**What can I do as a PARENT to help my**

**Track & Field Athlete, Team and Coaches?**

1) **Rest/Recovery** - Sleep – 7-9 hours. Stress Management.

2) **Nutrition** – Healthy Breakfast, Healthy Lunch, pre-workout Snack (healthy carbs/protein), post-workout Snack (protein), Healthy Dinner. BALANCE: Fresh Fruits/Veggies (5-7 servings), Protein, Healthy Fat

3) **Hydration** – Water! Water! Water! Throughout the day.

4) **Proper Footwear -** Trainers for practice (support). Spikes for practice & meets (recommended for performance). No Fashion sneakers.

5) **Weather Watch** – Know the forecast and help athlete plan accordingly. We run in most all conditions. “Feels like” temperatures must be above 20 degrees. We practice in rain, snow, wind, cold, heat…

6) **No cell phones during practice**.

7) **Attitudes** – We want athletes that want to get better, listen when they are given instructions, encourage other teammates to be their best. Please encourage your athlete to be one of our “Prime Time” athletes who help lead a successful team and help us coaches focus on coaching.

8) **Goals** – Talk to your athletes about what they hope to accomplish. And what THEY are doing within THEIR CONTROL to get there.

9) **Pick up your athlete on time** from practice and from meets. I will send a Remind when we are on our way home from AWAY meets so you know what time to expect the bus to the track.

10) **Meet Fuel Donations** – Alecia Marshall – Thank you!!

11) **Home Meet Volunteers** – Please Sign Up - Thank you!!