

Fair Lawn Jr. Track & Field

Spring 2023

Welcome to the Fair Lawn All Sports Junior Track and Field.

Our Mission is to nurture and develop running, race-walking, jumping & throwing skills in a competitive environment and to promote team spirit and respect of others on the track and off.

Practice Schedule

All Practices are held at the Fair Lawn High School track (Sasso Field) and will consist of all age groups.

The original schedule will also be posted on SportsEngine and the FLAS Track & Field website <http://www.fairlawnallsports.com/track.htm>

***All our practices are based around the High School schedule. We share the field with the High School so when they need to change their schedule we will need to set a different date. Changes to the original schedule are due to weather or other schedule conflicts and are beyond our control.*

***Always be sure to check SportsEngine before heading out to the field for practice.*

PRACTICE BREAKDOWN

- Your child will report to the head coach on the field for warm-up
- Warm-up on practice day is 6:00 pm-6:15 pm. Be prompt!
- After warm-up, the team will be separated by age group and will rotate between running and field events.
- Training will be split in 15 minute-30 minute sessions: 6:15-6:45 pm & 6:45 pm-7:15 pm
- Warm down 7:15 pm-7:30 pm (report to assigned coach).
- Dismissal

PRACTICE BREAKDOWN: End and Notes

END OF PRACTICE

Athletes will be picked up from the center of the track by parents. They will not be permitted to leave the field unattended.

PRACTICE NOTES

*Bring a bottle of water or Gatorade for your child to have at practice.

*It can be windy and cold at the track during the beginning of the season, be sure to have your athlete dress in layers. Running shorts and a t-shirt with sweats on top (LACE UP SNEAKERS ONLY and NO JEANS or JEWELRY).

*Bring gloves and a hat at the beginning of the season.

PRACTICE FACILITY

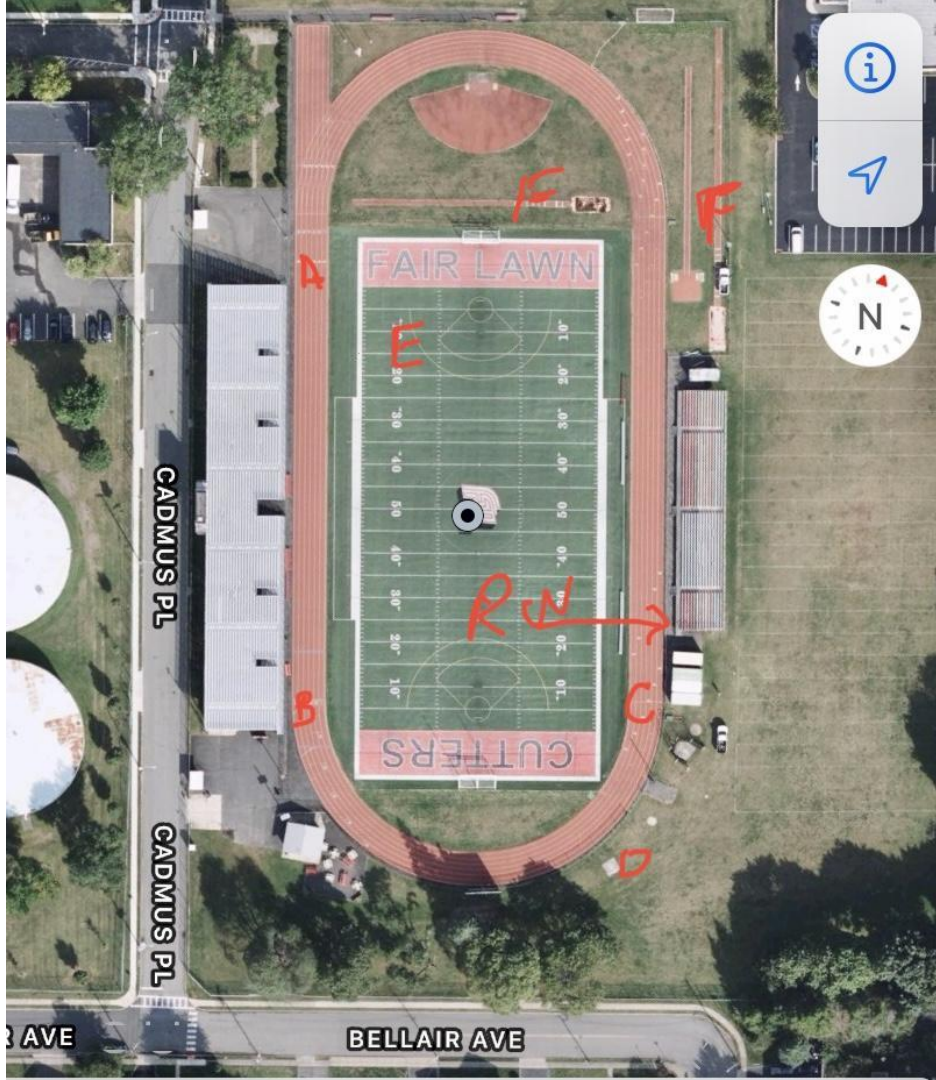
- Sasso Field is the property of Fair Lawn School district.
- Please take home everything you came in with, including garbage. We do not have a lost and found.
- ***ONLY CERTIFIED COACHES AND ATHLETES ARE PERMITTED ON THE TRACK & FIELD DURING PRACTICES.***
PARENTS AND THE PUBLIC ARE NOT PERMITTED TO USE THE TRACK.

