

2011 SUMMER TRACK SCHEDULE

PRIMARY, SUB-BANTAM, BANTAM, SUB-MIDGET, MIDGET

Friday, June 3 Flour Bluff – **George Henderson**-361-443-1861

Friday, June 10 Sinton- **Tom Allen** - 361-364-6681 (school) 361-437-9972 (cell)

Friday, June 17 Woodsboro -

Friday, June 24 Coastal Bend Championship Meet – Gregory Portland

SUB-YOUTH, YOUTH, INTERMEDIATES, YOUNG MEN/YOUNG WOMEN

Saturday, June 11 Sinton-**Tom Allen** 361-364-6681

Saturday, June 18 Corpus Christi – **Richard Ocanas**

Saturday, June 25 Coastal Bend Championship Meet – Alice
Chris Soza

District Qualifying Meets

Fri-Sat ,June 17-18 Dragon Stadium, Round Rock, Texas
Janis Henderson 512-563-2893

National Qualifier

Thur-Sat, ,June 30-July 2 DW Rutledge Stadium, Converse, Texas
Augustus L. Bray 210-669-6471

AAU Junior Olympic Games

July 29-Aug 6 Tad Gormley Stadium, New Orleans, Louisiana

AAU SUMMER TRACK CLUB RULES

1. Club Sponsorship

The Flour Bluff AAU Track Club will sponsor athletes to all practice meets and the Area qualifier meet. Any athlete who qualifies beyond the Area meet is responsible for their own workout, travel, expenses, and supervision. The coaches will be present at the Association meet in San Antonio for coaching purposes only.

2. Practice Schedule

Practice occurs Monday through Thursday of each week at the following times:

After school Practice is from 4-5:30 for all divisions

8-9:30 Primary, Bantam, & Midget Divisions after school lets out

9:30-11 Youth, Intermediate, and Young Men/Women's Divisions after school lets out

3. Attending Practices and Meets

Athletes are encouraged to miss as few practices as possible; the reason being that injury is more apt to occur if the athlete does not work out properly. If an athlete misses two or more practices during the week, he/she may not be allowed to attend the meet scheduled for that weekend. This decision is left to the discretion of the coach.

If for some reason the athlete knows that he/she will be unable to attend practices or a meet, the athlete is to notify one of the coaches ahead of time. Otherwise, an athlete's name will be removed from the roster if 3 to 4 unexplained absences occur.

4. Transportation To and From the Meet

All athletes are required to ride the school bus to and from the meets **UNLESS PRIOR ARRANGEMENTS HAVE BEEN MADE WITH THE COACH AND PARENT/GUARDIAN**. Notes sent through someone else, including immediate family members, **WILL NOT BE ACCEPTED**. Parents/Guardians are required to sign their child out when is leaving a meet. They **MUST** notify a coach before leaving.

Only those who are participating are to ride the bus to the meet unless permission has been given by the coaches and space is available. A parent/guardian may ride the school bus provided one of the coaches has been notified in advance and space is available.

ALL ATHLETES AND PARENT/GUARDIANS MUST SIGN A PERMIT AND WAIVER FORM BEFORE BEING ALLOWED TO TRAVEL ON ANY SCHOOL TRANSPORTATION.

5. Student Behavior

(Parent/Guardians of younger children should go over the following rules carefully with their children.)

Each member of this club will be treated as mature young ladies and gentlemen and are expected to act accordingly at practices, meets, and on the bus. They are to:

- a. **NEVER** use profane language.
- b. Adhere to all regulations in relation to the bus (sitting in seats, keeping trash picked up, not throwing trash out windows, etc.)
- c. Take care of equipment and facilities, not only at our school, but at other schools which host track meets. Any club member, who destroys, loses equipment or vandalizes property, will be held responsible for replacement and/or repair at his/her own expense.
- d. **NEVER** fight. Personal problems are to be brought to the attention of one of the coaches.
- e. Volunteer to be helpful to coaches and teammates instead of being asked.
- f. Cheer and compliment teammates and opponents; don't criticize them.

(For a & b, 1st offense – warning given; 2nd offense – dismissal. For c & d, immediate dismissal.)

Heat Illness – How to Avoid It

Jorge E. Gomez, M.D.

Volunteer Physician, STAAU

Heat illness is a common problem from exercising in hot conditions. Most bouts of heat illness or heat exhaustion can be avoided. Aside from being a medical condition, heat illness in your athletes can cause them to perform poorly, and make them less likely to want to go all out the next time.

