



Randallstown Track Club
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Spring Program Information

The outdoor track program has two parts, spring and summer. The spring program runs from April 1 until May 31, and the summer program run from June 1 until August 8. The spring program has between four and seven all comers' track meets. The summer program consists mostly of Junior Olympics meets, other series meets, recreation level meets, and high-level invitational meets.

During the spring season the weather can be unpredictable, and daylight ends early. The practice is schedule from 5:30 PM to 7:00 PM two day a week in April and 6:00 PM to 8:00 PM in May. It is the responsibility of parent to pick up their children at the time practice is finished, please be on time. Repeated failure to pick-up your children in a timely manner is grounds for dismissal. Since the temperature may be cold in early spring, we suggest that all athletes come to practice with coats or jackets, a sweats shirt, gloves, and a hat or cap that will cover the ears. Athletes can always take these clothes off, but can't put them on if they don't have them. The schedule practice time will change in May to 6:00 PM until 8:00 PM; an announcement will be made at practice.

Athletes not accompanied by a parent at the end of practice, must be picked up in the school parking lot, off of Offutt Road. No accompanied child is allowed to go up the hill to Winands Road. This is a safety issue. The kids need to stay with the coaches until there is an adult present to pick them up.

Every athlete will be issued a T-shirt with the club logo on it, before the first meet. They can keep this shirt. Depending on the number of athletes on the team, and the income we get from our fundraiser track meets, some athletes may be issued uniforms (singlet & shorts) later in the year.

Practice is very important, this is where skills are taught, and conditioning and training occurs. Missing practice can result in poor physical condition, and lack of event performance skills. Information about the team is given out at practice, along with meet results, directions, times, and dates of up-coming events. Please make an effort to attend all schedule practices.

Everyone has unexpected things that come up. If, for any reason, you will not be with the team for an extended period, please inform the coaches in advance. If we find an athlete missing for an extended period, we will assume that that person has dropped out of the program. These athletes will not be considered for any meets, regardless of whether or not they have qualified for the meet. You must practice to participate in meets.

All meets in the spring are on Saturday or Sunday, while some summer meets can be two, three, or four days long. Track meets last from six to eight hours, and you should plan an hour drive to and from the meet. Normally the time of departure for a meet will be given out at practice during the week before the meet.

Meet entry fees will be collected at the meet site when we arrive, then the team will register as a group. Please be there on time if you do not go with the team, or registration is your responsibility

Our team will meet in the parking lot of Randallstown High School; depart at the specified time, and car pool to the meet site. Please don't be late or we will leave you, rather than have the entire team late. The departure time is based on drive time, team warm-up time, and start time of the meet.



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Spring Program Information (continued)

We have a large amount of equipment and supplies to take with us to the meet. This equipment is for you and your child. We need help to carry and set-up the equipment. If it is left to the coaches to do these task alone, we will simply stop taking the equipment with us.

We cannot tolerate behavior problems with any child. If your child has behavior issues, you should be at every practice to monitor the child. Repeated misconduct of any child is grounds for dismissal.

Track and Field is an athletic sport, and as such presents the possibility of injury. Serious injury or death is possible while participating in this sport. Parents should caution their children about this, and warn them about doing things that may expose them to the possibility of injury. If there is a problem with an athlete's health or bodily injury, the coaches should be notified immediately.

The standard age groups are based on year of birth. They are in two year increments, based on year of birth, as follows; 6 and under are 2011 and later, 8 and under are 2010 and later, 9-10 are 2008-2009, 11-12 are 2006-2007, 13-14 are 2004-2005, 15-16 are 2002-2003, and 17-18 are 2000-2001. USATF age groups are the same except no 6 & under. AAU has single year divisions for 8-14 and the same as above for older divisions.

As the temperature warms up, it becomes very important for the athletes to remain hydrated during practice. Everyone is required to bring at least 1 pint of water to practice every day. Our track is remotely located, and has no bathroom facilities. We are not allow to go into the school. Please take care of the restroom needs before practice.

Those people who do not register for AAU and USATF memberships and summer meets, will end their participation at the end of May. No more practices are allowed, and your season is over.

Please keep up with start and end time for practice. Be on time to practice, and picking up your kids. If you are not present at the track when practice ends, you child must stay with the coaches, and you must pick them up in the parking lot by the school.

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You cannot schedule yourself to arrive at the meet at start time. There is equipment set-up, athlete registration, team warm-up, event assignment, and race plan discussions. All of this must be done before the competition starts.

Coach Rogers