



# Hillsboro Youth Track Club

## Philosophy

The Hillsboro Youth Track Club is dedicated to the following objectives:

1. Promoting healthy competition, sportsmanship, and teamwork;
2. Developing young athletes physically, socially, and psychologically;
3. Providing a varied experience in track and field;
4. Having FUN!

## Policies

1. Athletes should bring a water bottle to all practices. Wear tennis shoes and dress according to the weather.
2. The goal of the program is to teach all track events to each participant; therefore gaining new track skills. The All-Comer's Meets are optional and a test of learned skills.
3. Participants will learn how to do all events during the first two weeks. Once the participant has been introduced to each event, they can choose which events they would like to focus on during the season. Coaches will actively encourage athletes to participate in a variety of events.
4. There is no limit to the number of track events entered in a meet, but we suggest a maximum of three (two running and one field). It is up to the athlete to get to their event at the appropriate time. Listen to the announcer and pay attention to starting times.

## Track Etiquette

1. If an athlete is in a field event when a running event is called, briefly check out from the field event by telling the event leader. Report to the running event and then immediately return to the field event.
2. Most of the event helpers are volunteers. Be courteous and attentive to their instructions. Problems need to be taken up with a coach.
3. Please keep clear of the finish line.

## Practices

1. BE ON TIME. An important part of practice is the warm-up and stretching. Be ready to run at 5:30.
2. Practices are rain or shine.
3. Tuesday practices are in preparation for Wednesday's meets. Participants will have the option of practicing 3 events.
4. At Thursday practices, relays, special skills and teamwork are the focus.