There are a few simple things you should know about heat illness. First, it's mostly a problem of being poorly dehydrated. Getting well hydrated should begin the day before competition. I tell athletes they should "pee clear" the night before. If the urine is yellow the night before, they need to drink more. Second, drinks containing caffeine and lots of sugar cause you to urinate more, causing loss of important body water. These drinks, especially caffeinated sodas, fruit punch, and tea should be avoided 24 hours before competition in the heat. Third, studies have shown that children and teenagers can lose a lot of water in sweat before they feel thirsty. Therefore, young athletes need to be reminded to drink, and to drink even though they're not thirsty, on the day of competition. The best things to drink are plain water or sports drink. Other things that contribute to heat illness are being tired and having a cold or virus. Encourage your athletes to get lots of rest. If you have an athlete with a viral illness, be sure they drink gallons.

Things to Remember to Avoid Heat Illness:

drink enough the day before to "pee clear"
avoid fruit punch, tea, and caffeine sodas 24 hours before competition
drink lots of water the day of competition
get plenty of rest the night before competition
stay in a cool and shaded place when not exercising

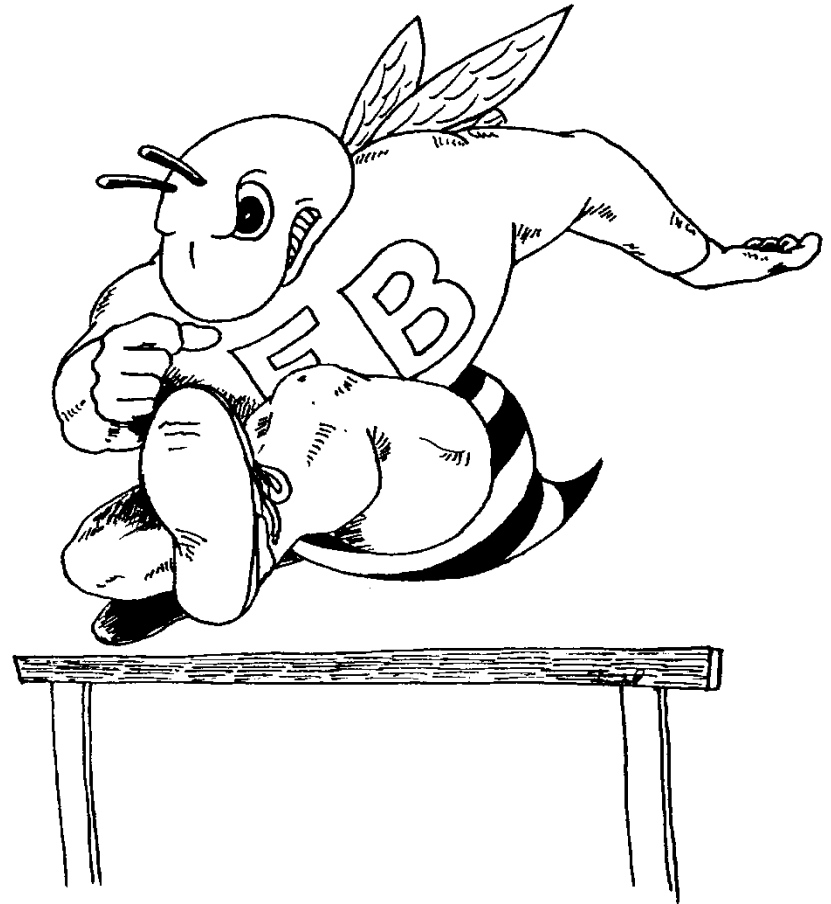
Flour Bluff Summer Track

May 16th-June 23rd

- Registration
- May 14th 9-11
- Athletic Ticket Office

- Cost 50 Dollars

- Bring Birth Certificate
- Includes T-Shirt



Primary born 2003 or after

Sub Bantam born 2002

Bantam born 2001

Sub Midget born 2000

Midget born 1999

Tentative Practice schedule

Subject to change****

Practice 4-5:30 pm May 16th -25th

No Practice May 26th & 27th & 30th

Practice 8-9:30 am from May 31st – June 23rd (Mon-Thurs)

Tentative schedule subject to change

Track Meets

Friday	June 3 rd	F-B
Friday	June 10 th	Sinton
Friday	June 17 th	Woodsboro
*Friday	June 25 th	G-P
*Coastal Bend Championship Meet		

