

RAIN CITY FLYERS TRACK & FIELD- SPRING 2016

The Rain City Flyers track team participates in a series of MEETS put on by various clubs and prepares runners for the Junior Olympics later in the spring and summer. Events are contested in 2 year age groups for girls and boys. The age group you participate in is determined by your age on 12-31-16. Age groups are: 6 and under, 7 & 8, 9 & 10, 11 & 12, 13 & 14, 15 & 16 and 17 & 18. Events include most the traditional track and field events, for sprinters, middle and long distance runners, jumpers and throwers.

Signup paperwork will be available on the Rain City website soon or at the first practice. Please note to sign up with the track and field signup forms and not the Cross Country forms. **The first practice is Monday March 28th starting at 5:30 at the Nathan Hale High School track, 110th & 35th NE. Practices times are Monday 5:30 to 7:00, Wednesday 5:30 to 7:00 and Saturday 9:00 to 10:30.**

Wear comfortable clothes that are suitable to run in and appropriate for the weather. Practices are held **RAIN OR SHINE**. Dress in layers for the weather, especially for early season practices. Wear running shoes. (They do not have to be fancy, just comfortable to run in and provide athletic support). At some point in the season you may want to consider spiked running shoes for meets, particularly in the older age groups or if you are competing in the summer meets. They are NOT required for meets, and should not be brought to practice.

Bring a water bottle and use it. Use good sense in what you eat before practice. Eat a good breakfast and lunch. Experiment with what and when you can eat and run before practice not before meets.

The early practices will emphasize general fitness and conditioning and learning general track skills. Later season practices will become more specialized for specific events. Everyone is encouraged to try different events and learn new skills.

Rain City practices with the Meadowbrook Community Center team but continues on after the Parks Department season ends with the City Championships May 25. A schedule of Park Department meets throughout the spring season will be available. Athletes can participate in either of both of the programs however there is separate registrations for each. Meadowbrook

Registration start February 2nd.

Rain City Flyers will continue on into later spring and summer and requires a separate registration. The RAIN CITY FLYERS meets will be posted although many of them, especially in May and June are open to anyone interested. Detailed information about the meets will be available throughout the season.

If you have friends you think may be interested in track and field invite them to come out with you. There is usually an event suitable for everyone's interests and skills. **NO PRIOR experience is required**, and nobody is cut from the team. Everyone who wants to compete will participate in the meets. We are looking for another **FUN** season.

The Meadowbrook coach is Corey Batten. Corey has been head coach for 12 years. Coaches Ian Young and Tom Potter will be helping again this year. To make practices work, help from parents is needed. We can always use coaching assistance. For further information please call **Corey Batten at 206-829-9849**