

Welcome to Spring 2017 Running Club

Our first practice will be Monday, March 20th. We will most likely be in the gym. You will need to pack a bag with a change of clothes and sneakers, a snack and a water bottle. Practices will usually run until 4pm. On Monday we ask parents come a little early and we will hold **a mandatory parent/athlete meeting.** All paperwork will be passed out and explained. You can meet the coaches as well at this time.

A couple things that need to be completed and passed into the coaches at the first practice is the bottom of this notice, a signed transportation permission form (attached), a copy of an updated physical and a signed contract page. The contract can be found on the Trinity website. Please take the time to read it through with your runner. The spring season is a big commitment. We need every runner at every practice. It's through teamwork that we are able to improve and develop as an athlete. For new runners and families, running club is not just about running but about getting to a start line.

The topics that will be discussed and the paperwork that will be handed out at the first practice meeting will be schedules, uniforms, clothing/gear/sneakers, what to expect, medical releases, race forms, and athletic fees. Some parents are runners/walkers and like to participate at the events so I will address how this can be done easily. I do know that some of your schedules do not allow the flexibility to attend but please let me know via text at 508-523-1732. It will be important for you to sit down and go over everything with your child after the meeting. Thank you in advance for your help in getting the spring season off to a good start!

Yours in Running,

Coach Power

Return this part at the first practice

Athletes Name:

Address:

Email address of parent to receive race and practice information:

Phone number of parent to receive texts:

Age of athlete:

Birthdate:

Shirt size: Youth/Adult (circle one) Small, Medium, Large(circle one)

20 March 2017-Spring 2017 Athlete/Parent Meeting

1.0 Welcome and Introduction of Coaches

2.0 Practices

- 2.1 Snacks-eaten after you change
- 2.2 We meet in the hallway-bags stay on the side
- 2.3 No electronics
- 2.4 Bring a water bottle and fill at this time
- 2.5 Use the bathroom-there is none open this early at Westville
- 2.6 Students will be shuttled by coaches at 3pm
- 2.7 Students must be picked up at Trinity at 4pm as the season progresses 4:10
- 2.8 Students will be signed into afterschool program if not picked up
- 2.9 Clothing
 - 2.9.1 Watch the weather
 - 2.9.2 Running sneakers
 - 2.9.3 Race shirts the first practice after the race

3.0 Uniforms/Equipment

- 3.1 Runners will be given a singlet to be only worn for the races-race bib's will be pinned to this shirt. Layers can be put under this shirt. **This will be returned at the end of the season.**
- 3.2 All Runners receive one warm up shirt with their last names on the back. These shirts are meant to be big. These are provided for first time runners to keep. However, if a runner leaves the team during the season then the cost of the shirt is paid to the Athletic Department. If a returning runner needs another one then it must be paid for and ordered preseason.
- 3.3 Jumprobes-these will be used a practices and should be used at home too! **These will be returned at the end of the season.**
- 3.4 A good pair of running sneakers.

4.0 Behavior

- 4.1 We go off site for most practices so the expectations are that all runners stay in small groups/partners, stay on trails, on sidewalks, aware of the practice for the day, and no picking up things off the ground. Runners represent the school at all times so loud inappropriate shouting will not be tolerated either.
- 4.2 If there is one incident students will not be allowed to go off site for practices for the remainder of the season.

5.0 Races

- 5.1 All runners should be there a half hour before the start of the race.
- 5.2 We get together warm up, get a group photo and start the race together
- 5.3 All runners stay until the last coach/runner comes in-we support each other and often run our team mates in

5.4 Race singlets with race number attached. Bottoms are whatever you are comfortable in (shorts, leggings, running shorts, sweat pants, running skirts...)

5.5 We need a parent to hold onto a team bag and the first aid bag while we run the race.

6.0 Other parts of the team

6.1 FunRaiser-we sell chocolate milk, chocolate almond milk and chocolate chip cookies at TCA during the season so we will be asking for bakers and donations of milk. We appreciate any help. Money raised helps to provide low cost of races for runners and team shirts.

6.2 Community Service-On May 21rd we will be sponsoring a table at the Team Hoyt Running Chairs Demo Day in Dudley. We realize this is the day after the Holland Road Race so coaches will be there and if students can stop by to say hello and wear their TCA shirt then that would be perfect! We will be serving chocolate chip cookies and bottles of chocolate milk.

6.3 What is it about chocolate chip cookies and chocolate milk? Chocolate milk is one of the best recovery drinks for runners. After every practice we have a small cup of it! We run for Chocolate Milk! A high point of practice really! 8 years ago, one of our coaches always made homemade toll house cookies for every race-so the tradition continues.

6.4 We have a special ribbon that we wear on our shirts or keep on our bags for Maya.

6.5 We say our runners prayer before every practice and every race-we take turns reading.

7.0 Costs and Races-Athletic Fee is paid by all runners for the spring season \$20.00. Runners pay half the cost of each race. This year there are two races that are effected by other events so those students will only register and pay for the races they will be running.

7.1 Brimfield Trail

7.2 Jog with Judy

7.3 Holland

7.4 BB5K

7.5 **If a student does not show up for a race then the second half of the cost must be paid back to Trinity Athletics.**

8.0 Paperwork

8.1 Physical-a copy of an updated physical must be on file in the school

8.2 Transportation permission formed signed

8.3 Medical info sheet will stay in the first aid kit and stay with the team at all practices and events

8.4 Race forms signed and complete along with payment-One check for the total made out to TCA is fine.

8.5 Information sheet-this helps me fill out the online entry forms

8.6 Team Gear-order forms-Orders should be back no later than March 27th

8.7 Contract signature sheet-I realize the form on our website is outdated and much of it related to basketball so after going over these pages with the coaches and students, please sign and date here and return it as your contract.

Parent _____ **print**

Date _____

Signature _____

Athlete _____