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## Flyers Spring Track & Field Competitive Team

Dear Westfield Area Y Flyers Track Club Spring Track & Field Parents and Athletes,

Welcome to the 2019 Spring Track & Field Season!

The Competitive Team practices every Monday (6:00–8:00 PM), Wednesday (6:00–7:15 PM), and Friday (6:00–7:15 PM) from March 18 through May 17 at David Brearley High School at 401 Monroe Avenue in Kenilworth.

Please visit our website, [www.YFlyersTrackClub.com](http://www.YFlyersTrackClub.com). This website is our hub for all Flyers information (e.g., practice schedules, meet dates/registration, team records, FAQs).

Uniforms and Spirit Wear can be ordered on our website, [www.YFlyersTrackClub.com](http://www.YFlyersTrackClub.com), by clicking the “Apparel” tab at the top of any page.

- All orders placed by 9:00 PM on Friday March 29, will be ready for pickup at practice on Wednesday, April 10.
- All orders placed by 9:00 PM on Friday April 12, will be ready for pickup at practice on Wednesday, April 24.
- All orders placed between Saturday April 13 and Friday May 3, will be available for pickup on Wednesday, May 15.

Each athlete must have a uniform to participate in a meet.

We hope your athlete enjoys their experience with the Flyers Spring Track & Field Program. We also hope you’ll join us for our Summer Track & Field program from May 29 through July 19.

Our goal is to provide a quality program to the parents as well as the athletes. If you have any questions, now or in the future, please contact Will Smith via e-mail at [wsmith@westfieldynj.org](mailto:wsmith@westfieldynj.org) or via phone at 908-233-2700 x279.

Sincerely,  
Westfield Area Y Flyers Coaches





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## Meet Information:

Meets are not “in-and-out” type of events. In many cases, you will be spending the ENTIRE DAY, or a majority of the day, at the meet. DO NOT over-book your child or family with multiple activities the day of meets. The feeling of being rushed through a meet only puts pressure on the athlete.

Athletes on the Competitive Team may participate in the following meets at no extra cost.

<u>Meet Date</u>	<u>Meet &amp; Location</u>	<u>Registration Due By:</u>
Sunday, April 14	NJ Striders at Hackensack High School	March 29 - Online on Event Page
Friday, April 26	Twilight Meet at Ridge High School in Basking Ridge	TBD
Sunday, May 5	NJ Striders at Fair Lawn High School	April 19 - Online on Event Page
Sunday, May 19	Hunterdon Lions at North Hunterdon High School	TBD
Saturday-Sunday, June 8-9	USATF NJ Association Junior Olympic Championships for ages 7-14 at Hub Stine in Plainfield, NJ	TBD - Online on Event Page <i>USATF Membership Required</i>
Saturday-Sunday, June 22-23	USATF NJ Association Junior Olympic Championships for ages 15-18 at The Peddie School, in Hightstown	TBD - Online on Event Page <i>USATF Membership Required</i>
Thursday-Sunday, July 11-14	USATF Region 2 Junior Olympic Championships at Slippery Rock University in Slippery Rock, PA	TBD - must advance from Association meet
Monday-Sunday, July 22-28	USATF National Junior Olympic Championships in Sacramento, CA	TBD - must advance from Region meet

Registrations are online using the Google Forms on our web site under the “Events” tab. You will not receive a confirmation after submitting the entry form. If you are uncertain if you submitted it correctly, please contact Will Smith.

Some meets require youth athletes to have a current USATF Membership (\$20/year). Information on how to get a membership can be found on our website ([www.YFlyersTrackClub.com](http://www.YFlyersTrackClub.com)), under the “Meets” tab.

If you have any questions, now or in the future, please contact Will Smith via email at [wsmith@westfielddynj.org](mailto:wsmith@westfielddynj.org) or via phone at 908-233-2700 x279.



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Welcome to the Flyers Track Club's 2019 Spring Track & Field Season.

As we start a new season, I want to say welcome to the Westfield Area Y Flyers. The Team provides coaching to over 700 athletes throughout the year. There are a multitude of opportunities for each athlete to excel and find their niche. Not every athlete will win a race this season, but all are a valuable part of the team. It is important to note that the success of this team, like most youth sports, is dependent on parent volunteers.

The Flyers' Parent Assistance Committee (PAC) provides on-going support to the Club. The PAC is responsible for activities such as team parties, running the annual track & field meet, fund raising, and providing support to the coaches and athletes. As the season progresses there will be a variety of opportunities for you to become involved with the team. The team needs volunteers for periods as short as a couple of hours at the meets, or to play an on-going role in the running of the PAC.

