



- **When does the season start?**
 - Monday January 11, 2021
- **How do I make sure my son/daughter is signed up and registered to participate?**
 - You need to make sure sign up through Norcrossstf.com, regardless if you have done it before. Physicals are good for 365 days and will carry you through the season if you got it in May. [Physicals](#) must be uploaded into [Dragonfly Max App](#) Parents can Join the Track and Field Parent Remind 101 ([Click here](#))

TO MAKE THE ROSTER, SIGN UP FOR BOYS or GIRLS TRACK & FIELD

- **How long are the practices?**
 - Practice times vary, 2:30-4:30, Monday through Thursday with some Fridays is the usual schedule. As the season goes on, the day before meets are shorter practices. The athletes meet 40 minutes. If they are not in their spot 20 minutes after the bell, it is a marked absence.
- **How much is the fee to participate?**
 - \$100. This will be done through My Payments Plus or the Booster Club (make check out to Norcross PHD Running Club). Invoiced on January 11, paid in full by Feb. 5, payment plans extend to as far as April 1st (\$25 per month) if needed.
- **What is my son/daughter supposed to wear to practice each day and to meets?**
 - Your son/daughter can wear any gear for practice but at meet athletes has to be in Norcross Cross Country, Track & Field gear, does not matter what year it is from. If you have gear from previous years, that is fine. If not, you will purchase it on our online shop, which is on our website. The shop will close and the gear will arrive 3-4 weeks after the shop closes. Store is Expected to open Monday January 11, 2021
- **How about footwear? What kind of shoes does my son/daughter need?**
 - For training and day to day purposes, your son/daughter will want a quality training shoe (ASICS, Brooks, New Balance and Saucony). I suggest finding a specialty-running store like a Big Peach Running Co. or Fleet Feet. They will check your ground contact and gait to see what kind of shoe is best for you. If you cannot find one, Dick's Sporting Goods.
- **What about competition shoes?**
 - See the bottom for the type of competition shoes. We will have Big Peach Running Co. visiting the school on January 28, 2021 at 4pm to sell spikes.
- **What if it is raining?**
 - We love unexpected weather in Georgia. It is an all-weather track; we practice rain or shine. Please dress accordingly. With rain in the forecast, we tell the kids to always have a second set of clothes to change into after practice is over. It may also be possible that we will move practice indoor if the weather is too much to manage.
- **What will my son/daughter wear in competition?**
 - Our uniform is White Top and Navy Bottoms (**Required**). Each male athlete will purchase their meet jersey top and bottoms from the online store. Throwers can compete in practice shorts, everyone else needs competition shorts (spandex or split short). Girls will purchase their meet jersey top and bottoms from the online store.



- **What if my son/daughter is in a fall or winter sport? Can they still do track in the spring?**
 - YES. You are in high school for four years, maximize the experience. Winter sport athletes will start with us at the conclusion of their season, their attendance won't start until the Monday following their season.
- **My sons in football can he still participate?**
 - Of course, all that needs to be done is communicate with the football staff that he is in track, and we will continue with football lifting while becoming a dual sport athlete.
- **I'm concerned about weight loss, will track make him lose too much weight?**
 - Calories in vs. calories out. Have two lunches prepared on Monday's (lunch and post practice). You can/will gain weight in track if you want to.
- **Does everyone compete in all the meets?**
 - Every athlete is allowed four events (space permitting for lane events) in all meets Invitational (Saturday meets) are for the top 3 varsity athletes in each event.
- **Who decides what events they will compete in?**
 - Lower level athletes will have the opportunity to compete in events, as long as they have been practicing for it. Varsity athletes will be assigned the events that they will compete in based on what is in the best interest of the team.
- **How will my son/daughter get to the meet and home?**
 - They will travel with the team by bus, and they can go home with a parent or guardian. They are required to stay from beginning to the end of the dual meets to support their teammates. If an athlete leaves early, they will be docked and attendance point. If they leave early and do not communicate with me, the bus cannot leave the venue until their whereabouts are confirmed. Invitational, you are allowed to leave after your event as long as you check out with your coaches. Also Due to Covid-19 we will allow athletes to drive "themselves" to and from meets(No Friends, only family members).
- **What level will my son/daughter compete at?**
 - Levels can vary from meet to meet.
- **How will we be given information?**
 - I will correspond by Remind 1010 or email. We try to be active on social media, so announcements will be made through IG as well. Our website is also a terrific source of content.
- **Do you practice over Spring Break?**
 - This year? No
- **What happens if my son/daughter misses a practice?**
 - Absences happen and things arise. If your son/daughter misses a Monday during the season, they will not race that week. Mondays are the hard work days and they need to be at those. Your son/daughter is allowed 11 absences to use at their discretion (be smart with Mondays). On the 12th absence, they will be asked to leave the team, Please plan appointments accordingly.
- **Are there any events throughout the year to help the team raise money?**



o Glad you asked!! Blue Devil Run We are always looking for Volunteers, sponsors leading up to this event.

- **Any other ways to help?**

o Really glad you asked!! Our snack bar needs volunteers to work shifts during meets, as well as donate items.

Competition Shoes

Do not purchase any shoe with permanent spikes. Only purchase shoes with removable spikes

☒ Sprint Spikes – 100m-400m; 110 & 300 Hurdles; Long Jump, Triple Jump, High Jump, Pole Vault

☒ Mid Distance Spikes – 200m-800m

☒ Distance Spikes – 800m-3200

☒ Shot Put & Discus – Thrower Specific shoe (smooth bottom)

☒ Field Event – All field events have their own specific spike, but not necessary unless you specialize in that (High Jump, Throws)