

LIONVILLE YOUTH ASSOCIATION

Summer Track & Field



Parent's Guide 2023

(LYA Pentathlon/Downingtown West High School)

I. Introduction

Welcome to the 11th year of Summer Track & Field with the Lionville Youth Association! The program provides an introduction to the sport of Track & Field for children of any skill or fitness level. It also provides a good opportunity for pre-season training for more advanced athletes in preparation for the fall cross country season.

Please note: We REQUIRE a full time parent volunteer with children who are 8 years old.

II. Practices

Practices are held at Downingtown West High School - 445 Manor Ave, Downingtown

The schedule is as follows:

Tuesday June 13 th – July 27 th Tuesdays and Thursdays 5:45 pm – 7:00 pm	
Tuesday, June 13, 2023	Introduction & T Shirt Distro
Thursday, June 15, 2023	Practice
Tuesday, June 20, 2023	Practice
Thursday, June 22, 2023	No Practice
Tuesday, June 27, 2023	Compete
Thursday, June 29, 2023	No Practice
Tuesday, July 4, 2023	No Practice
Thursday, July 6, 2023	Practice
Tuesday, July 11, 2023	Practice
Thursday, July 13, 2023	Compete
Tuesday, July 18, 2023	Relay Fun Day
Thursday, July 20, 2023	No Practice
Tuesday, July 25, 2023	Awards and Field Day
Thursday, July 27, 2023	Family Day

III. First Practice (June 13)

For the first practice, your child will need to check in to receive their t-shirt. **Check-in will begin at 5:45 pm.** If the t-shirt size you've requested isn't correct, we will handle swaps at the next practice. We will bring the shirts for distribution to the first few weeks of practice, so no worries if you don't attend the first week.

Your child will meet with their groups on the infield at **6:00 pm**. We will do a round of stretches and a lap around the track.

We will hold a Parent's Meeting on the bleachers at 6:45 pm. This first practice will serve as an introduction to the track and field events for our athletes.

IV. T-Shirts

T-Shirts will be given at the first practice. Your child does not need to wear the shirt for practices, but it's helpful to the coaches if they do. They will be asked to wear them for the meets. If the size chosen isn't correct, it may be swapped at the second practice or after (not at the first practice).

V. Missed Practices or Meets

There is no need to let the coaching staff know if you will miss a practice or meet day due to vacation or illness. This is to be a fun - low stress - summer program and we understand that people travel during the year.

VI. Practice Groups

All athletes from all age groups will meet in the infield at the start of practice for warm-ups, exercises, and assignments. Our time is limited on the track, so please be prompt. We'll be starting right on time. **WE BEING AT 6:00 pm.**

Kids not running with the cross-country group that day will work with their age group on whatever is assigned to them for the day. They will generally be doing two activities each practice, with a brief meeting and chance to grab some water in the infield between.

Your child does not need to commit to running with the cross-country group for the whole season, if they want to try it or go back and forth between groups, that's fine.

If your child would like to run with their best friend in the group up or down from them, they are welcome to do so.

VII. What Should We Bring To Practice?

- A good fitting pair of running shoes
- A bottle of water (or two)
- Comfortable running clothes
- A Great Attitude!

It's going to be warm, so please make sure your child drinks enough water during the day before and after practice. In case there are no port-o-potties available, please have your runner use the facilities at home before practice.

IX. Rain/Weather

Practice will generally be canceled if there is rain, and always canceled if there are thunderstorms pending. If there are severe and extreme heat warnings, practice

may be canceled, as well. Use your best parental judgment in each of these circumstances. Watch your email for an official cancellation notice. We will generally not make up missed days, but we do have an extra rain date built in for the year-end competition if need be.

We will have rain days. A notice will be sent out **by NOON** canceling if thunderstorms are in the area. We will adjust the schedule accordingly.

If the weather is threatening and we still hold practice, please stay close to the track, as we may need to cancel mid-practice in the event of thunder and lightning.

It will be very hot some nights. Know that we will not over-train the kids on those hot days, but as always, use your best judgment when deciding whether or not to send your child to practice.

XI. Final Practices July 25 and July 27th

At our final practices we will be holding awards and family day! Tuesday **July 25** is Field Day. All events will be open to show mom and dad and siblings! We will be giving out ribbons for the winners of each event throughout the weeks we have been together.

Thursday July 27 will be our family day. Parent/ Child races, and all events open to try out!

Parents and the whole family are invited to join us. Kids are a lot more successful in this sport with parental support, so what better way to show your support than by toeing the line and jumping in? All ages and abilities are welcomed, and you will get big cheers from the kids!

XII. Safety

It is of primary importance that the athletes listen to their coaches and maintain safe behavior. They are to always be aware of their surroundings on the track, and generally stay out of lanes 1 and 2 unless they are doing a workout.

XIII. Housekeeping

It is our goal to leave the track area at Downingtown West High School cleaner each day when we leave than it was when we arrived. Please discard your water bottles and trash, and make sure to pick up any sweatshirts (not sure how many of those we'll have, really) or bags before you leave.

Parents....

This is your opportunity not just to watch but have fun with your kids! **Please be a Volunteer!!!** No track experience necessary just laughing and smiling required. You, however, do need to have your Child Abuse clearance to supervise the children. It

can be obtained at the LYA web site. Do that early this week so we can get your clearances quickly.

If you are interested in volunteering, please contact Rachel.aw.clark@gmail.com. She will direct you with any answers you may have and further instructions