



Durham Striders Track Club

CHANGE IN PRACTICE SITE: Beginning **this Monday**, all practices will move to **NCCU's track** at the same time, 6:00PM. **Please have the kids REMAIN IN or AROUND THE BLEACHERS until the coaches instruct them to move to the track.** NCCU's track athletes will be finishing their practices right around 6PM for the first few weeks at their track.

In order to protect the kids, we ask that you use the **parking lot at the Walker complex(between the back of the football stadium and the front of the Leroy Walker Complex) for parking. DO NOT PARK ON LAWSON STREET or ANY OF THE ADJACENT DORM PARKING LOTS!!!!**

*Charlotte Flights Developmental Track Meet: Saturday, May 3, 2008
Johnson C. Smith University/Charlotte, North Carolina/9AM Start*

FINAL DETAILS:

The first competitive track meet of the season will be held on Saturday, May 3rd^h at Johnson C. Smith University's track. This meet will feature competition for children from 6 and under through 17-18 years old. Most of the children will compete in at least 2, and in some cases as many as 3-4 events on Saturday. There are **NO TIMED EVENTS**; the meet will begin at 9AM and roll through until all events are completed which means that the team will need to leave no later than 6:00AM to get down to the school by 8:00AM, get warmed up, and organized for the meet. Please know that **we will leave on time**, so **PLEASE** get to the track on time if you are carpooling. **We will leave from and return to Hillside High School Parking lot.**

We will take the **Strider Bus** which seats **only 49 kids**. Preference for seating on the bus is given to the older kids. There is **NO EATING** on the bus and **any behavior issues** will be grounds for dismissal from the team. Because we have more than 100 children participating on the club right now, **we will need as many parents as possible to drive** to take kids to the meet on Saturday. **Those parents who wish to carpool, should be prepared to leave Hillside High School parking lot at 6:00AM on Saturday. Directions to Johnson C. Smith's campus are enclosed below.**

The kids will dress out in navy running shorts and either plain white T-shirts, or preferably Durham Strider **white** running shirts. They will need to wear their running shorts/shirts under their warm-ups. **Please label all clothing items, shoes, bags, coolers, etc.** Parents should also know that children tend to leave their clothing around so we ask that you are careful to make sure that the kids (or preferably the parents) keep up with their things.

The children will need to eat breakfast **BEFORE** leaving home. Please **DO NOT GIVE** the kids, foods containing milk, fried foods, and juice with pulp. A reasonable breakfast for the kids would be apple juice, pancakes/waffles with syrup (**NO BUTTER or MARGARINE**), oatmeal, or dry cereal. The kids will also need snacks and **PLENTY** of water to take with them. Please send **NUTRITIOUS** snacks, such as fresh or dried fruit, NutriGrain/cereal bars, and peanut butter and jelly sandwiches on **WHEAT** bread. **Do not send candy, cookies, chips, chewing gum, sodas, Kool Aid, sandwiches with fried meat and/or mayonnaise.**

We will insist that the children sit together so that we know where they are at all times. This allows them to warm up together, get to the check-in areas together and **on time** and remain together during the meet. This will allow us to **get the children to check-in at the first call for their events** on time. Since most of the kids won't remember which events they are in, it will be even more important that they are close to the coaches so that they do **NOT** miss their events. We cannot emphasize that we need to know where the children are **AT ALL TIMES**. For the young kids, 11-12 and under, we request that they do not go **ANYWHERE** unaccompanied, including the bathrooms

Please review the code of conduct with the children. It will be **strictly enforced** for this and any subsequent activities both in Durham and for future meets away from Durham. We will not tolerate horseplay, fighting, wandering off without permission, bad/profane language, fighting, or any of the other behaviors, which are spelled out in the code of conduct. **Any violation of this will be grounds for suspension from the team and there will be NO exceptions to this.**

If you are going, please **plan to be at the meet all day** and come prepared. I have re-printed the Strider information sheet to help new parents get ready.. If your children are leaving with you when they complete their events, please let the coaches know **before** taking your child so that we can account for all children before leaving

for Durham at the meet's end. Some of the children may finish their individual races but will be scheduled for relays. Therefore, it is essential that you do not take your children home **BEFORE** talking with your child's coach.

RECYCLE YOUR SPIKES

Many of you have spikes that your children have outgrown but are in good shape. **Please bring those spikes in good condition to the track, so that we might recycle them for the children who need them.** Many of the smaller sizes especially are very difficult to find and therefore any help that you can give us will be appreciated. Parents should check with their child's coach to see if they will need spikes.

TEAM COMMUNICATIONS: DURHAM STRIDER WEBSITE (www.durhamstriders.com)

We continue to have parents who do not know what is going on with the kids. We will continue to have Parent "Check-ins/Meetings" on Thursdays at the track each week to provide information about what is going on and answer questions. These are important informational meetings and will be crucial as we begin to travel to meets on the weekends and begin to get involved in the USATF Junior Olympic competition.

Please remember that **ALL** newsletters that are printed are also put on the Durham Strider website **BEFORE** we distribute them to you. If your child does **NOT** give you one, you should go to the website, www.durhamstriders.com, to read these. Please check the website frequently for important information. For those parents who just can't get to Parents' meetings/check-ins or are not at practice, the information that we send home on newsletters (that sometimes don't get to you) is on the website. The newsletters are posted every week.

SCHEDULE OF EVENTS/Charlotte Flights Developmental Meet/Saturday, May 3, 2008

RUNNING EVENTS:

Saturday, May 3, 2008

9:00am

1500M Run (Finals)
80M/100M/110M Hurdles (Finals)
100M Dash (Finals)
400M Dash (Finals)
800M Run (Finals)
200M Dash (Finals)
4x100M Relay (Finals)

Sub Bantam 8 & Under 2000 and after Bantam 9-10 1998-1999 Midget 11-12 1996-1997 Youth 13 - 14 1994 - 1995 Intermediate 15 - 16 1992 - 1993 Young Men/Women 17 - 18 Born on or after July 28, 1989 through 1991

FIELD EVENTS:

Saturday, May 3, 2009

9:00am

Long Jump	7-8,9-10, 11-12, 13-14, 15-18
Triple Jump	Follows LJ...13-14, 15-18
High Jump	15-18, 13-14, 11-12, 9-10
Shot Put	7-8, 9-10, 11-12, 13-14, 15-18
Discus	15-18, 13-14, 11-12
Turbo Jav	

In all field events, each competitor will be allowed three (3) attempts. There will be no finals.

In all field events, boys will follow girls.

DIRECTIONS TO JCSU:

Take I-85 South to Charlotte. **STAY** on I-85 to Exit 37, Beatties Ford Road. Turn **RIGHT** onto Beatties Ford Road and go about 2 miles on Beatties Ford Road to the entrance of Johnson C. Smith, which will be on your left. Give yourself about 2 hours to get from Durham to Johnson C Smith.

REMEMBER:

TRACK MEET: Saturday, May 3rd/Charlotte/Team Carpool leaves at 6:00AM from Hillside High School Parking lot

Practice begins at NCCU on MONDAY, May 5th at 6:00PM

Please continue to pick up trash at the stadium after practice!