



## Fort Wotth Flyers 2012 Parent Survival Guide

Competition Divisions		
Birth Year	AAU Division	USATF Division
2006-2004	Primary	Sub-Bantam
2003	Sub-Bantam	Bantam
2002	Bantam	
2001	Sub-Midget	Midget
2000	Midget	
1999	Sub-Youth	Youth
1998	Youth	
1997-1996	Intermediate	Intermediate
1995-1994	Young Men / Women	Young Men / Women

Key Contacts		
Name	Specialty	E-mail
DeVon Griggs	Head Coach - Sprints, Multi-Events, Jumps	<a href="mailto:fwflyers@yahoo.com">fwflyers@yahoo.com</a>
Coach Dee Griggs	Asst. Head Coach - Sprints, Relays	<a href="mailto:fwflyers@yahoo.com">fwflyers@yahoo.com</a>
Angela Roberson	Administration, Special Programs	<a href="mailto:admin@fwflyers.com">admin@fwflyers.com</a>
Rajeeyah Moncrief	Fundraising, Special Programs	<a href="mailto:registration@fwflyers.com">registration@fwflyers.com</a>
Natalia Vaughns	Registrar	<a href="mailto:registration@fwflyers.com">registration@fwflyers.com</a>
Coach G. Tucker	Throws	<a href="mailto:coaches@fwflyers.com">coaches@fwflyers.com</a>
G. Tucker, T. Brown	Sprints, Relays	<a href="mailto:coaches@fwflyers.com">coaches@fwflyers.com</a>
Coach E. Albert	Middle Distance	<a href="mailto:coaches@fwflyers.com">coaches@fwflyers.com</a>

What to Bring to the Meet	
Athlete Checklist	Parent Checklist
Make sure all items are labeled with athlete's name	Chair or stadium seat
Warm-Up	Umbrella
Track T-shirt	Ice
Wear proper running shoes (no flip-flops or sandals)	Cooler (preferably with wheels for easier transport)
Spike bag	Water (lots of it!)
Spikes	Food and snacks
Reusable water bottle	Sun block
Track bag	Binoculars
Tent entertainment (preferably inexpensive)	Pen and paper to record results
Sun block	Hand sanitizer
Extra socks	Toilet tissue
Bib number / Arm band	Wet wipes
Blanket /Pillow (something comfortable to lay on)	Insect repellent
Competition uniform	Comfortable shoes
	Jacket / blanket
	Tent (optional)
	Copy of meet schedule if available
	Required meds (for you and athlete)

### Helpful Hints

1. Refer to the **FORT WORTH FLYERS MEMBER HANDBOOK** for information.
2. Make sure your athlete's name is written on the inside of every item of clothing, track bag, water bottles, everything with permanent ink!!! These items sometimes get mixed up and misplaced, and are impossible to tell which is which. Get a Sharpie! Label everything!!!!
3. The first few meets can be cold and wet, so dress in layers for major changes in temperature and for rain.
4. Don't bring snacks for athletes; they will be fed specific foods at the Team Tent at prescribed times according to their events. Encourage your athlete to eat all the food provided to them so they are properly nourished for competition – even if they don't feel hungry.
5. Don't let athletes camp out at the Parent Tents. They are to remain at the Team Tent at all times.
6. Parents are discouraged from hanging out at the Team Tent unless volunteering as a Tent Parent. If you would like to volunteer as a Tent Parent, please see Angela.
7. Monitor all expensive electronics (iPods, video games, cell phones, etc.) or jewelry at the meets. Bags are often unattended and FWFTC cannot be responsible for lost or stolen items. If Desired, bring cheap entertainment – playing cards, card games, Scrabble, Mancala, books, coloring and activity books, etc.)
8. Parents are not allowed in the Check-In area. Coaches will be responsible for getting the athletes where they need to be for warm-up and for their events.
9. You and your athlete should eat a healthy, hearty breakfast the morning of competition. Kids will not be fed breakfast at the Team Tent.
10. Make sure you and your athlete drink lots of water the day before and the day of the meet. They must keep properly hydrated to compete and so must you. It can get very HOT!!!!
11. Information on what T-shirt the athlete is to wear will be provided by Coach Griggs.
12. When your athlete is issued a bib number, please make sure you keep up with it and bring it back for the 2<sup>nd</sup> day of competition. Lost bibs/bands may cost **PARENTS**, \$5, or more to replace.
13. Make sure your athlete gets plenty of rest the night before the meet. The day starts early and can be long.
14. Make sure to bring lots of water, food and snacks for yourself. The concession stands can be expensive.
15. Please adhere to all reporting times. If you are late your athlete may miss important warm-ups or even their events.
16. Encourage your athlete to clean up after themselves while at the Team Tent.
17. Collect medals or ribbons from younger athletes as soon as possible after they are awarded. Medals are often lost. Write your athlete's name on the award as soon as possible.

**HAVE FUN AND IT WILL BE A GREAT SEASON!!!**