

Top 8 Tips for Track and Field Parents

1. Send gloves, warm jackets, a warm hat, blankets & hand warmers to at least the first few track meets. It gets cold for your athlete and for you (so bring for yourself too) in April/May.
2. Send food and water with your athlete. It is a long time between lunch and when your athlete finally gets home from a meet. Often there are no concession stands at the meets. Also consider signing up to send snacks for others to the meets. There will be a Signup Genius form for this.
3. When the weather gets warmer, send sunscreen with your athlete.
4. Buy extra ¼ inch spikes for track shoes at the local running stores.
5. Remind your athlete to get their homework done ahead of time or bring with them to the meets. It can be late when they finally get home and they are too tired to start studying. Lots of kids study at the track between events.
6. Attend the meets. Watch, cheer, encourage! It's fun! Get to the meets a little earlier than the time your athlete is scheduled to compete. Every now and again, they are ahead of schedule.
7. Signup for a free account on Athletic.net and Wayzata Timing Results so you can follow your athletes progress.
8. Pay attention to what's going on around you. Sometimes parents walk in front of runners, jumpers, and shot puts. There's a lot going on at a track meet. Be aware of your surroundings.