



LA CROSSE TRACK CLUB - SUMMER YOUTH TRACK & FIELD 2019
FREQUENTLY ASKED QUESTIONS

Topic: Grades 1-5 Track & Field Program

Q: Is this program only for La Crosse kids, or may kids from other schools join and participate?

A: Anyone from any school may participate in any La Crosse Track Club practice or training group.

Q: My child isn't sure about this. May we try it out for a day before we register and pay for it?

A: You are welcome to attend a practice session to watch before signing up. HOWEVER, it is possible that practice sessions may fill to maximum capacity several weeks prior to the first practice day. Once a session is at maximum capacity, a waiting list will be the only option. One way for children to find out if they might like the La Crosse Track Club activities is to first try the City of La Crosse Park and Recreation's spring track program.

<https://www.cityoflacrosse.org/content/407/461/2442/2402/2639.aspx>

Q: If we sign up but then my kid quits after the first week, can we get our money back?

A: Since we order T-shirts and hire coaches based on registrations, we cannot offer refunds.

Q: Are grades determined by the grade in school this spring or next fall?

A: Grades for practice group divisions are determined by grade entering in the upcoming fall 2019 school year.

Q: We have two children and we'd like to keep them together, but one is just barely in the next grade group (e.g. 2nd grader and a somewhat young 6th grader). Can we keep both children together at the same practice site?

A: Although this can potentially make things difficult for the child who is not practicing with his/her correct age group, it is certainly possible if it resolves a parent/child transportation issue or other logistical barrier. The athletes will still be expected to participate in the age-appropriate activities that are planned for practice for that age group.

Q: If it is raining, is there still practice?

A: Yes. Practices are held rain or shine, although exceptional circumstances (lightning) could cancel a practice. No practices are mandatory, however. It's up to the judgment of the athlete and the parents. See more information on the La Crosse Track Club's website:

www.lacrossetrackclub.org

Q: Do I need to notify the coach if my child needs to miss a practice or a meet?

A: Nope. We don't take attendance at practices, and track meets are optional.

Q: Will the grades 1-5 group do field events too?

A: Yes. Age-appropriate field events for this age group include shot put, long jump, and (for ages 9+) high jump. We also introduce athletes in the grades 1-5 group to turbo-javelin.... a shorter lighter plastic javelin with fins on the tail and a blunt rubber nose.

Q: In grades 1-5, does the long jump have a running approach, or is it the standing long jump?

A: For ages 8 & U, the standing long jump is used. For ages 9+, the long jump is with a running approach.

Q: Can athletes in the grades 1-5 group do hurdles?

A: We will occasionally use very short speed hurdles at some practices for fun. Also, our 4th and 5th graders may use plastic PVC training hurdles as an introduction to hurdles. However, the 100m hurdles race at the mini-meet is only available for the 11-12 and 13-14 age groups (or, in rare circumstances, a 10-year-old who will turn 11 later this year who may have had prior experience with hurdling.)

Topic: Grades 6-12 Running Groups

Q: Can a participant run in both the sprints group and the distance group?

A: Yes, an athlete can do only sprint workouts, or only distance running workouts, or some of each (for example, sprints on Tuesday and distance on Thursday.)

Topic: Grades 6-12 Technique Groups

Q: Can a participant focus on more than one of the technique sessions (throws, high jump, long/triple jump, and hurdles)?

A: While most athletes focus on a single event during the technique sessions, it is acceptable for a participant to do any technique session on any given day (for example, high jump on Monday and hurdles on Wednesday.)

Q: Can technique group participants compete in the local mini-meets? Can they compete in other events other than their technique group events?

A: Yes (as long as the athlete is age 14 or under), the mini-meets are available for no extra charge, and without other restriction on events.

Q: Is the discus event held at the local mini-meets?

A: No, only shot put is offered at the local mini-meets. However there are ample competition opportunities for discus (and even javelin) at other meets including AAU, USATF, and Badger State Games.

Topic: Meets and Competitions

Q: Are there any competition opportunities for athletes ages 15+?

A: There are several opportunities, although none are included in the base registration fees, and will require travel. The AAU team registration option is available for youth ages 18 and under. The AAU meets are in the Milwaukee area during the last two weekends in June. Additional competitions include USATF Junior Olympics meets, Badger State Games, and occasional other youth track & field meets hosted by colleges and universities or other track clubs. See a list of other meets and event on the La Crosse Track Club's website:

www.lacrossetrackclub.org

Q: How can I learn more about the AAU registration option and the AAU track meets held in Milwaukee?

A: Info on the AAU team registration option is on the La Crosse Track Club's website:

www.lacrossetrackclub.org

Q: In our local mini-meets for ages 6-14, how are age groups divided? And how is age defined?

A: Age groups are divided into two-year groups: 7-8, 9-10, 11-12, 13-14. For the local mini-meets, age is determined by the athlete's age ON THAT DAY OF THE MEET. For 4x100 relay teams, the age group that the team will compete in will be the age of the oldest runner on the team.

Q: How are age groups defined for other track meets such as USATF or AAU?

A: For most state-wide meets such as USATF, AAU, and Badger State Games, the athlete's age is determined by the age on December 31 of that year. So if you are 12 years old this summer but will turn 13 in November, then you will compete in the 13-14 age group. The reason for this is to ensure athletes stay in the same age group throughout the entire competitive season, which could include indoor track meets in February, outdoor track meets in the summer, and cross country meets in November. Other meets may vary in their age determination rules, so be sure to pay attention to the rules during any meet registration.

Topic: Pole vault practice sessions

Q: Do I need to bring my own pole?

A: Ideally, a pole vault participant should make arrangements with his/her high school coach to obtain and bring the pole used during the track season. It can be brought to the first practice and then it will be stored in a secure site at the practice facility for the duration of the summer pole vault practices. There may be additional poles available at practice. If you do not have access to a pole, contact the Pole Vault practice coordinator Garrett Carlson

gcarlson@lacrossesd.org at least two weeks prior to the first practice to make arrangements.