

Durham Striders Track Club



Final information for USATF Youth National Championships/Doug Shaw Stadium, Myrtle Beach, South Carolina June 29-July 3, 2011

The team will leave Hillside High School parking lot on Wednesday morning at 9:30AM. The team will travel by bus and on vans. There will be a TEAM MEETING at 9:30AM before we leave. We anticipate arrival to the hotel in Myrtle Beach early afternoon. All coaches and athletes who will be traveling with the team should be at Hillside **no later than 9:00AM on Wednesday morning**.

The team will be staying at the:

Fairfield Inn Myrtle Beach Broadway at the Beach
1350 Oleander Drive
Myrtle Beach, South Carolina 29577
1-843-444-8097

We have 58 athletes who have qualified to the Youth Nationals. There are 12 parent chaperones, and 10 coaches traveling to the Youth National Championships. Every athlete room has a chaperone IN THE ROOM with the athletes.

IMPORTANT REMINDERS:

- 1) UNIFORMS: Please make sure that you pack BOTH white and navy Durham Strider shirts and your Durham Strider warm-ups. Please change out your spikes **BEFORE** leaving and **LABEL** every piece of clothing, shoes, bags, SMALL coolers (please), pillows, blankets, etc.
- 2) You will need a pillow and blanket for the bus and the vans.
- 3) You will need 5 days changes of clothes. We expect that you will dress CASUALLY and RESPECTFULLY when we go out to dinner.
 - a. For boys, ALL PANTS will be at your waist. There will be no baggy pants that hang down and show your underwear. Bring a BELT if your pants are too large!
 - b. For girls, please make sure you're your clothes are not revealing of anything.
 - c. If there are ANY questions about what is acceptable, email me at Brenda.armstrong@duke.edu and I am happy to answer any questions.
 - d. Remember that you are representing your families, your track team, and your community and nothing less than the highest of behaviors will be tolerated!
- 4) Please pack in **CRUSHABLE** bags as there is limited space on the bus and on the vans.
- 5) **Please remember that ANY PERSONAL ITEMS of value, e.g. IPODS, cell phones, jewelry, CD/MP3 players, etc are taken at your OWN RISK.** The Club is NOT responsible for any loss of these items.
- 6) The kids will need \$15-20/day for meals. For the younger athletes (11-12 and under), please put their money in an envelope, labeled with their names and the amount enclosed, and give it to Coach DOC or Coach McFadden to keep. Any unused money will be returned to the parents upon the team's return.
- 7) If there are medications (e.g. inhalers or other meds) these should be put in a **LABELED container** in a plastic bag and given to Coach DOC.

- 8) Please **feed your children BEFORE they come to the get on the bus and vans.** There will be NO eating on the bus and we will not stop to eat until early afternoon for lunch.
- 9) Please **REVIEW** the code of conduct with your children as it will be **STRICTLY ENFORCED.**
 - a. There will be no rude or disrespectful behavior, use of profanity, or any type of weapon on the bus or during the trip.
 - b. There will be NO inappropriate behavior between boys and girls.
 - c. There are to be NO BOYS in GIRLS rooms and vice-versa
 - d. There will be no fighting, or other behaviors unbecoming of Durham Striders.
 - e. On the track there will be sportsmanship at the highest level from Durham Striders!!! Any unsportsmanlike behavior will be grounds for immediate dismissal from the team.
 - f. The first offense will be grounds for immediate suspension from the team. Curfew and lights out will be **STRICTLY** enforced.
 - g. We will insist on **knowing where everyone is at all times when we travel** and will observe curfew and do bed-checks every night at the hotel. We will ask everyone to sit together while we are at the track
- 10) **ALL athlete cell phones** will be collected by chaperones in the evening AT CURFEW, charged, and return each morning to athletes. There will be NO Cell phone calls, text messages, etc after curfew. This will be STRICTLY ENFORCED!!!

We are asking every one to bring **at least one case of water** to make sure that we have enough water for the kids during the meet. If you also want to donate non-perishable snacks, e.g. peanut butter crackers, granola bars, etc., we are collecting these for the trip as well. Please bring these to the track on Wednesday morning

WEATHER FOR MYRTLE BEACH: WEDNESDAY, June 29-SUNDAY, July 3rd

Wednesday June 29

Scattered thunderstorms. Highs in the upper 80s and lows in the mid 70s.

Thursday June 30

A few thunderstorms possible. Highs in the mid 80s and lows in the mid 70s.

Friday July 1

A few thunderstorms possible. Highs in the mid 80s and lows in the mid 70s.

Saturday July 2

Times of sun and clouds. Highs in the mid 80s and lows in the mid 70s.

Sunday July 3

Mainly sunny. Highs in the upper 80s and lows in the upper 70s.