated (No Exceptions).**
- **If a runner disrespects anyone they will be asked to leave the team and not return. If we are participating in a meet and an athlete exhibits inappropriate behavior without their parent present, the parent will be called to come and get their child at the parents' expense.**
- At times, the coaches will place your child in events that they never participated in for fundamental purposes to strengthen them for other events during the season. Therefore, your child may not do the same event each week.
- If you have any questions about which event your child is participating in and why, please addresses your concerns with the coach (es).
- Team members are expected to give their best effort during practice and show a willingness to learn.
- Teasing will not be tolerated.

Parents:

General Rule -- There may be times when practice or a meet ends earlier than scheduled. We encourage you to remain at the practice and at the meet. If you must leave during practice or a meet, notify one of the coaches or a Board Member and leave a telephone number where you may be contacted. If alternate arrangements are made for your child's pick-up, please inform a coach or Board Member.

****If you do not pick up your child from practice or from the pick-up point after a track meet within 30 minutes, Child Protective Services will be contacted.****

Virginia Raptors Track Club

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