

2017 CCS Track

We will practice **3:15-4:30pm Mondays, Tuesdays, and Thursdays** (practice or meet). We may find that we need to extend practice to 4:45pm, depending on the team size, etc. Runners should meet in the main breezeway by the front office after they change into practice clothes. We will run in different areas of the school campus. If your runner is a distance runner, they may run at times in the Smithfield subdivision with adult supervision. Runners can be picked up in the main breezeway. If parents are late, runners will be sent to Aftercare and may be charged for that service. Also, we do not cancel practice for weather. If there is a severe weather situation, we will cancel, but generally plan on runners staying for practice.

Practice begins **Monday, January 23**. We will not have required practice during break (Feb. 27-March 3), but PLEASE have your runner exercise during this time!! They will be given sample workouts to complete.

Please let Coach Rush know **IN ADVANCE**, if possible, if your runner has to miss practice (illness, appt, etc.) Please know that coaches have to turn in lists of who is competing in specific events one week before each meet. We may have limited numbers that we can enter in each event. Therefore, if runners miss practice, we cannot guarantee that their space will be held for their events.

Track season consists of 4-6 Meets. 6u meets are all held at St. Luke's School on Univ. Blvd. 7/8th grade meets will be at St. Paul's, UMS, and Bayside. *Fees: \$100.*

Events: 100m, 200m, 400m, 800m, 1600m, 4x100m relay, 4x400m relay, Long Jump (7/8th grade meets will have additional events such as hurdles, Shot Put, etc). Not all meets will have all events.

Divisions include...Girls/Boys 6th grade and under. Girls/Boys 7/8th grade. Meets are held on different days for 7/8th graders as they now run in Jr. High AHSAA meets.

Parents need to provide transportation to meets. Let coaches know in advance if your runner needs a ride!

Please support host schools through concessions, entry fees, etc. Be sure to keep their track area clean.

Please bring water to meets. We may not bring a cooler to the meets since there will be concessions and restrooms close by. You may also want to bring chairs and a blanket!

Uniforms- Runners will wear blue team uniforms and black shorts for meets. They may wear long sleeve shirts under the tank top uniform, black/navy blue leggings or sweat pants when it's cold outside. We will also have a team shirt that the runners can wear to school with jeans on Wednesdays on the weeks we have meets.

Parent involvement—The league asks that parents stay off the track and away from field event competition areas. 6u League rules also require that each school provide the meet directors with 2 parents per meet to help in various ways. We can rotate these duties with each meet and can rotate help during the same meet. CCS coaches will also need help timing CCS runners. *Runners' times will be important as the season progresses as they will be used to determine who will participate in the 6u Championship meet.*

Shoes- Joe Sims at McCoy's on Springhill Ave (473-1080) is a great resource for fitting shoes. They will give CCS runners a 10% discount. Run and Tri and Fleet Feet are two other helpful stores.

Please call or text with questions...Lisa Rush- 709-8874 or lwrush@bellsouth.net

6u Track Meet Schedule

Thursday, Feb. 9 (Long Jump, 1600m, 200m, 400m, 4x100m)

Thursday, Feb 16 (LJ, 1600m, 100m, 800m, 4x400m)

Thursday, Feb. 23 (LJ, 1600m, 200m, 400m, 4x100m)

Thursday, March 9 (LJ, 1600m, 100m, 800m, 4x400m)

LJ begins at 3:45pm and running events begin at 4pm.

****Saturday, March 18 (Championship Meet-ALL events will be contested with LJ beginning at 7:45am and running events at 8am)**

****Saturday, March 25 (not required but offered at a reduced cost for league participants...more info soon)** *Azalea Trail*

Our first four meets will be low-key meets. Medals or places will not be awarded. Our main goal is to teach track and field fundamentals.

Our final meet will be a Championship meet. Medals/ribbons will be awarded to the top 6 in each event. Coaches will determine (based on previous meet times, effort and attendance at practice, etc) who qualifies from our team to compete in each event. Keep in mind that relays are often a great (and fun!) opportunity for team members to participate in the Championship Meet, even if they are not the fastest, etc on the team.

The league will sell Championship Meet t-shirts by pre-order only. Look for that information at mid-season.

We will need PARENTAL help!! Please help us take times, corral kids for their events (if they miss an event, there are no do-overs), help meet directors during the meet, etc.

7/8th grade Meet Schedule

Wed., March 15—UMS

Tues., March 21—St. Paul's

Wed., March 29 - UMS

Thurs., April 13 - St. Paul's (CCS Spring Break)

Bayside meets have not been scheduled yet. Meets will likely begin at 3:30-4pm.