

FRISCO HEAT FREQUENTLY ASKED QUESTIONS (FAQ's)

Summer Practice Schedule:

<u>Day</u>	<u>Time</u>	<u>Type</u>	<u>Location</u>
Monday/Thursday	6:30 pm – 8:30 pm	Team Practice	Wakeland HS
Tuesday	6:30 pm – 8:30 pm	Specialty	Wakeland HS

What should my athlete wear or bring to practice?

- Running shoes are a must (no heavy shoes or high tops). Spikes are optional. Athletic attire (no jeans or jean shorts).
- LOTS of water. Texas weather is extremely hot during the summer months.
- A positive attitude

If my athlete is only a runner (not participating in field events or specialty events) what time does he need to be at practice?

For 8U-10U: 6:15-7:30

For 12U-18U: 7:15-8:30

Is Tuesday practice only for specialty athletes?

Specialty practice includes field events and hurdles. Relays may also potentially be included but only when indicated by your athlete's coach.

What are the age divisions?

All TAAF Age Divisions are based on age as of Dec 31, 2011.

<u>DIVISION</u>	<u>ABBREVIATION</u>	<u>AGES</u>	<u>BORN IN YEAR</u>
Pee Wee	PW	8 & Under	2008-2011
Bantam	B	10 & Under	2006-2007
Midget	M	12 & Under	2004-2005
Junior	J	14 & Under	2002-2003
Intermediate	I	16 & Under	2000-2001
Senior*	S	18 & Under	1998-1999

**Eligibility for 18 & Under Division: Senior and high school participants without having competed at the college level in any track and field competition; someone who completed high school in the spring of the most recent school term, and who was not 19 years of age or older on or before September 1 of the most recently completed school term, and has not competed at the College level in any Track and Field competition would be eligible.*

****BIRTH CERTIFICATE COPIES ARE A REQUIREMENT BEFORE PARTICIPATING IN THE REGIONAL MEET****

If our athletes ran last year, do you still need copies of birth certificates?

No

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What types of events are available?

8 & Under

50 Meters	800 Meters
100 Meters	400 Meter Relay (4x100)
200 Meters	Long Jump
400 Meters	High Jump

10 & Under

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Boys	Girls
100 Meters	100 Meters
200 Meters	200 Meters
400 Meters	400 Meters
800 Meters	800 Meters
1600 Meters	1600 Meters
Long Jump	Long Jump
High Jump	High Jump
Shot Put (6 lbs)	Shot Put (6 lbs)
400 M Relay (4x100)	400 M Relay (4x100)
1600 M Relay (4x400)	1600 M Relay (4x400)

12 & Under

Boys	Girls
100 Meters	100 Meters
200 Meters	200 Meters
400 Meters	400 Meters
800 Meters	800 Meters
1600 Meters	1600 Meters
80 M Hurdles (8-30")	80 M Hurdles (8-30")
Long Jump	Long Jump
High Jump	High Jump
Shot Put (6 lbs)	Shot Put (6 lbs)
400 M Relay (4x100)	400 M Relay (4x100)
1600 M Relay (4x400)	1600 M Relay (4x400)

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14 & Under

Boys	Girls
100 Meters	100 Meters
200 Meters	200 Meters
400 Meters	400 Meters
800 Meters	800 Meters
1600 Meters	1600 Meters
3200 Meters	3200 Meters
110 M Hurdles (10-36")	100 M Hurdles (10-30")
300 M Hurdles (8-30")	300 M Hurdles (8-30")
Long Jump	Long Jump
Triple Jump	Triple Jump
High Jump	High Jump
Pole Vault	Pole Vault
Shot Put (4.0 Kg)	Shot Put (6 lbs)
Discus Throw (2 lbs 3 1/2 oz) 1 Kg	Discus Throw (2 lbs 3 1/2 oz) 1 Kg
400 M Relay (4x100)	400 M Relay (4x100)
1600 M Relay (4x400)	1600 M Relay (4x400)

16 & Under

Boys	Girls
100 Meters	100 Meters
200 Meters	200 Meters
400 Meters	400 Meters
800 Meters	800 Meters
1600 Meters	1600 Meters
3200 Meters	3200 Meters
110 M High Hurdles (10-39")	100 M Hurdles (10-33")
300 M Int. Hurdles (8-36")	300 M Low Hurdles (8-30")
Long Jump	Long Jump
Triple Jump	Triple Jump
High Jump	High Jump
Pole Vault	Pole Vault

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Shot Put (12 lbs) 5.443 Kg	Shot Put (8 lbs 13 oz) 4.0 Kg
Discus Throw (3 lbs 9 oz) 1.6 Kg	Discus Throw (2 lbs 3 1/2 oz) 1 Kg
400 M Relay (4x100)	400 M Relay (4x100)
1600 M Relay (4x400)	1600 M Relay (4x400)

18 & Under

Boys	Girls
100 Meters	100 Meters
200 Meters	200 Meters
400 Meters	400 Meters
800 Meters	800 Meters
1600 Meters	1600 Meters
3200 Meters	3200 Meters
110 M High Hurdles (10-39")	100 M Hurdles (10-33")
300 M Int. Hurdles (8-36")	300 M Low Hurdles (8-30")
Long Jump	Long Jump
Triple Jump	Triple Jump
High Jump	High Jump
Pole Vault	Pole Vault
Shot Put (12 lbs) 5.443 Kg	Shot Put (8 lbs 13 oz) 4.0 Kg
Discus Throw (3 lbs 9 oz) 1.6 Kg	Discus Throw (2 lbs 3 1/2 oz) 1 Kg
400 M Relay (4x100)	400 M Relay (4x100)
1600 M Relay (4x400)	1600 M Relay (4x400)

Are the meets required?

