

Durham Striders Track Club Parents' Meeting Recap

Deadlines, Deadlines, Deadlines:

Group I: Those who have been practicing since March (mostly 13-14 and under)

All REGISTRATION MATERIALS (copy of birth certificate, registration information form, physical examination or physician statement, code of conduct, tuition OR tuition waiver/scholarship) **MUST BE COMPLETED by this Monday, May 23rd.**

If you are not sure that your child's registration materials are complete, PLEASE check with Mrs. Holland (jeanine.holland@duke.edu) OR Mrs Brown (alvetabrown@aol.com) **before** the end of practice on Monday.

Those athletes whose registrations are INCOMPLETE can not be entered into the Durham Striders Developmental meet to be held on SATURDAY, May 28th at Durham County Stadium

Group 2: Those who were participating in middle and high school whose seasons have just completed (mostly 13-14 -17-18).

All REGISTRATION MATERIALS (copy of birth certificate, registration information form, physical examination or physician statement, code of conduct, tuition OR tuition waiver/scholarship) for these athletes **MUST BE COMPLETED by THURSDAY, June 2nd.**

Registration forms are located at the Durham Strider website: www.durhamstriders.com OR you can pick up copies at the track.

More Deadlines: USATF REGISTRATION

USATF REGISTRATION: DEADLINE – Thursday, June 2nd

This is another plea for EVERYONE who will be participating in USATF JUNIOR OLYMPICS to **PLEASE** get your membership completed ASAP. We can NOT enter any athlete without a USATF number. The USATF registration process is controlled by the National OFFICE which means that you MUST register with them, AND in the process of registration, AFFILIATE with the Durham Striders. Our USATF Club number is 13-618. The National Office will DOWNLOAD our OFFICIAL TEAM ROSTER based on the CONFIRMED USATF numbers that they have processed. There are NO MANUAL additions that can be LOCALLY added. **Your athletes will NOT be able to be entered into the Junior Olympic competition WITHOUT a VERIFIED USATF membership.**

For those who are **new** athletes to USATF, in addition to your registration, we HAVE to verify your membership which includes an additional step that takes a local verification done by the NC membership Chair. **DO NOT WAIT TO THE LAST MINUTE OR YOU MAY MISS THE DEADLINE AND YOUR USATF SEASON CAN NOT BEGIN.**

The USATF membership website is located at: <http://www.usatf.org/membership/>

Remember:

- 1) If you had an USATF number in the past you will RENEW.
- 2) If you are NEW to USATF OR you have moved, you will need to process a NEW MEMBERSHIP. Remember the critical step to affiliate with the Durham Striders: our Association number is 13 and our CLUB NUMBER is 618.
- 3) If you have moved from another state, AND you had a USATF number but were affiliated with another Association and another club, you will need to CHANGE your affiliation. If you fall into this category PLEASE CONTACT Coach Frank Davis at fdavis@durhamstriders.com

If there are ANY difficulties in getting your USATF number, PLEASE, PLEASE check with one of the Coaches at practice!!!! We want every eligible child to participate through the beginning of the USATF Junior Olympic process!!!

TRACK PRACTICE SCHEDULE CHANGES:

Beginning next week, there will be major changes in practice and in competition.

PRACTICE:

- 1) EOGs are NOW over. Because EOGs have taken up parts of the last 3 weeks, there have been MANY missed practices. Going forward, EVERY PRACTICE WILL BE IMPORTANT. Please try to get your kids to each practice to give them the BEST chance to qualify and move their seasons forward.
- 2) The ***BUEHLER TRAIL PRACTICES WILL CONTINUE THIS SATURDAY*** at 9AM. Please try to get to the trail about 5-10 minutes before 9AM so that we can get warmed up and start PROMPTLY at 9AM and finish by 10AM.
- 3) On Monday, many of the middle and high school athletes who have just finished their school track seasons will join the team for practice.
- 4) Practices will become significantly more intense, with fewer “water” and rest breaks. It is absolutely essential that the kids are drinking 64 oz of water/day and eating three balanced/nutritional meals everyday
- 5) Beginning Tuesday, May 24th, those athletes identified by the coaches High jump (Coach Crews), Long/Triple jump (Coach Garcia), Shotput/Discus/Javelin (Coach Reese), Hurdles (Coach Carter, Coach Jones), and Relays (Coach Darius, Coach Haskins, Coach Carla, Coach Reggie, Coach Tecla) will practice on TUESDAYS, 6-7:30PM. The Coaches will identify those children who are to come on Tuesdays at practice on Monday, May 23rd. If there are any questions, please see your child’s Coach.

TRACK MEETS FOR THE REST OF THE SEASON/PLEASE READ CAREFULLY!:

- 1) ***Durham Strider Developmental Meet:*** Saturday, May 28th/Durham County Stadium will be the FINAL meet for the 6 and under athletes. With no further competition in June and July for the 6 and unders, they will complete their seasons with the DS Developmental Meet and will complete their practices with

the team.

