

What to Expect at a Track Meet

1. One GREENSBORO BLAZERS' goal is to ensure that each athlete participates in the events that are best suited for their particular stage of training.
2. Many meets are heavily attended with youth of all ages ranging from 5-18 years of age.
3. The weather is subject to change at any time so always pack items such as sunscreen, hat, umbrella, and jacket/poncho.
4. Team makes every effort to send a tent-set up team to secure a spot large enough for all Blazers to sit together.
 - We also suggest that you bring stuff to keep the kids occupied between events; i.e., coloring books, headsets, books to read.
5. Most meet facilities have snack bars or concession stands if you want to purchase food there. Be sure to pack healthy options for your athlete.
6. You pack it in ... you pack it out!
 - We don't want to become known as the "slob team." Make sure that all items you bring with you leave with you or find their way to a trash can.
7. Keep an eye on your athlete.
 - It is not the responsibility of the GREENSBORO BLAZERS coaching staff to keep track of all the athletes at a meet. You need to ensure that your athlete is checked in at the proper time and meet him/her at the end of the race to ensure he/she returns to the team area for their cool down.
8. If you see a safety concern, bring it to the attention of one of the coaches so it can be addressed.
9. The GREENSBORO BLAZERS coaching staff has the right to remove any parent or family member from the team area who continues to show a negative attitude, lack of concern for safety or uses foul language.
10. Be ready to volunteer.
 - You may be asked to take a group of kids to the bathroom, to the starting area or to the warm-up field. Be open to helping.
 - You may be asked to collect results stats, video tape a race or field event or time several running events.
11. Be an encourager.
 - Have FUN! We do!
 - Taking first in a heat or overall event feels great but what we really want the athlete to focus on is continuous improvement of form and technique and their own personal records.
 - Make sure every athlete feels important and knows that their best is what we ask them to give in each event.
12. Keep a positive attitude.
 - The days can get long and hot and they can be quite unbearable when you have to listen to someone complaining throughout the day.
 - Encourage and cheer for all team members. If you don't know someone's name, ask another parent or athlete on the team.
 - No gossiping about GREENSBORO BLAZERS members or associates.
 - Encourage and cheer for athletes who compete that aren't on the BLAZERS team.