Meets are not required, but we encourage all to attend. Due to the length of our season, we know that conflicts arise between our meet schedule and other family events. These are inevitable and occur every year. When these occur, please let your coach know as early as possible especially if your athlete is participating on a relay team (4 athletes passing a baton). Also, consider the possibility of car pooling your athlete with a teammate if that is appropriate given the conflicting event.

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Communications: Our swiftest form of communication is our team website:

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<http://www.friscoheat.com>. We will also send e-mails when appropriate. We will be happy to record both business and personal e-mails for you to be sure you receive notification of any cancelled practices or meets on the weekends.

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Who do we contact when our athlete is going to miss practice?

Contact Coach Kevin via the website for the first week, then contact your athlete's coach going forward.

What is the difference between a "Circuit Meet" and the "Regional" and/or "State Meet"?

Circuit Meets are meets that allow athletes to participate in events in preparation for the Regional and State meets. Circuit Meets are more informal and the Regional and State Meets the feel and look of what type of meet you can view on ESPN. At these formal meets, athlete names are taken and times are officially recorded. The Regional Meet serves as a qualifier meet for the State Meet and all athletes are allowed to complete. Only those athletes who qualify for State can participate in the State Meet. Unlike the Circuit Meets, athletes are limited to the number of events that they may enter at the Regional and State Meets.

How many events can an athlete enter?

Circuit Meets:

Athletes may enter as many events as they would like to participate in within reason. Of course, you want to be aware of recovery times and the stress on the athlete's body.

Regional and State Meets:

Athletes who are in the 12 & under, 10 & under and 8 & under divisions may only enter three (3) events and be listed as an alternate on any relay.

Athletes who are in the 14 & under, 16 & under and 18 & under divisions may only enter four (4) events of which only three (3) may be running events and be listed as an alternate on any relay.

Being listed as an alternate for one or more relays will not count towards the total number of events an athlete may compete in at these meets. However, should the athlete actively participate on a relay he or she must scratch from another event as not to exceed the maximum number of events he or she is allowed to compete in during the meet.

As per UIL Constitution and Contest Rules, athletes will not be allowed to enter more than two (2) of the following events: 400 meter dash, 800 meter run, 1600 meter run or 3200 meter run. This does not prevent a 400, 800, 1600, or 3200 meter athlete from running on the relays, provided he or she is entered in no more than three (3) total running events.

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What is the cost of meets?

Circuit Meets:

The out-of-pocket gate entry cost for spectators and athletes at Circuit Meets are generally \$3.00.

Regional / State Meets:

The out-of-pocket gate entry costs at the Regional and State Meets are generally \$5.00 - \$10.00 per day for spectators only. There is **not** a gate entry fee for athletes. The entry fees are included in the registration fee.

How are athletes chosen for relays? Relay teams are chosen by the coaching staff. Being on a relay is not at the discretion of the athlete or parent unless the athlete that is chosen is unable to participate for whatever reason. Generally, athletes chosen for relays have the fastest four (4) times for whatever distance is being ran. There are other factors such as attitude, dependability, teamwork, work ethic, etc. that play a role as well. If you have further questions regarding this matter, please consult the coaching staff.

When are relays decided?

Mid-June

How long do the meets last? Meets generally begin at 8:00 a.m. and last until the last event is run. Because the meets are on a rolling schedule (they start at a certain time with the different age/sex divisions for each event and finish once all events are complete), it is hard to determine an ending time. Our region is one of the largest in the state. The region has tried to split up the teams evenly for each circuit meet to ensure that meets are not overly long. We will have a feel for what time most events will start as the season progresses. Please note that you are not required to stay at a meet for the entire day but your encouragement of other athletes on our team would be greatly appreciated.

Are the athletes required to wear spiked shoes?

The athletes can wear regular running shoes, or track spikes (for a more competitive edge). Recommended spike length is 3/16" pyramid spikes. We suggest that shoelaces be double tied during practice and meets. If your athlete has zippers, you may want to tape the zippers in the up position with some duct tape. Below are some websites we have found for youth track spikes:

www.vsathletics.com

www.eastbay.com

www.amazon.com

<http://www.fitnesssports.com/trackspikesKids.html>

www.fitnesssports.com

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What should we bring to the meets?

Sunscreen: Please apply sunscreen to your athletes. Although we have a shade tarp, the athletes spend a significant amount of time in the sun. Apply sunscreen lightly to the face to minimize it running into their eyes.

Food: We all know that food is essential for fueling our bodies; however, eating too close to race time can cause cramps and decrease an athlete's performance. Athletes shouldn't eat for 60 minutes prior to a race; older athletes should give themselves at least 2 hours. Healthy snacks are a way to curb hunger pangs during meets without the negative side-effects of a hamburger or fries.

Water: Please make every effort to see that your child brings enough water. We run in extremely hot conditions. We recommend that each child comes with a few bottles of water in a cooler if possible. Please place them in the shade so they can stay cooler, and start out with a combination of ice & water.

Clothing: Our team uniform is the Frisco Heat shorts and race jersey. If the athlete prefers to wear a performance type undershirt beneath the race jersey – then be sure that the shirt is white or black. As hot as it is in the summer – the weather can be unpredictable and it is usually a good idea to bring additional clothing to practices and meets. Sweat shirt and/or a windbreaker and pants are a good idea for stretching and warming up.

Can you volunteer to hand out ribbons at other meets to speed up the meet?

Maybe but that decision is at the discretion of the hosting team.

Are the meets run in traditional meet order?

Yes

What about rain for practices or meets?

Always check the website first. As a rule of thumb, practice or meets will only be cancelled if there is lightning. Decisions may be made on the track since Texas weather is so unpredictable.