



**2022 TRACK & FIELD SEASON  
PARENT INFORMATION**

1. **Pay your \$125 Booster Fee.** This is different from the \$60 that you paid the Rec Dept. This goes directly to the track club for meet entries, USATF memberships and stipends for our National qualifiers. Booster fees are paid through PayPal. The deadline to pay is **April 30th**. After that date there will be a \$20 late fee applied to all booster fees. Anyone who has not paid their booster fee by May 10th will be dropped from the roster.
  - Pay your booster fee here: <https://www.mptrackclub.com/booster-fees/>
2. **Create an account** on our website **mptrackclub.com** after paying your booster fee. You will be notified when your account is approved. The website is where you will find the schedule, sign up for meets and all pertinent information. **YOU MUST CREATE A NEW ACCOUNT EVERY SEASON.**
  - Create an account here: <https://www.mptrackclub.com/register/>
3. **Order a uniform** if needed. All athletes representing Mount Pleasant Track Club are required to wear a team uniform. If you have an old uniform that still fits, there is no need to order a new one. The uniform store can be accessed on the website under Resources. There is also fan gear for parents! The store is open now and will remain open throughout the season, but if you need a uniform for the first meet your **order must be placed by April 30th**. Your uniform and other gear will be shipped directly to you.
  - Order uniforms and fan gear here: <https://www.mptrackclub.com/uniforms/>
4. **Read the Parent Manual** on our website. It should answer most of the questions you have about MPTC, and it details our **DISCIPLINE POLICY**.
  - Access the Parent Manual here: <https://www.mptrackclub.com/parent-manual/>
5. If you are new to MPTC, we will need for you to upload a copy of your athlete's **birth certificate** in order to get a USATF membership number to register for meets.
  - We use a Dropbox account here: <https://www.mptrackclub.com/age-verification/>
6. You will receive a **weekly email update** with lots of great information, and everything will be available on our website. If you are NOT receiving a weekly email from us or if you want to add another parent to our list, you may do so here: <http://www.mptrackclub.com/update-contact/>
7. We encourage you to first visit the website for any information about Mount Pleasant Track Club or the current track & field season. We do our best to keep the website updated and accurate. If you can't find what you are looking for on the website, please send an email to [mail@mptrackclub.com](mailto:mail@mptrackclub.com). We answer emails as quickly as possible, but please remember that we are parent volunteers so it may not be immediate.

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## 2022 TRACK & FIELD PRACTICE AND MEET SCHEDULE

### PRACTICES

Practices are every Monday, Wednesday and Thursday from 6:00pm - 7:30pm at the Park West track.

- Your athlete will spend ~45 minutes practicing their running event(s) and ~45 minutes practicing their field event(s). Practices are divided by age group and we alternate who runs first and who does their field event first.
- We usually have a short team meeting at the end of practice on Mondays. This is where we will award our **Athlete of the Week!**
- Optional workouts:
  - Coach Cindy holds a Core Workout on Mondays at 5:30pm before practice.
  - Distance runners have an optional trail run through Laurel Hill Park on Sundays at 5:00pm. Parents are welcome and encouraged to run with (or bike alongside) your athlete in the trails, especially if you are uncertain how they will do.
- We do not take attendance at practice, but the more your athlete practices, the better they will perform in meets. We do run in the rain! "If in doubt, come out!" Coach Tami does not like to cancel practice until the last minute, and only if there is lightning so please come out to the track if you can. If practice is canceled, we will post it on our Facebook Group.
  - MPTC Facebook Group: <https://www.facebook.com/groups/372622845852>

### MEETS

Meet signups are done on our website. You must individually sign up for each meet.

<https://www.mptrackclub.com/meet-signup/>

- May 14: Home Meet (Park West Track)
- May 28: Georgetown
- June 4-5 (Sat-Sun): Myrtle Beach
- June 11: Team Blaze (Columbia)
- June 17-19: USATF JO State Meet, Winthrop University (Rock Hill, SC)
- July 7-10: USATF JO Region 4 Meet, Winthrop University (Rock Hill, SC)
- July 25-31: USATF JO Nationals (Sacramento, CA)

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