



Fort Worth Flyers Track Club
Meet Day Informational

NUTRITION

Athletes should have eaten at least 2 hours prior to the start of competition (You can't get out, what you don't put in.). As long as they subscribe to this practice, the only thing they cannot eat is foods with a high grease and fat content, or Fast Food (see chart).

ARRIVAL

In order to facilitate a competitive atmosphere for all our athletes, we ask that the athletes always be present at least 1½ hours prior to the start of the meet. This gives us a large window for which to focus our minds and bodies on the upcoming day (not all of us were blessed to be morning people). The other rationale behind this time frame is that we will be able to use the facility to warm up, and make last minute adjustments, before the track is closed for competition.

TEAM AREA

Once we have finished setting up the team area and bring the team in to relax, we ask that parents relocate themselves to the stands, and away from the team area. Your presence is greatly appreciated, but our athletes must learn to be independent of you. We train them to be responsible for their materials, listen for event calls, and enjoy the fellowship of their teammates. This is a difficult transition if the athletes are clinging to their parents, or vice versa. I understand that we have a few younger athletes as well as some that are new, however; we need all parents to refrain from babysitting the tent unless you are a volunteer for the day.



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WARM UP / CHECK –IN AREA

At no time are parents, family members, or friends allowed in the check-in or warm up area. By USATF and AAU rules, coaches only are allowed in the warm up area. There is no gray area with this rule. Your presence in these areas can result in only one outcome...**DISQUALIFICATION** of and athlete or entire team. Secondary to that, once we take the athletes to warm up, you being there will only hinder their focus. Please no “close up” pictures or video at this time!

DISMISSAL

Fort Worth Flyers is a family first, a team second, and **never** a group of individuals! We arrive and leave as a team. The last child will get the same support of the team as the first. We don't abandon our teammates. If you have a scheduled prior engagement, please inform the coaching staff at least 5 days in advance. And we will try to accommodate you. Be mindful that this program is also designed to promote character, camaraderie, responsibility and loyalty, traits that take a lifetime to master. We are never “just track and field!”

VOLUNTEERS

We have a constant need for volunteers in the following areas:

- Set up and breakdown
- Mess hall
- Restroom patrol

The primary function of the coaches is to coach during the meet. We rely on our parents and support staff to assist us in the other areas. If you would like to help, please see Coach Dee, or appointed Team Parent.