# FAQ WYANDOT TRACK SEASON 2024

## 1. Can you use locker rooms?

Yes, boys and girls will dress in their separate locker rooms. Locks will NOT be provided. I recommend you buy a lock, do not share your combination and lock up your things.

### 2. Do we have uniforms?

Yes, the team provides you with a Wyandot Track T-shirt that is worn at the meets. A pair of black or blue shorts is recommended. Early on in the season it is still cold outside, dress according to the weather.

# 3. Can you participate in another sport and still do track?

Yes, the Wyandot coaching staff is flexible, please just let the coaches know what days you will be busy so we can plan accordingly.

# 4. Do athletes have to stay the entire time during a Meet?

No, meets can be very long. Although it's great when we have athletes stay and root on our other runners who compete at the end of the meet, we understand that you or family members may have other things going on and need to leave. We just ask that you tell a coach that you are leaving. PLEASE, PLEASE, do not just leave if you have an event left to compete in. As people are leaving, it is very difficult to find replacements.

#### 5. Can athletes choose their own events?

Yes, although if the coaches see something in an athlete, we will bring it up and discuss it. Each athlete can choose up to 3 events in a meet. The top 3 athletes in each event compete in what we call varsity and run for points. After the race for points, all of the other races at that distance will be run. There are 3 events that the 7<sup>th</sup> grade and 8<sup>th</sup> grade compete separately, they are the 70 meter dash, 1600 meter relay and the 800 meter run. All other events are 7<sup>th</sup> and 8<sup>th</sup> grade combined.

### 6. Water and Snack-

On track meets, the days can be long. Bringing a snack is advised so that athletes can compete at their best. Athletes will need to bring their own water and put their names on it. We do not want anyone sharing water bottles.

# 7. What can I do as a parent to help the track team?

We will need parent volunteers to help time races during meets. No experience is needed. We will show you what you will need to do. Email Coach Thompson at <a href="mailto:cthompson@cvs.k12.mi.us">cthompson@cvs.k12.mi.us</a> for information.

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8. Optional Wyandot Spirit Wear store is open until midnight on April 17. Link to order from store: <a href="https://stores.inksoft.com/wyandot\_hawks\_TRACK\_FIELD/shop/home">https://stores.inksoft.com/wyandot\_hawks\_TRACK\_FIELD/shop/home</a> Items will be mailed directly to each home.

