

BCYT&F PARENT INFO

WELCOME TO THE BCYT&F 2023
TRACK SEASON!

BURKE COUNTY



Youth Track and Field

MEET THE STAFF

Director:

Stephen Waskey

Assistant Director:

Robert Allen

Athletic Manager:

Corey Dent

Athletic Coordinator/Track:

Marcello Snelling

We Need Volunteers Coaches

■ Running Events:

- Sprinting(50m, 100m, 200m, & 400m)
- Distance(800m, 1600m, & 3200m)
- Relays picked by coaches

■ Field Events:

- Shot Put
- Discus
- Softball Throw
- Running & Standing Long Jump
- Mini Javelin

■ Strength Coach

Practices

- Practices are held at Citizen Park behind the gym on Tuesdays and Thursdays from 6:00 to 7:15 PM.
- Occasionally Saturday morning practices will be called. Saturday practices will be announced a week prior.
- All athletes should strive to be On-time and properly dressed.
- All athletes are asked to eat a snack one hour prior to practice and hydrate throughout the day prior to coming to practice. **It is mandatory that each athlete bring water to practice.**
- **Only BCYT&F registered athletes and coaches are permitted on the field during practices. This is a BC regulation and ensures the safety of our athletes.**

Clothing & Footwear

- Athlete will get a Track Jersey, Track Shorts, and a Dry fit Shirt. Must have at Meets!
- Practice attire (consider weather conditions): shorts, sweatpants, t-shirt, long sleeve shirt, sweatshirt, gloves, beanies, technical running pants and/or shirts.
- Athletes are allowed to wear track spikes at meets. No needle spikes; diamond tip only. A pair of running shoes is required for practices.
- Make sure you purchase a “running” shoe. Running shoes are lighter than regular sneakers/cross trainers which makes a huge difference when racing. If you're looking for less expensive shoes look into purchasing last year's versions/styles. You can usually find them marked down up to 50%. Online stores such as Zappos, Amazon, and East Bay, often have good sales. Locally Walmart, Dicks, Academy Sports, and Ross. A few brand recommendations: Brooks, Asics, Nike, Mizuno.

Meet Protocol & Prep

- **Arrival:** Please arrive at meet no later than 30 minutes prior to the start time.
- **Prep:** Come prepared for the entire day. (Meets can run as late as 4:00pm depending on the speed, flow and organization). Have your athlete bring games for entertainment between events.
- **Meeting point:** Please look for us in the stands on the home side. We ask that our group sit together so we can ensure all athletes are available to warm up and that athletes don't miss their event calls.
- **Shelter:** BCYT&F will have two tents. You may want to bring your own tent/umbrella as there is no shelter from the sun.
- **Dress properly:** LAYER (you'll need to keep your muscles warm prior to races but you'll warm up substantially when running and your body temperature will drop after).
- **Hydrate:** Hydrate throughout the evening prior to a meet and bring plenty of water. (Water is usually available at concession stands as well).
- **Eat smart:** Have a healthy carb loaded dinner and a healthy breakfast about 2 hours prior. Bring smart snacks to eat throughout the day.
- **Sunscreen:** apply/bring sunscreen for your child during track meets

TRACK MEET RULES & PROCEDURES BOARD MEMBERS/COACHES

- BCYT&F will appoint 1 to 2 parents to monitor stands/event calls as best they can. These board members will be secondary; **PARENTS** will be primarily responsible for same. We love teamwork so as you get to know other parents please feel free to help out. As you can imagine it can get crazy in the stands.
- These same 2 people will be responsible for monitoring their phones for Remind messages (or similar app) from coaches.
- BCYT&F will provide each parent with their athlete(s) event list for each meet via email/or by hand at least two days prior to the meet.
- BCYT&F will appoint a staff member to walk athletes to warm up area and release to their coach.
- BCYT&F will appoint staff member to distribute race numbers to athletes/parents at each meet. **Parents will be provided with the contact name via email/by info sheet at least 2 days prior to the meet.**
- Coaches please be available to staff members& parents coordinating in stands & communicate should your position change from the warm up/bullopen area.

TRACK MEET RULES & PROCEDURES - PARENTS/ATHLETES

- GPRA requires that parents supervise their child/children (and guests) at track meets when they are not warming up or in the bullpen area with their coach.
 - Also set the kids up by ages 6-8year old's, 9-10year old's, 11-12year old's, & 13-14year old's.
 - GRPA does separate girls and boys, our meet we will be coed.
- Please sit with (near the BCYT&F team). We will sit in the stands on the home side.
- Parent(s) please know where your athlete(s) is/are at all times. This will help ensure they don't miss their event can and will help ensure their safety.
- When arriving at meets please check in with the BCYT&F predetermined representative to announce your attendance and obtain your bib number (race number). This info will be emailed and handed out 2 days prior to meet.
- Parent(s) please listen for event calls for your athlete(s).
- If your child is asked to be part of a 4x400 or 4x100 team, please ensure they are able to meet the following obligations before accepting a position on the team: Regular attendance at practices and guaranteed attendance at meets (unless due to unforeseen circumstances).

AT HOME EXERCISES

- Running is an endurance, strength and power sport. Conditioning and regular workouts are key.
- The following are exercises for off practice days:
 - Cardio (swimming, biking, running (10 minutes is sufficient), basketball)
 - Core (Break up into sets with rest time in between): (10 crunches/day) (10 leg lifts/day) (15 squats/day) and Planks (1 plank hold for 30 seconds)
 - Jump Rope-try to work up to 200 (do sets; 10-20 jumps at a time)

KEY DATE TO REMEMBER: April 1st HOME TRACK MEET

- We will host our track meet at BCHS.
- We need **VOLUNTEERS** to make the event a success.
- We will need the following:
 - Bullpen Organizer (3)
 - Event Check-In Person (3)
 - Event Announcer
 - Event Results Transporters to result Company
 - Heat Organizers for Each Event

BCYT&F 2023 Schedule

Date	Type	Host	Location	Start Time
March 14 th , 2021	Practice Starts	Burke County	Citizen Park behind the gym	9:00 AM
TBA	Regular Season	TBA	TBA	TBA
April 1 st , 2023	Regular Season	Burke County	Burke County High School Football Stadium	9:00 AM
April 22 nd , 2023	District Meet	Dublin-Laurens County	TBA	9:00 AM
May 12 th , 2023	State Meet	City of Jefferson	Jefferson High School	4:30 PM
May 13 th , 2023	State Meet	City of Jefferson	Jefferson High School	9:00 AM
TBA	BCYT&F Banquet	Burke County	TBA	TBA