

## **2017 LCRD Track & Field Program Information**

Welcome to the 2017 LCRD Youth Track & Field Program! The goal of this program is to promote health and physical fitness, good sportsmanship, learning of fundamentals, and to provide a fun and worthwhile leisure activity for participants, coaches, and parents. We hope that the following information will answer most of your questions. Call LCRD at 876-5359 for additional information.

1. **TEAMS:** Evaluations will be conducted for each league for the purpose of dividing teams as evenly as possible. Teams will be formed for both boys and girls with the same number of each age on each team. **All girls should report to the LCRD Track on Tuesday, February 21, at 5:30 for their Evaluation. Boys should report on Wednesday, February 22, at 5:30.**
2. **UNIFORMS:** Each participant will be issued a jersey and shorts. Complete uniform must be worn to all games. Uniform issue will be coordinated through the team coach. Participants may keep the uniform when this program is over. **NO JEWELRY ALLOWED, hair beads and accessories are considered jewelry.**
3. **AWARDS:** First through eighth place ribbons will be awarded at the final meet of the regular season.
4. **PRACTICES AND MEETS:** Teams are allowed to meet no more than 3 times per week, including meets. Practices are not to exceed 2 hours in length. Meets will be conducted on Tuesdays and Thursdays, starting March 14 and ending March 30. A total of 3 meets will be conducted. **Unexcused absence(s) from practice may result in sitting out the following meet(s).**
5. **SPORTSMANSHIP:** Learning good sportsmanship is an important part of the sports experience for children and is a very high priority at LCRD. Participants, coaches, and spectators will be required to demonstrate good sportsmanship at all times. Taunting or yelling at opposing players, teams, or the officials will not be allowed. Adults must serve as good role models by exhibiting good sportsmanship as spectators. **Those that violate this rule may lose their privilege to participate in this program.**
6. **ALL STARS:** After all meets have been conducted, an All Star team will be formed to participate in the Georgia Recreation & Parks Association District Track Meet. All Stars will be selected by league coaches based on results of local meets. Out of county residents are not eligible for All Star teams.

Parents should remember that LCRD coaches are volunteers and not necessarily experts on track and field. They may make mistakes but at least they are willing to sacrifice their time to work with the children. If there is a serious problem with your child's coach, please notify the LCRD Director. For additional information on all LCRD programs go to [www.lcrd.net](http://www.lcrd.net) and follow us on Face Book.