

## **What ages can participate in the Milton Steelers Youth Track & Field?**

Milton Steelers Youth Track Club is available to athletes from 6 -15 years old. ALL athletes 10 & under are required to have a supervised adult in attendance at all practices and at all meets.

### **The athlete will participate in the age group determined by the athlete's age as of 12/31/2017.**

“8 and under” (Born in 2009 or after) Allowed to participate in 3 events

“9 and 10” (Born in 2007 or 2008) Allowed to participate in 3 events

“11 and 12” (Born in 2005 or 2006) Allowed to participate in 3 events

“13 and 14” (Born in 2003 or 2004) Allowed to participate in 4 events

“15 and 16” (Born in 2001 or 2002) Allowed to participate in 4 events

“17 and 18” (Born in 1999 or 2000) Allowed to participate in 4 events

## **What does the registration fee include?**

The registration fee is \$330.00 for NEW athletes. Previous athletes with a uniform have a rate of \$200. This Athlete fee covers their uniform (singlet and shorts), USATF membership, team liability insurance, and developmental and area meet fees. All fees must be paid prior to participating in practice. All runners will need to provide us with a COPY (original not needed) of your child's birth certificate by the first practice.

## **What can I expect at practices?**

At each practice the kids will do a warm-up, run, strength and core exercises and a cool down. Practice for field events will be on a rotating basis. They will also get information about running, nutrition, injury care, etc. The information may be verbal and/or written handouts. Practices will be designed and supervised by experienced coaches. Please have your child use the bathroom before coming to practice. Our goal is to train kids physically, motivate them mentally and emotionally, develop interest in running, fitness and most of all we make sure the kids HAVE FUN!! (we often incorporate games or relay races where they run and play). The long-distance runners will be running, at times, on the sidewalks. We will need parents to position themselves to help monitor the kids running with the coaches.

## **What can I expect at meets?**

Developmental meets are run at local high schools on Saturdays starting in May. They typically start at 8 a.m. in the morning and last until about 4 p.m. in the afternoon. If your child participates in another sport, you may be able to work around the events that your child will participate in. There is not a set time schedule for the events but they follow a standard order. The only way you can guarantee your child will make their event is to be at the track. The season builds up to the most important meet which is the Area/Association Meet, this year June 1st . The children HAVE to participate in this meet in order to participate in the state meet. This is highly encouraged for every runner to do. Please try and plan vacations accordingly. Some suggestions to bring to the meets: cooler of drinks, food, chairs, umbrellas for shade, book, sunscreen.