**Baines Lady Longhorn Track and Field**

**Frequently Asked Questions**

**1. Where should I look for track information before I contact coaches?**

 a. Campus website under “athletics” tab

**2. What days are meets and what time to the usually end?**

 a. Meets are on Wednesday evenings with the exception of our District Preliminaries.

 b. Field events begin at 4:45pm and running at 5:00pm.

 c. Meets will end when all events have been done. They try and get done by 8:00, but it can be earlier or later. No race will start after 9:00pm.

**3. Does my child need special equipment?**

 a. No, but they must have a good pair of running shoes and in proper athletic attire.

 b. Baines provides all necessary equipment to compete. Spikes are issued to sprinters only.

 c. Athletes may wear their own spikes, but only on the track.

**4. What is appropriate athletic attire?**

 a. Shorts, t-shirt, sweats, and tennis shoes.

 b. Shorts must meet school dress code policy

 c. Running tights may be worn WITH shorts over

**5. When will my child know if they are going to a meet?**

 a. Event lists will be posted outside locker rooms the day before the meet. It is your child’s responsibility to look at the list.

**6. How do coaches decide who will compete in each meet?**

 a. Time/Distance Trials, attitude, work ethic, attending practices, behavior, and dependability

**7. What does my child do if they are not going to the meet that week?**

 a. They may go home after school

 b. We encourage those not going to a meet to try and come to support their team if they can.

**8. Can my child leave after they have finished all their events?**

 a. Yes. ALL athletes must sign out with their coach and my only leave with their parent!!!!!!!!

**9. Are their tryouts for track?**

 a. NO. Anyone that comes to tryout and participates 100% in practice is part of the team.

**10. If my child practices every day will he/she go to a meet?**

 a. No

 b. Unfortunately, we cannot take everyone to a meet.

**11. Are parents allowed to watch practices?**

 a. Yes, when they are located at Baines and as long as they do not interfere with practice.

 b. Parents are *spectators, encouragers, and supporters* only.

 c. Only Baines coaches will coach track.

**12. Are parents allowed on the track at meets?**

 a. No. Parents must remain in the bleachers.

 b. Usually those parents that have athletes throwing the shot and discus will be allowed near those rings to spectate. They must not interfere in the event.

**13. What if my child wants to participate in track but has other outside school activities in the afternoon?**

 a. We do our best to work with each athlete and advocate multiple activities.

 b. If your child wants to participate in track they must commit to that season as they do to other activities. They must be at all practices and speak with their coach about any special arrangements that need to be made.

 c. Athletes will NOT leave practice early every day!

**14. When are practices?**

 a. Early in the morning. A schedule has been placed on the athletic website for review.

 b. Practice will be Monday and Tuesday for all at 7am

 c Practice Fridays will be at 7am for all 7th grade and any 8th grader not in athletic period. Eighth graders will use 1st period athletics for their workout on Fridays.

 d. Athletes MUST be on time for practice to complete proper warm-ups!

**15. Is practice automatically cancelled due to rain or cold weather?**

 a. No. We will have practice in the gym.

**16. Are the time/distance trials every practice?**

 a. No. Due to the short season and limited practice time we cannot time every practice.

**17. How many events can my child compete in?**

 a. Maximum of 5 events total. Maximum of 3 events running or field.

 1. 3 running and 2 field

 2. 3 field and 2 running

**18. What happens if my child loses/damages all or part of their track uniform?**

 a. Athletes are responsible for their school issued uniform which includes; jersey, shorts, hoodie, sweatpants, t-shirt (girls only), and duffle bag

 b. Any lost/damaged items must be paid for by the end of the season.

**19. Can my child sit with me in the bleachers during meets?**

 a. No. Athletes must stay with our Baines group always ready to check in for their event(s).

 b. Coaches need to be able to find athletes and know their where a’ bouts at all times.

**20. How do we get meet results?**

 a. Results will be posted from each meet as soon as they are emailed to the coaches. Usually they will be posted for athletes to review the day after the meet.

**21. When is a good time to talk to track coaches?**

 a. Coaches are always on duty during practice and meets, but we always make time for our parents. The best way is to schedule a meeting by email to express any concerns or questions during the season.

**23. If my child does not make a meet will they be allowed to help manage during meets?**

 a. Student managers are very important to the success of our meets. We have a limited number of spots on the bus and cannot take everyone. Athletes will be asked by a track coach to be a track manager for the season or for designated meets.

**24. What are the expectations of a track manager?**

 a. Assist coaches with coaching duty locations

 b. Stay with Baines “camp” on the field to help watch equipment

 c. Keep athletes on track to check in for their event

 d. Help hold sweats, pick up markers, batons, write times, be a time runner, sand pit raker

 e. Be a link from coach to meet participants for anything.

 f. BE RELIABLE and not their just to socialize.