



**MOUNT PLEASANT TRACK CLUB
PARENT INFORMATION
2023 XC SEASON**

1. **Pay Your Booster Fee \$80/athlete.** This is different from the \$60/120 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 **September 22nd**. After that date there will be a \$20 late fee applied to all booster fees. Anyone who has not paid their booster fee by October 1st will be dropped from the roster.
 - The direct link to pay your booster fees is <https://www.mptrackclub.com/booster-fees/>
2. **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 September 15th**. Your uniform and other gear will be shipped directly to you.
 - The direct link to order a uniform is <http://www.mptrackclub.com/uniforms/>
3. **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 **NO SHOW POLICY**.
 - The direct link to the Parent Manual is <http://www.mptrackclub.com/parent-manual/>
4. If you are new to MPTC, you need 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 secure Dropbox account and you can find the link in your weekly email or on our website.
 - You can upload a copy of your athlete's birth certificate here:
<http://www.mptrackclub.com/age-verification/>
5. If you are unsure how your athlete will do during trail runs or at the beach/bridge, you are encouraged to run with (or bike alongside) your athlete. We have a large team and it can be challenging to corral the younger ones, especially when they don't want to run.
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, please send an email to **mail@mptrackclub.com** and let us know.

SAVE THE DATE: The 2023 MPTC **Run-a-Thon** will be on **Monday, October 2nd at 6PM**. This is our biggest fundraiser for the year and traditionally one of our favorite practices. More details to come!

PRACTICES

Practices are every Monday, Wednesday and Thursday from 6:00pm - 7:00pm.

- Mondays and Thursdays are always at the Park West track.
 - 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!**



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- The first three Wednesdays (September 13, 20, 27), we will practice at Isle of Palms County Park.
 - We meet in the Subway restaurant parking lot (across from Harris Teeter), then walk to the parking lot of the IOP County Park, stretch/warm up and then head to the beach for our run. If you have younger children who love the water and won't stay out of it, PLEASE don't drop them off and leave. We cannot be responsible for keeping them out of the water.
 - All athletes need to wear a red shirt, it can be a MPTC shirt or any red shirt. This allows us to distinguish our athletes from other beachgoers.
- The next three Wednesdays (October 4, 11, 18), we will practice at the Ravenel Bridge.
 - We meet at the Mount Pleasant Memorial Waterfront Park under the bridge by the restrooms to stretch/warm up before running the bridge.
 - All athletes need to wear a red shirt, it can be a MPTC shirt or any red shirt. This allows us to distinguish our athletes from other young bridge walkers/runners.
- The remaining Wednesdays, we will practice at the Park West track.
- We have an optional Sunday run at 5:00pm at the Park West track.
- Coach Cindy runs an optional Core Workout on Mondays from 5:30pm - 6:00pm at the Park West track. These will begin the second week of practice.

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: <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/>

- 10/7 The Storm Meet (Crooked Creek Park, Chapin)
- 10/14 Lexington Meet (Leesville)
- **10/21 Home Meet (Park West)**
- 10/28 Aiken Meet (Generations Park)
- **11/11 USATF JO State Meet (Newberry, SC)**
- 11/18 USATF JO Region 4 Meet (Lakeland, FL)
- 12/9 USATF JO Nationals (Louisville, KY)

NO SHOW POLICY. If your athlete is signed up for a meet and does not show or gives us notice after the registration deadline, 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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