My family has been involved with the Flyers since 2012 and we have seen the tremendous growth in the program. The Team has had incredible success the last five years including 31 All-American honors, 30 USATF New Jersey Youth Awards, and 9 National Champions. However, these awards are not the most important part of what athletes take home. They learn self-discipline, the benefits of hard work and perseverance.

If you have any questions during the season, please feel free to contact me at 908-499-1567 or [flyerspac@westfieldynj.org](mailto:flyerspac@westfieldynj.org). I can either answer your questions or direct you to the person who can.

Very truly yours,

Jeannette Koizumi, Chair  
Flyers Parent Assistance Committee



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## Volunteer Check List

Parent Name: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Athlete's Name: \_\_\_\_\_

Athlete's Team:      Competitive       Developmental       Cranford

If you are interested in volunteer opportunities, please check next to the one(s) you can help with. (You are welcome to choose as many as you want!)

Coaching

Experience, if any: \_\_\_\_\_

Parent Assistance Committee (PAC)

Assisting with a PAC sub-committee

Social events

Community outreach

Sponsorships

Fundraising

Wherever you need me

Donating equipment

Other: \_\_\_\_\_

When complete please hand to Cindy Cooke or Coach Will. Thank you for helping make the track program the best it can be!

If you have any questions, please feel free to contact Will Smith via email at [wsmith@westfieldynj.org](mailto:wsmith@westfieldynj.org) or via phone at 908-233-2700 x279.

## Track and Field Frequently Asked Questions (FAQs)

### **We are new to track and field meets. What should we expect?**

Meets can be a lot of fun – especially when the weather is nice, but there are a few things to remember. The meets have many different teams, events, and age divisions competing and will last for a few hours. Also, events are arranged to allow the athlete time between events. For example, if your child is a sprinter and runs the 100m and 200m events, the 100m will be near the beginning of the meet while the 200m is much later in the day. Please be patient and considerate of the officials and other athletes. Because the weather can be hot & sunny, cold & rainy or anything in between, it is best to have a canopy/tent that the athletes can use to stay out of the elements and relax between events. We do not want the athletes running around between events and getting too tired before they compete. Last, but not least, be prepared for a day of fun competition and be sure to keep your eyes open – there may be a future Olympian there! [Jeremy Wariner](#), [Allyson Felix](#), [Sanya Richards](#), [Bryan Clay](#), [Lauryn Williams](#), [Adam Nelson](#), [DeenaKastor](#) and [Meb Keflezighi](#) were all USATF youth athletes.

### **Track & Field is an outdoor sport, what is the weather policy?**

Lesson plans are modified according to weather conditions (i.e., excessive heat or cold, humidity, rain, etc.). Do note that practices are held in the rain. We will cancel in the event of lightning or snow that is sticking to the ground.

### **How do I know if a practice is cancelled due to weather?**

Often the timing of weather is unpredictable. In the event of a cancellation you will receive an email as soon a decision is made. Keep in mind that due to the unpredictability, practice may be cancelled even a half hour before it is set to begin. In addition to an email, the Y will be notified and the staff working at the Welcome Center and greeter's desk will be able to tell you if practice has been cancelled. If you call and they "have not heard anything" or are "unsure" if practice has been cancelled that means practice will be taking place.

### **Should my child check-in at each practice?**

Yes, your child must check in at each practice with the coach taking attendance. Developmental athletes check-in by their birth year, whereas competitive team athletes all check-in at the blue Competitive sandwich board.

### **My child has Asthma, should he/she bring an inhaler to practice?**

Yes, to all practices and all meets. Please write their name on it in case it gets misplaced or lost.

### **What type of clothing should my child wear to practices?**

Dress appropriate for the expected and possible weather conditions of practices/meets. It is recommended that the shirt closest to the athlete's body is a wicking material (e.g., our team shirts, under armor, etc). This will help pull sweat away from the athlete's skin. On cooler days, additional layers are often needed. The next layer should be a light fleece type of material. Finally, the layer on the very outside of the body should be a wind/rain layer (e.g., a light rain jacket). It is suggested that they bring a bag to practice and meets in case they want to shed layers as they warm up or add layers if they become cold.