PRACTICE FACILITY: Conduct

- Please try to keep your athlete off the pole vault mats. They are very entertaining for the children, but should not be jumped on risking injury or damage to the mats.
- Remind your children that horseplay (before during and after practice) may result in their dismissal from practice or if it is habitual, removal from the team as it could cause injury to the other athletes.

PRACTICE FACILITY: RAIN/EMERGENCIES

- We encourage families to stay, please do not drop children off at practice and leave. The coaches and volunteers are not responsible for your children after practice is over.
- Practice can end unexpectedly, especially in the event of sudden inclement weather. We have no place to go if it rains, or if there is the threat of lightning.
 - *If we must evacuate the field due to a thunderstorm, we will immediately bring ALL athletes to the Fair Lawn Rec Center adjacent to the field. You will need to pick your child up from that location.*
- Make sure your child knows your phone number if they need to call.



- A. Starting Line
- B. Finish Line
- C. 1500 Start
- D. Shot Put/Discus
- E. Javelin
- F. Long Jump
High Jump

MEETS

MEET SUNDAY: Attendance

- If you cannot attend a meet, please mark it in SportsEngine the Monday before the scheduled event.
 - *The coaches will be planning workouts for your athlete based on which events they will be competing in that week, and if your child competes in the relays they will need to know in advance to make arrangements for an alternate.*

MEET SUNDAYS: fees/events

- The coaches will assist your child in deciding on what events an athlete will compete in.
- When athletes compete in the first 6 meets the membership dues cover their entry fee.
 - *At the Junior Olympic Association meets (USATF), parents start to pay a minimal fee.*

MEET SUNDAYS: Team Tent

While Track and Field is an individual sport it is also a team sport. At meets, the entire team should be located in one area. The team has a tent with a Fair Lawn banner which will be set up. Please report to this tent for the meets.

When your child is done competing, he/she may leave after checking in with one of the coaches.

Remember to bring lawn chairs to sit on and dress appropriately. Bring tents/umbrellas to protect both from the sun and rain.

MEET SUNDAYS: Uniform, bibs, shoes

Athletes **MUST** attend the meet in uniform and with their bib safety-pinned to the front of their racing top with four safety pins.

Be sure your child's shoelaces are tight & double knotted. They cannot be touching the ground.

Don't forget your sunscreen!

