

# Welcome to the 2011 Missoula Youth Track Season.

We are hoping to communicate via email or face book this year to better keep you informed about MYTC. If you have not already added our face book group, please do.... we will use it for updating parents and coaches.

Monday, May 2nd at 5:30, will be our first day of practice. There will be 400 athletes, 125 coaches and lots of parents.

\*If you have already registered and have received your t-shirt, please go to the appropriate colored flag on the track.

All boys will be on the left side and girls on the right.

Pee Wee born 2003 later report to the **Purple ribboned flag.**

Bantams born 2001, 2002 report to the **Blue ribboned flag.**

Midgets born 1999-2000 report to the **Red/Maroon ribboned flag.**

Youth born 1998 and further report to the **Yellow ribboned flag** in the center of the field.

Your coaches will meet you there as soon as they arrive.

\*If you have registered by have not received your t-shirt, please find the t-shirts (they will be as you enter the track) and follow the steps above.

\*If you know of someone who has not registered and they are interested in registering, they go to the silver van to bring paperwork and pay.

They will then be placed on a team and sent to the appropriate colored flag.

\*\*If at anytime you are confused, lost, or just have a question, please stand near the white flag on the field. Someone should be there quickly to help you.

Once your child is with their coach, they will be encouraged to run 2 laps, return to their coach and join in running drills. When running drills are complete, all teams will follow their coaches to a designated area where they will stretch and take role. Monday, this will take longer than a normal practice. Then the coaches will lead their athletes to a track event. The teams are scheduled to attend 2 events each night of practice.

At 6:30 the horn will blow letting your child know that track is over. Please remind them to gather their coats, water bottles...etc.

AND have a designated place that you will meet them at the end of practice.

## If you are willing and able to help out on Monday, May 2nd, we need help with the following:

- Registering new track athletes.
- Handing out t-shirts to athletes.
- Handing out t-shirts to coaches.
- Assisting with questions.

We are always looking for nurses too. They sit in the bleachers near the track and assist with Band-Aids, icepacks etc. Please let us know if you are able to help at a practice or two.

Do you know how to high jump, shot put or long jump/triple jump? We would love to have an extra set of eyes at each of these events as well. Another voice of encouragement is always welcomed.

Please let us know if you have any questions, or are able to help. We look forward to a great season.

[www.missoulayouthtrack.org](http://www.missoulayouthtrack.org)

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