

2025 Moody Family First Coaches Meeting – March 5th, 2025 at YMCA – 5:00pm **for 1/2 grades**

Tell about Rules and Guidelines Book. We will email to everyone next week.

Track Meet at Germany Park – Parking is not as bad a challenge but we timed it so the group before should be finished and gone by the time you get there. For the safety of all athletes, families should stay in the seating area.

Track Meet Day – Friday May 9th – 1st grades 4:30pm-6:15pm. 2nd Grade 6:15pm-8:15pm. Can leave when you are done. Be there a half hour early. Boys start on Field events, Girls start on Track events.

Bib Numbers on the FRONT of the shirt - Line up fastest to slowest at the Heat Bench – Tent near the start line, I'll be waving and there will be signs to line up behind.

Hand timed races – On Your Marks – Set - Go

Track Events

1st Grade – Can do both 50 AND the 100 – 2nd Grade can do both the 50 AND the 100

2nd Grade 400 – 1 athlete per team and then..... Teams with 6-12 registered may have 2 runners, 13-19 registered may have 3 runners, and 20+ registered may have 4 runners

Field Events: BASEBALL Throw OR Long Jump. Can only do one Field Event.

Germany Park Rules: We share the track with the Public for 9 weeks every year (we have an extra week of practice this year) and they are not too happy about it. Please be respectful and only use the OUTSIDE 3 lanes. * When raking the sand in the long jump pit make sure to push the sand towards the middle and towards the front.

* Lost and wandering non-athletes

* Clean up – leave the track cleaner than when you got there

Practice times for 1st and 2nd grades.....

Saturday 9:00am until noon you will have the track without older kids

Saturday noon to 6:00pm and Sunday 9:00am to 6:00pm – Open track with Long Jump area open

* No week nights at Germany Park

Make it fun. Parties, team t-shirts, etc.

Special Needs – please let us know. Injuries please let us know. Pre-Meet, During and Post-Meet

Final Coaches Meeting on Wednesday, May 7th we will give out Team Packets with Team Roster, T-shirts, medals * Bib Numbers, Coaches Wristbands (to identify Coaches), Safety Pins, Quick reminders, etc. * Bib Numbers do go with names on Roster.

Results – Mona will email YOUR team results to you.

First thing to do is get as many participants signed up as possible. (1) It makes it more fun for everyone, and (2) you get to have more coaches out there helping.

Sponsorship

Please call (214.356.5349) or email (matt@tfusa.com) me with any questions or comments.