

Welcome to the Houston Sonics Youth Track Club! This handout is intended to serve as a guideline for parents who have children participating in the Sonics track and field program.

- Parents are expected to sign waiver forms before their child begins any practice sessions with the Sonics. Full registration consists of a combination of signed paper forms and submission of an online form and fee payment (see below). We will also need to have a birth certificate copy on file for each athlete.
- The track practices start on Saturdays in February and then shift to three nights per week once Daylight Savings Time begins. Day/time/location details are published on our website, <http://houstonsonics.com>.
- The athletes are expected to come to practice with running shoes and clothing that is comfortable for running. Please ensure that they bring water as it is essential that they remain properly hydrated, especially as we get into the hotter months of the season.
- Track spikes are not required for practice workouts, but are recommended for meets depending on the events in which your child will be competing. Please consult the Sonics coaching staff before purchasing spikes.
- We understand that families are busy so attending every practice session may not be feasible, but please make your best effort to get your child to practice at least twice a week as this will greatly enhance their development.
- Meets begin March 18 and take place every Saturday through the end of June. Those who qualify at the regional meet will advance to the Junior Olympics which begins at the end of July. It is not mandatory to attend all of the meets, but please try to attend as many as possible as this provides us with the best opportunity to gauge their progress.
- We will be encouraging parents to pre-register for the meets no later than Wednesday the week of the meet. The meet fee is \$6 per athlete. There will still be the option of registering at the meet, but the fee may be slightly higher.
- Which particular events your child will compete in at the meets will be at the discretion of the Sonics coaching staff. If you have any questions/concerns, the coaches will be glad to discuss them with you.
- The Sonics will host their annual meet on May 13. Running a meet is a huge undertaking so all parents are expected to fill one of many volunteer roles at the meet. Details will be made available as we approach that date.
- You can help the Sonics with their fundraising by participating in the Kroger Community Rewards program. You can find the details on our website, <http://houstonsonics.com/team-info/documents>.

#### Mandatory fees

Registration: \$85 per athlete (\$65 if 3 or more per family and for those on school track teams)

Sonics meet concession: \$25 per family

Qualifying meets: \$25 per athlete

Sonics uniform (required for meets): \$80

#### Optional accessories

Sonics warm-up suit: \$65 youth sizes, \$75 adult sizes

Sonics hat: \$25

Sonics t-shirt: \$15

Sonics tote bag: \$20

Sonics key chain: \$5