- 2) **ALL REGISTERED** 7-8 year olds through 17-18 year olds will be entered in the **North Carolina State Games**, to be held at Wake Forest University on SATURDAY, June 11th, 2011. Specific details will be provided about the meet in the next weeks. The entry fees for this meet are taken care of by the TEAM.
- 3) Those **REGISTERED** athletes who meet or exceed the qualifying standards set by the host Charlotte Flights Track Team for the **Jim Law Invitational Meet** will be entered to compete. Competition is for from 7-8 year olds through 17-18 year olds in running events and field events. This meet will be held Saturday and Sunday, June 18-19th. We will post the qualifying standards on the website AND have copies of these available at the track as soon as they become available. Once again, entry fees for the meet are paid by the Team.
- 4) Those **HIGH SCHOOL ATHLETES** who have met the qualifying standards for the **Nike High School Outdoor Nationals** to be held at North Carolina A&T State University will travel to Greensboro on Friday and Saturday, June 17-18th. The most elite high school athletes in the country will compete at this Meet. Our best high school athletes will have limited ability to do this meet AND the Jim Law because the dates conflict/overlap.
- 5) The **FIRST and MANDATORY USATF Junior Olympic qualifying meet** will be held on Friday-Sunday, June 24-26th, hosted by the Durham Striders at Durham County Stadium. ALL USATF registered/verified athletes from 7-8 through 17-18 will be entered in this meet. The top 6 athletes in EACH event will move from the State USATF meet to the REGIONAL USATF meet. Entry fees are paid by the TEAM.
- 6) Those **USATF REGISTERED athletes** who meet or exceed the qualifying standards for this USATF INVITATIONAL MEET will travel to Myrtle Beach, SC to compete in USATF Youth National Championships, beginning Wednesday, June 29th –July 3rd. The qualifying standards for this meet are located at <http://www.usatf.org/events/2011/USAYouthOutdoorTFChampionships/entry/qualifyingStandards.asp>
- 7) Those **USATF registered athletes** who finish in the TOP 6 of the North Carolina USATF Junior Olympic championships will travel to Atlanta, Georgia July 6-July 10th for the Region III Junior Olympic Championships which is the qualifying meet to the National Championships for Junior Olympics. The top FIVE finishers in each event will qualify to the National Championships to be held at Wichita State University in Kansas. Entry fees and hotel accommodations for the athletes are paid by the TEAM.
- 8) Those athletes who meet or exceed the qualifying standards will be entered in the Russell E Blunt East Coast Invitational to be held at Wallace Wade Stadium on Duke's campus, Friday-Sunday, July 22-24th.
- 9) Those **USATF registered athletes** who qualified at the Regionals will travel to Wichita, Kansas for the National Junior Olympic Track and Field Championships. The team will leave MONDAY evening, July 25th and will return, Early Tuesday morning, August 2nd.

OTHER INFORMATION:

UNIFORMS: All athletes participating in track meets going forward are asked to wear the official Durham Striders running shirts and navy shorts for forthcoming meets. The running shirts can be purchased at 9th Street Active Feet.

SPIKES: Please check with your athlete's Coach as to whether you need to get running spikes for your children. A limited number of used spikes are being turned in for use again. Please check with Mrs. Brown or Mrs. Holland to see what sizes are available before buying new spikes. 9th Street Active Feet has ordered more smaller sizes. Before going, you might want to call to see what sizes they have available. The number is 919-286-5101.

CHAPERONES: In general, the coaches and team staff chaperone the team on out-of-town meets, however, depending on the number of children who qualify for any of the meets, additional chaperones are needed. There are adults (chaperones and coaches) in every hotel room to watch the kids and insure their safety, enforce curfew, lights out, etc. The Team captains check every room at curfew. Those parents interested in chaperoning for the trips that the team will make to Atlanta, Myrtle Beach, and Wichita, will be required to join USATF AND undergo a Background check through USATF.

DS PARENT WALKING GROUP: As mentioned at the meeting today, the parents are encouraged to begin to walk the perimeter of the School as a way to jumpstart your health and set an example for the kids. Remember: parents are their children's FIRST and MOST IMPORTANT COACHES by example!!!!

VOLUNTEERS STILL NEEDED FOR Durham Striders Developmental Meet and Russell E Blunt East Coast Invitational:

Please sign up to volunteer for next weekend's Developmental Meet at Durham County Stadium and for the Blunt ECI in late July. Mrs. Holland and Mrs. Brown Have sign up sheets at practice everyday.

REMINDERS:

Please check to make sure that your DS Registration materials are COMPLETE no later than MONDAY of next week!!!

Please get your USATF memberships completed asap. Those who are new MUST also go through the verification process which will add a few days. Once your confirmation of registration is sent to you, please give or email a copy of the confirmation to Mrs Holland (jeanine.holland@duke.edu) or Mrs Brown (alvetaborwn@aol.com)

If you know of ANY parents who seem not to be getting the emails or are not on the listserve, please direct them to Coach Doc at brenda.armstrong@duke.edu and/or to the Durham Strider Facebook page!!!!