

**PARENTS AND CHILDREN PLEASE READ!!**  
**TRACK PRACTICE AND MEET REMINDERS**

**FOR PRACTICE:**

When we have early practices (starting at 3:45 or 4:15), please don't eat before practice. When we have later practices (5:30 and 6:00), please do not eat a big/full meal before practice. If you're hungry after school, have a light snack (bagel, graham crackers, fruit) to hold you over until after practice. If you do eat before practice, please eat as soon as you get home from school to give the food plenty of time to digest before you come to practice. Otherwise, you will get cramps and will not be able to run.

1. **ALWAYS** (unless it's **70 degrees or higher!**) bring sweatshirts and sweat pants and/or jackets to practice with your t-shirts and shorts under them. Even if it doesn't feel that cold when you come to practice, it will be colder by the time practice is finished and you will need them. You should always dress in layers. No shorts, sweat pants or t-shirts are to be worn that have writing on the butt area. Tight running pants and/or leggings/tights may be worn, but **shorts must be worn OVER them.**
2. If you bring something to drink to practice, please make it **ONLY WATER**. It's the quickest drink to get the fluids back into your system to replenish you after practicing. **DO NOT** drink too much water right before or during practice. You will get bloated and get pains and cramps in your stomach while you are running. **DO NOT BRING ANY SPORT/ENERGY DRINKS TO PRACTICE!**
3. Please be on time and be sure to get all handouts either at practice or from the St. Rose School website. If you cannot be at practice, you must sign the "Excuse Book" either before (preferably) or after you miss practice. **If you are going to miss a MEET, please let me know at a practice prior to the meet you are going to miss or call me (856.547.3247)**
4. There may not be bathroom facilities readily available during practices, so be sure that you go to the bathroom before you come to practice.
5. If you use an **inhaler and/or EpiPen**, please **bring it** with you and **make me aware of this.**

**FOR MEETS:**

1. The **night before** a track meet, you should eat plenty of carbohydrates (for instance, pasta) which will be used the next day when you're running in the meet. Also, have plenty of water to hydrate yourself.
2. Please make sure to get a good night's sleep the night before the meet. Please, **NO SLEEPOVERS** or **DANCES** on Friday nights before a meet or you won't be able to compete!
3. The morning of the track meet, you should eat a light meal (toast, bagel, cereal, fresh fruit – **NO EGGS, DONUTS and/or FRIED FOODS**) and not too much water. You should eat as soon as you get up so the food will have plenty of time to digest.
4. You should wear your uniform t-shirt with blue or gold shorts appropriate for running – **NO DENIM/JEANS SHORTS**. Your uniform t-shirt is to be worn **ONLY** for meets. After the season, you can wear it whenever you want. If it is going to be cold, wear a long sleeve shirt or under armour type shirt under your t-shirt and **ALWAYS** be sure to bring your sweatshirts and sweatpants. No shorts, sweatpants or t-shirts are to be worn that have writing on the butt area. Tight running pants and/or leggings/tights may be worn, but **shorts must be worn OVER them.**
5. You should bring **ONLY WATER** to drink at track meets. It's the quickest drink to get the fluids back into your system to replenish you after your races. **DO NOT** drink too much water before your races. You will get bloated and get pains and cramps in your stomach while you are running. **DO NOT BRING ANY SPORT/ENERGY DRINKS TO MEETS!**
6. Please do not bring any food, except fruit (or fruit, granola bars, graham crackers or pretzels if absolutely necessary).
7. If it is going to be sunny, please bring sunscreen if you think you'll need it.
8. **PLEASE CLEAN UP YOUR TRASH BEFORE YOU LEAVE THE STANDS and TAKE ALL OF YOUR CLOTHES, WATER BOTTLES, ETC. WITH YOU!**
9. There may not be bathroom facilities readily available during the meets, so be sure that you go to the bathroom before you come to the meets.
10. If you use an **inhaler and/or EpiPen**, please **bring it** with you and **make me aware of this.**