MEET SUNDAYS: Family

- Meet day is a great day to spend outdoors while enjoying the sport of Track & Field. There is no entry fee for a meet so you are welcome to bring family and friends to cheer.
 - Children are NEVER to play under the stands. Bring something to keep busy.
- *Information on meets is located at njstriders.com*

Meet Sundays: Results

Results: If you have an issue with results after the meet, do NOT email NJ Striders. Reach out to Jac Joyce flastrack@gmail.com or see the Fair Lawn coach at practice.

Press Box: Director and Assistant Director are the only individuals permitted by NJ Striders to approach the press box with meet questions, result inquiries, etc. If there is an issue, please see Jac Joyce or a coach.

New Jersey Striders Track & Field Club

We will be competing within the New Jersey Striders Track & Field Club, which consists of well over 14 Teams. NJ Striders is the third largest youth track club in America.

Our meets are contested in April, May & June, are developmental in nature and open to all levels of competition.

Meet Schedule and directions can be found on the NJ Striders website at <http://njstriders.com>

MEET SUNDAYS: Nourishment/Hydration

- Better nutrition better performance! Limit or eliminate the junk!
- Athletes should have plenty of water or Gatorade with them. Try not to let them eat anything too fatty or heavy before their race.
- Low-fat, low-sugar snacks like whole-grain food bars and nuts are recommended. They provide a good source of energy.
- Fruit, or raw vegetables, are a good alternative to sugary snacks and help replace lost minerals and help balance electrolytes.
- *Please be aware of garbage and respect the hosting teams' facility by discarding any litter.*

MEET SUNDAYS: Weather

If it rains the day of a meet you will be notified by 11 am race day if it is canceled.

MEETS ARE ONLY CANCELLED UNDER SEVERE CONDITIONS.

Relay Teams:

- Relay Teams are by try out and selected by the running coach.
- If your child wishes to compete on a relay team they will need to be present at the meet and remain until the very end which at times may be around 4-5 PM.
- Only a certain number of relay teams are permitted so not every child will be able to run the relay.

AGE GROUPS AND AWARDS

- The age group your athlete competes in is based on his/her year of birth. This is regulated under USATF guidelines with no exception
- Awards are given out the following week after the meet at practice and the **END** of practice.
- Every child who competes in a meet receives a ribbon regardless of placement. If your athlete does not attend the practice after the meet, the awards will be held by their head coach.

Competition sites: Parking, Team Warm Ups

Parents be aware some of the sites' parking lots will fill up before noon on meet day. Please plan to arrive early.

The team will warm up as a group at 11:30 pm on the field with the coaches.

*****Please, absolutely no parents or unassigned coaches on the field of play during the meet, we can be disqualified as a team if this policy is not followed.***

COMPETITION BIBS

- Your athlete will be given one bib with a number on it per season, along with four safety pins.
- This bib number is your child's **ID** while competing and the only way the judges and referees can identify your child.
- This number is the same for all 5 regular season meets and for the USATF Prelim Qualifier if they choose to go into the USATF Junior Olympic circuit.

COMPETITION BIBS

- Bibs need to be fastened to the FRONT of the TANK (racing top) ONLY and pinned in ALL FOUR CORNERS.
- These bibs are ONLY to be worn at the meets.
- **Do not throw bibs away and do not wash it.** There is a color-coded dot on the bib that tells the officials on the field what age group your athlete is competing in.
 - *Please check the color-coded dot on your athlete's bib if they lose the sticker, bring it to a coaches' attention so it can be fixed before the start of the meet.*

Lost/Destroyed Competition Bib Numbers

- You must inform Jac Joyce or another coach at the meet before noon on meet day, to receive a replacement number.
- The new bib number will REPLACE the old in the computer
- The cost of replacement is a mandatory **\$20** and is paid at the time of replacement at your expense.

HOME MEET MAY 7, 2023

Fair Lawn has hosted a successful home meet for over ten years. We cannot have this success without the hard work of our coaches and volunteers and we are looking forward to another successful meet.

