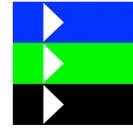


La Crosse Track Club



Attendance expectations and weather-related cancellations

ATTENDANCE – PRACTICES

- Practice is always optional and based on what your schedule will allow
- There is no need to notify a coach if your child must miss a practice
- Practices are held rain or shine, unless cancelled (see below)

ATTENDANCE – MEETS

- Participation in track meets are always optional (but obviously encouraged)
- If you pre-register your athlete for a meet, but then find that he/she cannot participate in it, please notify the coach.
- If your athlete is on a RELAY TEAM, remember that teammates depend on each other! If your athlete can't participate on a relay team that he/she was signed up for, please notify the coach immediately.
- Meets are held rain or shine, just like practices, with the same exceptions for extreme weather cancellations.

WEATHER-RELATED CANCELLATIONS

- There are two weather-related scenarios which will lead to a practice cancellation: extreme heat and high risk of lightning. Extreme heat is defined as heat index of 105 or greater. Risk of lightning is a judgment call based on radar or by personal observation. Rain alone will not cancel practice. Rain may impact some technical training aspects in certain events such as pole vault and the throws to ensure safety.
- Mid-summer evenings are often hot and humid, even if the heat index is below 105°. Practices in these conditions will be scaled back appropriately to ensure safety. Make sure your youth athletes are adequately hydrated all day, and have adequate water or Gatorade at practice.
- For all situations, use your own judgment as a parent of course... if you are certain your kids will be miserable due to the weather, then don't send 'em. But unless practice is explicitly cancelled, coaches will be at the track rain or shine. In prior years, the rainy practices have indeed been both fun and memorable.
- Whenever possible, practice cancellations due to weather will occur by email no less than 1 hour prior to the start of practice. Mobile text alerts will also be sent to all who opt-in to this method of communication at the start of the season.
- If you don't receive a cancellation notice, then practice is "on"!