### **How does the team uniform and spirit wear work?**

All of our uniform and spirit wear ordering is online. Visit our website and click the "[Apparel](#)" tab at the top. The description on the page will explain the upcoming order deadline which is when the orders will be filled. From here you can order a team uniform, t-shirts, long sleeves, sweatshirts, and more! All funds raised from the spirit wear orders will directly benefit the Flyers Track Club. The Swan Brothers will deliver your uniforms and/or spirit wear to the coaches and you can pick them up at practice.

### **Will water or beverages be provided during practices?**

Water is not provided. It is your responsibility to send your child to practice with a water bottle. Please write your child's name on the water bottle so that if they leave it by mistake and we find it, we can return it at the following practice.

**What type of beverages should my child have or avoid?**

Water is preferred. Please avoid carbonated beverages such as soda and it is suggested that athletes dilute electrolyte drinks such as Gatorade or PowerAde with some water as the high sugar contents often lead to cramping.

**What should my child eat or not eat before a practice/meet?**

There are many different philosophies on pre-competition nutrition. However a good basic rule of thumb is to only eat foods that easily digest before a practice or competition. Examples include fruits, eggs, and oatmeal. Avoid foods with high fat levels before a competition.

**What should my child eat after a race?**

Simple sugars within a half hour to hour after competition such as those in fruits, bagels, etc. are recommended. Foods containing antioxidants will help your athletes replenish their fuel sources quickly and decrease muscle fatigue.

**My child is a pretty good athlete, should they wear spikes? If so, what kind?**

¼ inch pyramid spikes are permitted on our home track and at most meets. However, this is taken on a case-by-case basis so speak to the head coach if you believe spikes may benefit your child before purchasing them. In addition, the head coach will speak with athletes and parents if we believe that an athlete will benefit from having spikes. More information about spikes can be found by clicking the "[Apparel](#)" tab or [www.yflyerstrackclub.com](http://www.yflyerstrackclub.com).

**My child is nervous about participating in their first meet. What should I do?**

Encourage them as their parent and let them know that the coaches will fully support them no matter how they finish. A coach attends our scheduled meets so they will have the support of a coach at the meets. We want them to try their best and have fun.

**How do I know which track and field meet is most appropriate for my child to participate in?**

First, cross reference your calendar with the meet dates to see what meet dates your child is available for and then speak to Coach Jolene or Coach Will and they will recommend the most appropriate meet for your child.

**How do I know which event(s) my child should participate in at a meet?**

Speak to the head coach and we will help guide your athlete. In general, athletes should only compete in events they have practiced and enjoy doing.

**Where can I find the results of the meets?**

See the [Meet Results](#) sub menu item under Meets on [www.yflyerstrackclub.com](http://www.yflyerstrackclub.com).

**My child wants to be part of a relay, how are relay teams formed?**

To be part of a relay team, there must be 4 athletes in the same age division. Step-up relays require one athlete from each age division. Sign up for a relay team on the meet form. Since meet sign-ups are due a week before the meet, the coach will be able to form the relay teams or let you know if there are not enough athletes in your child's age division for a relay team.

**Is transportation provided for any meets?**

No, parents are responsible for this.



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# REACH YOUR FULL POTENTIAL

## Individual and Small Group Coaching

**Looking for a championship season? Hit a plateau? Looking for extra advice that will lead to a break-out year? Here is your opportunity!**



USATF-certified coaches train athletes to excel in their choice of events. Training will focus on the athlete's specific goals and be tailored to their individual needs. Sessions emphasize skill development, precise form and mechanics, and personal conditioning. Video analysis is used so athletes can see and review details they need to improve and monitor their progress toward ultimate success!



In the last seven years, 127 of our track & field athletes qualified for the USATF National Championships under Flyers coaching leadership! Bring it to the next level!

- All lessons are one (1) hour and open to any age/ability level.
- Time/Location: Determined upon instructor/athlete availability.
- Private/Individual Fee: 5 Pack at \$275, 10 Pack at \$500
  - Session: 19SP1; Code: 1SLTRACKPR5 or 1SLTRACKPR10
- Register at Flyers practice, online, or the Main Y Facility.
- Goals questionnaire must be completed in advance by the athlete and parent.
- Parents must attend the entire individual lesson.

Questions? Contact Will Smith at [wsmith@westfieldnj.org](mailto:wsmith@westfieldnj.org) or 908-233-2700x279

**WESTFIELD AREA YMCA • 220 Clark Street, Westfield, NJ 07090**  
**[www.westfieldnj.org](http://www.westfieldnj.org) • 908-233-2700 • [www.YFlyersTrackClub.com](http://www.YFlyersTrackClub.com)**