

PARENTS

- Practices are prescheduled at the start of the season to prevent overlapping age groups. Ages 7-14 will practice on Mondays 5:30-7:00 and Wednesdays 5:30-6:30. Ages 6-Under will practice on Tuesdays and Thursdays 5:30-6:30.
- All practices will still be at the coaches discretion. There may be times they will need to change a practice time due to their schedules or they may see fit to add an additional practice before a meet. Please make sure that the number you listed on the sign-up form is a good contact phone number for the coaches. This will be their ONLY line of communication with you. We give them what you put on the form.
- Meets will be held on Saturday's and 1 Sunday.
- Meets can last all day. Make sure to bring drinks and snacks for athletes as not all venues will have a concession stand.
- Keep in mind that the weather this time of year is unpredictable. Watch the weather and dress your athlete accordingly. Sunscreen is always a good idea!!
- *ALL 6-U ATHLETES MUST HAVE A GUARDIAN PRESENT AT ALL TIMES, MEETS AND PRACTICES. NO EXCEPTIONS.*
- Please be present at the meets 20 minutes before meet time so that athletes can find their coach and make sure they have their event schedule. It is your responsibility as a parent to get your athlete to each of their events at every meet. Make sure you are in contact with your coach to make sure you know what events your athlete has been registered in prior to the meet.
- Coaches will turn in entries for each meet the Tuesday before the meet. Each athlete may participate in a maximum of 3 events. Once I receive these entries they will go into the system and cannot be changed. If you wish to enter your child in a specific event, please make sure you speak to your coach about their entries. The coaches will submit the entries to me in writing and that will be the event the athlete is sent to at the meet. If you or your child does not specify what events they wish to participate in, the coach will choose accordingly. **If you are not going to attend a meet please let your coach know so they do not enter your child in events they will not be there for.**
- In the event a meet is rained out, you will be notified via our All Call system. We will also post on our Facebook page. If you do not receive a call consider the meet is still on. There are times when it may be raining here but it isn't in Cape or Poplar Bluff. If a meet is rescheduled we will also notify you through the All Call system. Again, we need to make sure we have good contact numbers for you otherwise you will not receive notifications.
- If you have any questions or concerns call me at the Park Office 573-624-8244

2018 TRACK MEET SCHEDULE

SATURDAY, APRIL 7-	POPLAR BLUFF	9:00AM	PB High School, 550 N Westwood Blvd.
SATURDAY, APRIL 14-	DEXTER	9:00AM	Dexter HS Track, 1101 W Grant St
SATURDAY, APRIL 21-	POPLAR BLUFF	9:00AM	PB High School, 550 N Westwood Blvd.
SATURDAY, APRIL 28-	POPLAR BLUFF	9:00AM	PB High School, 550 N Westwood Blvd.
SATURDAY, MAY 5-	CAPE GIRARDEAU	9:00AM	Abe Stuber Track @ SEMO, 1515 N Sprigg
SUNDAY, MAY 6-	JACKSON	1:00PM	Jackson Jr High, 210 N West Lane

IF MEET DATES OR TIMES CHANGE, YOU WILL BE NOTIFIED THROUGH THE ALL CALL SYSTEM AND COACHES SHOULD FOLLOW UP.