

Peachtree City Flash Track Association

Track and Field Spring Season 2010

Frequently Asked Questions

When and where do we hold practices?

Beginning on Monday, January 25th we will hold practices on Monday and Thursday from 6:00 PM to 7:15 PM and on Saturdays from 9:00 AM to 10:30 AM. Additionally, an optional practice will be held on Tuesdays from 6:00 PM to 7:15 PM where athletes can work on their running or field events. All practices will start at Riley Field in Peachtree City. Although the primary focus of the Flash Program is on the running events, beginning in late February we will try to make field events available for at least 30 minutes on Thursday and Saturday (in addition to the Tuesday practice). During practices, we encourage parents to get on the track and either participate in your athlete's work-out or do your own. Additionally, we will incorporate "golf cart path" runs into some of our practices to give the athletes some time "off-track."

Who are the coaches?

The Peachtree City Flash Track program is led by Jeff Bilsky, a USATF Level 1 Certified Coach. Additionally, Don Livingston, a former Division I collegiate athlete and current Masters athlete, will be working with the Flash distance runners. The team will also benefit from several other experienced coaches including: Jennifer Bilsky, John James, Jim Sanders, and Chad Lohman. Additional information about our coaches is available at www.ptcflash.com

What are the different age groups and what is the birth date cutoff?

The athlete will participate in the age group determined by the athlete's age as of December 31, 2010. The age-group classifications for Spring Track 2010 will be as follows:

Sub-Bantam (8 & Under):	Born in 2002 or after
Bantam (9 – 10 yr old):	Born in 2000 or 2001
Midget (11 – 12 yr old):	Born in 1998 or 1999
Youth (13 – 14 yr old):	Born in 1996 or 1997
Intermediate (15 yr old):	Born in 1995

What events are contested at the track meets?

For the 2010 GRPA season, we will be contesting each of the following events at all meets. Each athlete will be allowed to participate in up to 3 events plus all relays. Each athlete can participate in either: 2 Running & 1 Field Event or 1 Running & 2 Field Events. The following also reflects the tentative meet schedule (please note that we will not be contesting any hurdle events):

RUNNING EVENTS

Event 1:	1600M
Event 2:	4x75M Relay (4-6 yr old)
Event 3:	4x100M Relay (7-15 yr old)
Event 4:	50M (4-10 yr old)
Event 5:	400M
30 Minute Lunch Break	
Event 6:	100M
Event 7:	800M
Event 8:	200M
Event 9:	4x400M Relay

FIELD EVENTS

Event 10:	Softball Throw
Event 11:	Shot-Put (10 – 15 yr old)
Event 12:	Running Long Jump
Event 13:	Standing Long Jump
Event 14:	High Jump (10 – 15 yr old)

Does a parent need to be present at each practice and meet?

A parent is required to either remain at each practice/meet or designate (in writing) another person as having responsibility for the athlete. In other words, unless specifically discussed with a coach prior to practice, someone responsible for the athlete must be present at practice. Please note that this is primarily a medical/liability matter where we're trying to ensure the safety of the athletes.

Why do we compete against teams from Cobb County rather than in Fayette County?

The Flash is one of the original members of the CCYTL and has had a long and successful relationship with this program. We originally joined CCYTL because of a lack of teams based in Fayette County and the surrounding areas. Currently, the Flash is the only track team in Fayette County that competes in the GRPA league. While we will compete against different teams at our District Meet in April, we believe the CCYTL provides us with a high level of competition as well as an extremely organized program.

How does event sign-up work?

Beginning the Monday before our first meet, and each Monday preceding subsequent meets, we will have a Meet Sign-up Sheet available at practice. Each athlete will need to check off the events they want to compete in for the upcoming event. If you're not present at the Monday practice, you can e-mail your athlete's preferred events no later than midnight on Tuesday. This timing is necessary in order for us to get the sign-ups into the Meet Manager software in time to be included in the upcoming meet schedule. It is not possible to submit late entries.

Can the athlete pick different events to try?

Absolutely. Our goal is to help the kids get the most out of the program. We will be encouraging all of the athletes to try something different, both at practice and during the first few meets. We plan our season in a manner that lets the athletes try different distance races and then focus on their key events as we move closer to the District Meet. Also, we will work on the three relay events and do our best to assemble relay teams such that each interested athlete has an opportunity to compete in these unique races.

What does the registration fee include?

The Registration fee is \$100 for all athletes. Additional family members can register for \$90 per member. This fee covers all meets that Flash participates in during the Spring track season. Fees must be paid prior to participating in practice, however, the fees are refundable should the athlete decide to withdraw from team during the first week of practice. Registration fees cover the cost of equipment, entry fees to all meets, trophies and insurance premiums for general liability insurance.

What are my volunteer obligations?

Any parent, regardless of prior experience, is more than welcome to volunteer to help during practice. The more parents involved, the more the kids will get out of the program. At our AWAY meets, we will generally be asked to act as a co-host. Essentially, we will work with the hosting team to help ensure a smooth and efficient meet operation. In order to achieve this goal, we will need 1 parent per athlete to volunteer. The objective will be to have the parent working for no more than 2 hours during the meet.

At our HOME meets, we will operate the entire meet with Flash-only volunteers (with the possible exception of event timing). In our experience, assuming full control of meet operation increases the likelihood of an efficient meet. In order to achieve this goal, however, we will need a larger time commitment. As we get closer to a HOME meet, we will discuss this in more detail.

What form of communication is used by the club to reach parents/athletes?

We will send e-mail communications on at least a weekly basis. Additionally, the coaches will try to be at practice a few minutes before and after the scheduled times to talk with parents or athletes to address any questions or concerns.

Are there additional expenses required by the athlete?

We will not ask for any additional money, however, the athletes are responsible for their uniform and transportation to all meets. The uniform cost is \$50.00 (tentative) for shorts and singlet (uniforms from cross-country or prior track seasons are fine). There are additional PTC Flash shirts, bags, etc. for sale, but purchase is optional. If you are interested in purchasing any of these items, please submit your order by **February 1, 2010**, since we have an early cutoff to order track and field items. We will have an order form posted on the website at www.flash.com as soon as possible.

What running gear does my child need?

Your child will need to have a pair of athletic running shoes for practice and meets. Appropriate running attire should include warm ups, running shorts, long and short sleeved shirts. Spiked shoes are not allowed at any meets during the Spring track season. Athletes can use running shoes including trainers or racing flats.

Where can I buy running shoes?

You can buy running shoes at any of the sporting goods stores, e.g., Dick's, The Sports Authority, etc. Smith & Davis Clothing at 1552 Highway 54 West, Fayetteville carries a good selection of running shoes. Also, *Phidippides* located at 1544 Piedmont Road, Atlanta (ask for Kevin Graham) offers Flash athletes and coaches a 20% discount.