

Indiana Storm Track Meet Participation Guide

The following information is designed to provide helpful information for your athlete's participation in the upcoming meet. The information provided is not exhaustive, so please ask questions as they come up.

Overnight Stays (if Applicable)

If a meet requires an overnight stay, we will attempt to secure a base "Team Hotel" at a group rate, and we **try** to use hotels that serve breakfast. The number of rooms we can secure depends on availability in the area of the meet. When rooms are secured, individual reservations are on a first-come basis. As a consequence, you should make reservations as soon as possible. We will include the date after which any unused rooms will be released to the public. There are also times when the facilities have areas with grills. We will advise the Team if we plan a cookout, or whether we have chosen a dinner spot. If we decide to dine out as a team, we will designate a meeting spot, determine numbers and try to make reservations, if available.

While at the hotel, please keep track of your athletes and children, and make sure that they respect the hotel property and their guests. We must make sure that kids avoid running up and down hallways, banging on doors, overusing the elevators or creating disturbances. This behavior reflects negatively on the team and adversely affects our ability to secure lodging for future events. Hotels take a tough stance on these activities so our athletes and those who come to support them will be on their best behavior.

Until your athlete has completed all events, they are not allowed to swim, use the exercise room, or generally overly exert themselves in the evenings. They need to preserve as much energy as possible to enhance their performance at the meet. We want the athletes to have fun, but moderation is key.

Finally, all athletes need a good night's rest. The grown folk, however, don't have this issue. So often we try to locate a spot inside or outside the hotel to hangout, play cards, listen to music and generally socialize. It's a great opportunity to get to know the coaches and other parents. The gatherings are often spontaneous, so if you see us don't be shy and just come join in.

The Night Before (Athlete)

- Eat a good meal high in carbohydrates
- Drink plenty of water and avoid carbonated and sugar water drinks
- Get your uniform, team shirt, trainers and spikes ready (tighten and/or replace spikes)
- Bring layers of clothing to adjust for any type of weather (include rain gear)

- Pack sunscreen, misters, umbrellas, tents, etc...
- Get all cooler supplies ready (drinks, food, ice)
- Positively visualize your strategy for a successful performance at the meet
- Get a good night's rest

The Morning of (Athlete)

- Wake up early and eat a healthy breakfast
- Pack cooler and ice supplies for the day
- Double check that you have all team gear and spikes
- Arrive at the track at least an hour in advance of your event time to get settled, participate in the initial team warm up, and receive coaches' instructions
- Walk and survey the facility to determine location for events, clerking, staging, restroom facilities, lane and track markings, etc.
- Locate the Storm Athlete meeting and rest/recovery areas

During the Meet

- The Parent's role is to make sure that:
 - Your athlete has appropriate equipment on and ready
 - Your athlete is in the stands when the coaches call them
 - Your athlete eats correctly and remains hydrated
 - Your athlete behaves appropriately
- The Athletes' role is to:
 - Remain in areas and return to areas assigned by the coaching staff
 - Follow instructions of volunteer staff and coaches
 - Remain focused and on your best behavior
 - Refrain from any cursing or using offensive language
 - Exhibit good sportsmanship no matter how they perform
 - Give 100% effort (and the results will follow)
 - Have fun!!!!
- Storm parent volunteer staff's role is to:
 - Distribute participant numbers
 - Distribute team event sheets
 - Assist coaches in coordinating the athlete's meet preparation
 - Answer parent questions
- Storm Coaches roles are to:
 - Escort team to warm up areas on the track
 - Coordinate athlete warm up for their events
 - Assist athletes at their events as allowed under meet rules
 - Assist athletes in check-in and event staging areas
 - Assist with and address any "on track" issues
 - Support and encourage all athletes throughout the meet

Meet Nutrition Recommendations

- One hour or less between heats or events
 - Carbohydrates in liquid form such as juice and fluid replacement drinks
 - If the athlete needs something solid, stick with fruits like watermelon, cantaloupe, peaches and bananas. Raisins and applesauce can also be consumed
 - Drink plenty of fluids
- Two to three hours between events or heats
 - Solid carbohydrates like bagels, English muffins, fruit, yogurt, food bars, string cheese, smoothies
 - Drink plenty of fluids
- Four or more hours between heats or events
 - Meals primarily of carbohydrates like turkey or tuna sandwiches
 - Meal replacement drinks
 - Trail mix with nuts and raisins
 - Drink plenty of fluids

Important Nutrition Notes:

- Nutrition guides are based on USDA recommendations however parents should choose a plan based on your child's individual nutritional needs
- PLEASE keep athletes away from the concession stand, at least until they have completed competition for the day. The best food is generally what you bring with you to the meet. (Ex. No Flaming Hot Cheetos or Cheese Puffs should be consumed at any time!!!)

Additional Important Items

- Meets are very hectic for the coaching staff so it is critical that parents assist in making sure that their athlete keeps up with their gear and is where they are supposed to be at all times. If your athlete does not check in or go to staging areas on time, meet officials not will allow him/her to run that particular event. Coaches will not be able to control meet staff's decisions on participation under these circumstances, and meet directors do not provide refunds for missed events.
- Coaches will be working with a large number of athletes so it is important that all athletes listen and follow instructions.
- Meets tend to last most of the day. Be prepared for down time between your athlete's events, but do enjoy the rest of the meet.
- Be prepared to locate or make your own shade (Summer Season only). Most venues will allow sports umbrellas for shade. Some venues will also allow cabanas/tents either in the stands or in grassy areas. The Team and some families

will bring cabanas for the athletes' use, when allowable. Everyone is welcome to set up tents in or near the Team area and/or share any open tent space provided by the Team. Don't forget to bring chairs and blankets that can be placed on the ground.

- Hats and sun visors are highly suggested (ones with Storm logo are the best when available). It's also rumored that wearing Storm parent and supporter paraphernalia makes your athlete perform better; keeps you warmer in the winter, cooler in the summer, and some even say it has medicinal and healing properties.
- We strongly encourage all families to bring a cooler with food and drink choices for you and your athletes. Have enough food and drinks for the entire day. Rolling coolers are optimal because some event sites are a distance away from the event parking areas
- Bring cushions, stadium seats and portable chairs (if you decide sit away from the stands)
- Everyone is expected to clean up their trash and debris. Bring a trash bag with you to dispose of your trash and debris in a cleanly and organized fashion.
- We encourage the Storm Family to cheer on all team athletes

HAVE A GREAT MEET!!!!!!

INDIANA STORM TRACK CLUB (400 University a/k/a The "U")