We will be asking for volunteering with the snack stand, raffle, and donations. Our home meet this year will be held on **Sunday, May 7th.**

Lapathon

- Mid April we do a fundraiser known as the lapathon
- Athletes receive pledges and/or donations to continue at pace for a certain distance for a determined pledge amount.
- Pledge sheets will be available at practice.

FOOTWEAR

Shoes must fit correctly, soles that bend and are light.

There are many types of running shoes, throwing shoes, jumping shoes.

If it is your child's first year go for a middle-distance running shoe.

Brands are Nike, New Balance, Adidas, Asics, Saucony, etc. and you should be able to purchase a pair for \$25 to \$60.

**The fit and make of the shoe is the most important factor.*

SPIKES

1/8 inch spikes are permitted at our developmental meets.

UNIFORMS/APPAREL

All apparel and bib numbers are for your child to keep so please make sure you write your child's name inside each piece as soon as they receive it.

Uniforms are necessary at meets, not practices.

TERMINOLOGY YOU MAY NEED TO KNOW:

Track: a surface made of rubber and is usually 400 meters long.

Track lanes: boundaries marked with white lines that range from 36” wide to 48” wide, depending on the facility.

Starting blocks: metal foot pedals used by sprinters at the start of a race to assist in the push-off. *not used in our meets

Terms, Rules and Commands

Who wins a race: Athlete who crosses the finish line torso first!
Arms or feet do not count.

Track and Field Events

Sprints

The following races are run in lanes for our developmental series, and the athlete must stay in their lane at all times. If they take three steps in a row outside of their lane, they can be disqualified.

Starting commands in races of 400M or less: *On your marks, set, (slight pause), then*
gun sound

100M (meters): a sprint down a straightaway of the track

200M: ½ of a lap

400M: one lap

Mid and Long Distance Runs, Relays and Racewalk

The following races are run from the starting line and the athlete must cut into lane 1 once they have a 1 stride lead if they take three steps in a row inside of lane 1 they can be disqualified.

Starting commands in races of 800M or longer: *On your marks, (slight pause), then *gun sound**

800M: two laps

1500M: 3.75 laps, and is known as the metric mile. A mile is 1609 meters or four full laps. (1600M)

3000M: 7 ½ laps

Relays: four athletes run a percentage of the race and hand a 1-foot long aluminum tube(baton) to each other.

Racewalk: a fast walking race where the athlete must keep one foot on the ground at all times and also straighten their leg upon impact to the ground each time. (This race is judged and timed)

Throwing Implements

The following are used for throwing events and recorded by measure.

Shot put: a round steel ball that weighs 2 lbs for 7-8 yr olds, 6 lbs for 9-12 yr olds & 13-14 yr old girls The 13-14 yr old boys use a 4kg (8.8lbs)

Discus: like a weighted Frisbee (contested 11/12 and up)

Turbo javelin: a developmental level spear training tool plastic modified (for safety) that is made especially for young competitors (300g 7/8 and 9/10)

Finn Flier/Aero Jav; a developmental level spear training tool plastic modified (for safety) that is made especially for young competitors (450g 11/12 and 13/14)

Javelin: a long piece of wood with a sharp point (thrown by 13 and up only in USATF JO competitions only)

Jumps

The following are jumping events and recorded by measure

High jump: a parallel crossbar that is jumped over from one foot, landing on three foam mats placed behind the stance.

Long Jump: a sprint down a straightaway jumping off a whiteboard into a sandpit.

Triple Jump: a sprint down a straightaway jumping off a whiteboard on one foot landing onto the opposite foot onto the board and leaping into the sandpit. (this event is contested by 13 & up only due to difficulty level)

Any questions please reach out

FLASTRACK@GMAIL.COM

FOLLOW US AT:

INSTAGRAM: fairlawnjuniortrack

TWITTER: @FLAS_TrackField