Primary to Midget classifications are limited to 3 events

Sub-Youth born in 1998

Youth born in 1997

Intermediate in 1995-1996

Young Men/Women 1993-1994

Tentative Practice schedule

Subject to change****

Practice 4-5:30 p.m. May 16th -25th

No Practice May 26th & 27th & 30th

Practice 9:30-11:00 am from May 31st – June 23rd (Mon-Thurs)

Practice 8:00-9:30 for National Qualifiers from June 27th – June 30th

Tentative meet schedule subject to change

Track Meets

Saturday	June 11 th	Sinton
Saturday	June 18 th	CC
*Saturday	June 26 th	Alice
*Coastal Bend Championship Meet		

Sub-Youth to Young Men/Women are limited to 4 events

Athletes will receive instruction on Events, Technique, Drills, and Track and Field etiquette in the following areas:

High Jump

Hurdles

Long Jump

Starting Blocks

Sprints

Shot Put

Discus

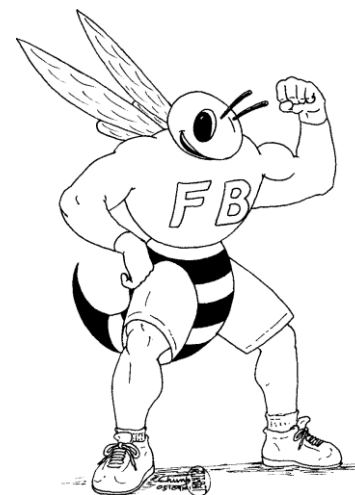
Triple Jump

Pole Vault

Distances

Track and Field is the oldest known sport with origins in ancient Greece. Learning these skills will help you run faster, jump higher, and throw farther which will help you in all other sports. Founded in 1888, AAU is dedicated exclusively to the promotion and development of amateur sports and physical recreation.

“Sports for all, forever”



The Road to the Junior Olympics

District Qualifying Meet

Dragon Stadium, June 17-18
Round Rock, Texas

Places 1-6 can advance to the...

National Qualifying Meet

DW Rutledge Stadium, June 30 –July 2
Converse, Texas

Places 1-6 can advance to the...

Junior Olympics

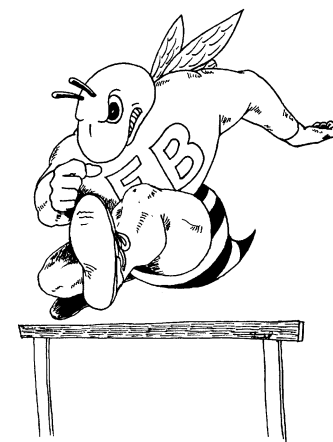
Tad Gormley Stadium, July 29- Aug 6
New Orleans, Louisiana



Flour Bluff Summer Track Club

Flour Bluff's oldest running
summer sports program.

May 16th - June 30th



Walk-In
Registration May 14th
@Hornet Ticket Office 9-11



BUS PERMISSION SLIP

This is to certify that I/WE hereby give permission for my child _____
to go on ALL AAU SUMMER TRACK MEET TRIPS for the summer of 2011.

Parent/ Guardian Signature: _____ Date: _____

Waiver of Claims: I as parent or guardian, hereby give my permission for my child to participate in the Flour Bluff Track Club and acknowledge the fact that she/he is physically able to participate in club activities. I hereby authorize Flour Bluff ISD and the directors of the Flour Bluff Track Club to act for me according to their best judgment in any emergency requiring medical attention. I also assume any and all other risks associated with participating in the track club, but not limited to falls, contact with other participants, the effects of the weather, including high heat or humidity. I also understand the risk of my child participating with other children of varied skill levels, abilities and age differences. I acknowledge I will be responsible for any cost (through family medical insurance or otherwise) incurred due to sickness or injury to my child. I hereby waive any claim I might have against Flour Bluff ISD and the Flour Bluff Track Club.

Signature of Parent/Guardian: _____ Date: _____

ACKNOWLEDGEMENT OF RULES

I have read and agree to all rules set by the Summer Track Club Program. I am aware that I must pay a \$50.00 membership fee and I understand that it is nonrefundable. I hereby give my son/daughter permission and full consent to attend and participate in all practices and scheduled meets of the summer track program.

I/WE will assume the sole responsibility for my child's transportation home in case of disciplinary action.

The undersigned parents and child both subscribe to the above.

Parent/Guardian: _____ Date: _____

Child _____ Date: _____