



**2023 TRACK & FIELD SEASON
PARENT INFORMATION**

1. **Pay your Booster Fee.** This is different from the \$60/\$120 that you paid the Rec Dept. The booster fee goes directly to the track club for meet entries, USATF memberships and stipends for our National qualifiers. 2023 Booster Fees are \$150 for the first athlete in your family and \$135 for each sibling. The deadline to pay through PayPal 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 15th will be dropped from the roster.
 - o 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.**
 - o 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 (powered by Print Your Cause) 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 Sunday, April 23rd**. Your uniform and other gear will be shipped directly to you.
 - o 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** and new **NO SHOW POLICY**.
 - o 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.
 - o We use a secure 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. We answer emails as quickly as possible, but please remember that we are parent volunteers so it may not be immediate.

Thank you to our Platinum Sponsors:



Interested in becoming a 2023 sponsor?

Check out our sponsor page here: <https://www.mptrackclub.com/sponsors/>



2023 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.
 - Coach Jason holds a Stretching & Injury Prevention Clinic on Thursdays at 5:30pm before practice.
 - Distance runners can do a 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 sign up for each meet individually.

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

- May 20: Home Meet
- May 27: Georgetown
- June 3: TBD Practice Meet
- June 16-18: USATF JO State Meet (Florence, South Carolina)
- July 1: Javelin Meet
- July 6-9: USATF JO Region 4 Meet (Tampa, Florida)
- July 24-30: USATF JO Nationals (Eugene, Oregon)

NO SHOW POLICY. New this year, we will be implementing a No Show Policy for meets. If your athlete is signed up for a meet and does not show or gives us notice after the Thursday practice before the meet, you will be charged a \$20 fine (payable through PayPal on the website). Your athlete will not be able to register for future meets until the fine has been paid. As a non-profit, we do our best to manage the team's funds well and we have lost a significant amount of money in the past due to wasted registration fees on no shows.

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