

## **Team Practices**

Practices are held Tuesdays and Thursdays 6-8pm at Redshaw Elementary School 40 Van Dyke Avenue New Brunswick. Please dress your child appropriately for practice including sweats, shorts, tee shirts and running shoes. Athletes should always wear RUNNING SNEAKERS. No boots, basketball sneakers or street clothes are allowed. If your child is not prepared for practice with appropriate attire and attitude, please do not bring them as this is for the safety of your child. Athletes should always bring water or sports drinks to practice as well.

## **Behavior**

Athletes are expected to behave appropriately during practices and meets. Every child is to come to practice prepared to practice.

Inappropriate behavior will not be tolerated by the club (i.e. cursing, disrespectful behavior towards coaches or teammates, fighting, etc). We also do not allow children to wander during practices or meets. We stay together at meets. Please help us help your children understand this and all other rules.

## **Meets**

Our track meets are held on Saturdays or Sundays. We usually leave home around 6:30am and return in the early evenings. We would like everyone to participate in meets. We also pre-register for most meets. If you cannot make a meet, please let us know during practice. The coaches determine what events your child will participate in based on their practices and developmental meets. To provide your child with the opportunity to do their best, we attend meets where there is strong competition and challenge to the children. As a result, during the season, our meets may not all be held in New Jersey.

Arriving 90 minutes prior to the start of the meet allows athletes to properly warm up, register for their events and be ready to cheer on our first competitor.

## **Team Spirit**

Supersonics Track Club prides itself on being a TEAM, thus supporting all SSTC athletes. To provide this support, ALL SSTC ATHLETES are required to arrive at meets 90 minutes prior to the start of the meet and stay until the LAST SSTC ATHLETE competes in his/her event.

There is NO leaving after your child competes in his/her event.

## **Foods**

On the day of the meet, athletes should eat breakfast prior to arriving at the venue. While at the venue, athletes should AVOID salty, heavy and junk foods as well as candy until AFTER they have competed in ALL of their events. Fruit, rice cakes, vegetables, healthy snacks and LOTS of water are highly recommended. Each athlete is also expected to assist in cleaning up our area during and after the meet to ensure our area is left the way we find it.

**\*\*Athletes should begin hydrating with fluids 2-3 days prior to a meet by drinking 8 ounces of water every 30 minutes\*\***