



## NORTH GWINNETT CLUSTER YOUTH TRACK TEAM INFO



### **PRACTICE**

- Practice will begin on January 31<sup>st</sup> and will continue through early to mid-April.
- Practices will be held at North Gwinnett High School every Monday and Wednesday from 6:00 - 6:45 pm.
  - Parents, please be sure to pick up your child on time.
  - Practice time and locations may change due to weather, activities at NGHS, etc. Changes to practice will be communicated via e-mail & Remind (see below for Remind information)
- For athletes who can easily run 4-5 miles (without stopping), we will meet for a long run on Saturdays from 9:00am-10:00am at Sims Lake Park.

### **MEETS**

- Track meets are like High School track meets, in that there are a variety of events athletes can try. North Gwinnett's Youth Program focuses on the middle distance and distance events (800 meters, 1600 meters, 3200 meters and some relays). Occasionally our athletes will run down in the 400 meters or 200 meters, but our training does not focus on sprints or field events. Our first two meets will only have the 1600 available for youth athletes. Our other meet (plus the Middle School State Meet) will have multiple event options.
- Parents must provide transportation for their child to all meets.
- Meet Schedule (subject to change):
  - Feb. 23 – Gary Billion Invitational (at North Gwinnett High School)
  - Mar. 18 – North Gwinnett Twilight (at North Gwinnett High School)
  - Mar. 30 – GAC Middle School Invite (at Greater Atlanta Christian School)
  - Apr. 15 & Apr. 16 – Georgia MS State Championship (at Parkview High School)
  - TBD – End of Season Celebration

### **ELIGIBILITY & REQUIRED PAPERWORK**

- Be in 4<sup>th</sup> through 8<sup>th</sup> grade in a North Gwinnett cluster school.
- Be able to run at least 1.5 continuous miles without walking.
- Paid team dues in full (see Team Dues & Uniform info below)
- Sign-up for the team via this link: <https://tinyurl.com/NGYSignup>
- Print & fill out the following forms and turn in to Coach Carter on your first day of practice:
  - Youth Physical Form (found here - <https://tinyurl.com/NGYPhys>)
  - Youth Participation Form (found here - <https://tinyurl.com/NGYForm>)
  - Youth Covid Waiver (found here - <https://tinyurl.com/NGYCovWaiv>)

\*Athletes & parents should sign-up via the link above by January 28<sup>th</sup>.

\*Paperwork & checks can be brought with the athlete to their first practice.

### **TEAM DUES & UNIFORM COST (checks made out to “North Gwinnett Track Booster Club”)**

- Team dues: \$100 for the first athlete; \$50 for each additional sibling
  - Athletes who ran on the Middle School Team with Coach Stanfield & Coach Storm this Fall will only pay \$50 for dues
- Uniform: \$60 (includes singlet AND shorts)
  - These will be the same singlets the Middle School Team used. If you ran on the Middle School XC Team this Fall, you will only need to purchase uniform shorts (\$25).

### **QUESTIONS & COMMUNICATION**

- Communication will primarily happen via e-mail (using the e-mail addresses collected via the Team Sign-up link above) with some info sent out via Remind.
- To join the team Remind: text “@ngythtrack” to 81010
- To contact Coach Carter
  - e-mail: [Chris.Carter@gcpsk12.org](mailto:Chris.Carter@gcpsk12.org)
  - cell: (404)520-5295