***Welcome to VAST Track & Field and Cross Country***

**Coaches & Staff:**

Coach Sherman: Head Hurdle Coach

Coach Adia: Head Sprint Coach/President

Coach Gamble: Head Distance, X- Country Coach & Recruiter

Coach Keisha: Head Throws Coach, Team Coordinator

Coach Wallace: Developmental Coach

Coach Rachel: High Jump Coach

Coach Kell: Long Jump

Coach Ishan: Assistant Sprints Coach

Coach Kara: Assistant Throws Coach

Jo: Team Mom/Secretary

Yolonda: Financial Aid/Treasure

**Team Organization-** One of the many aspects of track & field is that there is an event for everyone. We welcome and encourage anyone who is willing to compete and contribute to our team goals. VAST values attitude and commitment just as much as athletic ability. Everyone has the capability to improve and fulfill his or her potential. Individual improvement and personal accomplishments are two of our primary goals. All we ask is that you *TRUST THE PROCESS*. Although our athletes have their individual events, Vast Track Club prides itself on family.

Our primary source of communication is the Telegram messenger app. This has been the most efficient way of keeping everyone up to date on the latest. This is also how we effectively communicate during track meet(s). If you have not been added, please let one of our coaches or staff know.

**PRACTICE:** Practice for Indoor Season will be at Chamberlain HS Tuesdays, Thursdays at 6pm and Beacon Meadows Park on Saturdays at 8:30am. Outdoor Season practice will be at Chamberlain HS on Tuesdays and Thursdays at 6pm, and Saturdays at Chamberlain or Leto HS for 8:30am. If there is a Meet on Saturday, there will be NO practice that day. Times and location are subject to change ***PLEASE READ TELEGRAM MESSAGES***. Please do not use the track without a coach present for liability reasons.

\*\* **NOTE: There are multiple groups in telegram Coach Gamble have Cross country, Coach Sherman has Indoor & Conditioning and there’s a VAST Track Club main chat. Please make sure you are posting in the appropriate chats this will help with the overall communication flow.**

**FEES:** **The payment form is due PRIOR TO the FIRST PRACTICE, if you have not turned the payment form your child WILL NOT BE ABLE TO PARTICIPATE! Forms Must be emailed to** **vasttfcc.paymentforms@gmail.com**

* ALL FEES ARE NON-REFUNDABLE-automatic payments will be taken out the 5th of every Month, If you need to make any changes to the payment form, Please contact Coach Adia directly. There will be a $25 fee for returned payments.
* You will NEED to Purchase the AAU Membership prior to the 1st day of practice. play.aausports.org **ClubCode*: RSTD5XY4***
* **Meet Fee’s**-Track meets DO require an entry fee to participate, these fees are separate from club fees as these are submitted to the meet host. ***You*** are responsible for registering your athlete for each meet you plan to attend. You can register by going on to Coacho.com (step by step can be located on telegram under files) **Late payments will not be accepted once entry closes, it's CLOSED the coaches have no say in this!!**

**Uniforms: uniforms orders are Due *NO LATER THAN* the 28th of every month**

We will **NOT** have uniform samples available at practice like we’ve previously done. Once orders are received it will be communicated through telegram. Please allow a 3–4-week Turn around.

**Track Meets:** Meets are typically held on Saturdays but can run Friday-Sunday most meets begin at 7am and go on a rolling schedule. Please be prepared.

\*Hydration is especially important! Athletes should be hydrating at least 2-3 days prior to the meet. \*\* For meet results –The meet results link will be posted on telegram as soon as possible

Although your athlete may compete later in the day, we ask that you arrive at the meet location at the start of the meet. Tent spacing is limited, so getting there early allows us to get a good team sitting area, ensures a proper warm up and helps coaches easily locate athletes and, of course, shows great team spirit.

\*\*Please understand during the track meets coaches are literally everywhere. There is A LOT that goes on during a meet. We ask that Athletes please know which event(s) you are doing, if your event is coming up, grab a teammate, even the group and warm up together. \*\*

**What to Bring to a Track Meet? #1 Eat a healthy breakfast.**

Athletes should have on some type of warm up gear (any joggers, long sleeve-shirt, sweeter to keep them warm with Uniforms underneath. A pair of running shoes to warm up in, spikes and a pair of slides(optional), implements and a backpack or duffle to carry all of this. If you are purchasing spikes, they must be Track spikes with 1/4-inch spikes. Coaches will go over specialty event spikes if needed.

  

(Distance spikes) (Sprint spikes)

*Meets are* ***ALL DAY EVENTS****.* -Think of it as a camping day with limited amenities. The goal is to try to be as comfortable as possible for both the athletes and parents.

Bring entertainment-especially for the little ones.

Battery pack

Tents for shade

**Lawn/folding chairs**

Cooler with:

**Drinks/ water**

**Snacks**

**Fruit**

**Lunch**

Sunblock

Tissue

 **No fatty/oily or concessions stand food if you are still competing!!**

*FAQS*

1. How Do You Know What Events Your Child Will Do? Its combination of the athlete’s preference, and the coach’s evaluation. ***TRUST YOUR COACHES! TRUST THE PROCESS*** events are not set-in stone. They can try different events and figure out which is the best fit for them.
2. What Time Should You Be at The Meet/What Time Does Your Child Run? Meets run on a rolling schedule. It's very hard for coaches to determine exactly what time an event is going to happen, so we encourage everyone to get there at the beginning of the meet.
3. How Do You Know If Your Athlete Is Improving? Keep track of your athlete’s event and times. The goal is to get a lower time, highest Jump, furthest throw or jump. We refer to this as a PR (PERSONAL RECORD). Results speaks for themselves, it’s a way to hold your athlete accountable.

Welcome to the VAST Family!!!