



MEMPHIS HURDLERS 2016 SUMMER INFORMATION

Welcome to The Memphis Hurdlers Track Club.

We are a Ministry dedicated to promoting Track and Field to our community through the principles of God.

We are members of USATF, the governing body of Track & Field for the United States.

We will be travelling to three to seven meets this summer:

- Rochelle Stevens Invitational – Location TBD – Date May 28th.
- Atlanta Georgia Relays, Langston Hughes High School, 7510 Hall Road, Fairborn, GA, May 28-29.
- USATF Tennessee Association Junior Olympic Championships; Saturday, June 18 and Sunday, June 19 at McGavack High School, Nashville, TN
- Hershey/USATF Youth Outdoor Championships; Tuesday, June 28 through Sunday, July 3 at Millersville, PA (Must meet qualifying Standard)
- USATF Region VI Junior Olympic Championships; Thursday, July 14 through Sunday, July 17, at Louisiana State University, Baton Rouge, LA
- Everybody is a champion/All lives matter Invitational, Memphis, TN
- USATF Junior Olympic National Championships; Monday, July 25 through Sunday, July 31 at the University of California at Sacramento, Sacramento, CA

Cost;

- | | |
|-------------------------------------------------------------------|---------|
| 1. MHTC Family Membership (additional athletes \$10.00 each)..... | \$30.00 |
| 2. USATF Membership..... | \$20.00 |
| 3. Uniform..... | \$30.00 |
| 4. Association entry fees (maximum)..... | \$32.00 |
| 5. Region entry fees (maximum)..... | \$32.00 |
| 6. J.O. Nationals fees (maximum)..... | \$32.00 |

All athletes **MUST** participate in a minimum of two fund raisers to help cut down the cost of the trips. Parents are encouraged to join the Booster Club and help us. Together we can accomplish more.

Our practice schedule is as follows: (March – May) Mondays 6:00pm-7:30pm, Wednesdays, alternate Thursdays 6:00pm-7:30pm, and alternate Saturdays 10am-12pm.: (All Summer) Mondays 6:00 p.m. – 7:30p.m., Wednesday and Thursday 6:00p.m. – 7:30p.m., alternate Fridays 6:00p.m. – 7:30p.m., and alternate Saturdays 10:00a.m. – 12:00p.m. We will not practice on Tuesdays or Sundays. All practices will be at the East High Track unless otherwise notified. We might have some practices at East track or Crump Stadium. You will be notified of all changes. Any athlete currently participating for a Middle School or High School should not begin practicing with us until they have completed their season per TSSAA rules. We encourage participation for schools first. Here are our practice dates:

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
3/14		3/16	3/17			
3/21		3/23			3/26	
3/28		3/30	3/31			
4/4		4/6			4/9	
4/11		4/13	4/14			
4/18		4/20			4/23	
4/25		4/27	4/28			
5/2		5/4			5/7	
5/9		5/11	5/12			
5/16		5/18			5/21	
5/23		5/25	5/26			
		6/1	6/2		6/4	
6/6		6/8	6/9	6/10		
6/13		6/15	6/16		6/18	
6/20		6/22	6/23	6/24		
6/27		6/29	6/30		7/2	
		7/6	7/7	7/8		
7/11		7/13	7/14		7/16	
7/18		7/20	7/21	7/22		
7/25		7/27	7/28		7/30	
		8/3			8/6	

For additional information feel free to contact Coach Moore at (901) 361-2398 or c dmoorejr@yahoo.com. Also check out our website at www.memphishurdlerstc.com.

SUMMER SESSION INFORMATION

1. Practices

- Will begin at 6:00 p.m. and end at 7:30 p.m.
- Will be held on Mondays, Wednesdays, Thursdays, some Fridays, and some Saturdays.
- Saturday practices will begin at 10:00 a.m. and end at 12:00 p.m...
- There will be no practices on Tuesdays or Sundays
- Rain does not cancel practices due to the fact that it does not stop competitions.
- Severe inclement weather will either cancel or postpone practice.
- Parents and older athletes will be contacted if practice will be canceled.

- h. If possible, the Head Coach should be alerted if a child will not be attending practice.
- i. Make sure that the athlete is well hydrated during practices. We will take appropriate water breaks.
- j. Practices will be cancelled or postponed if the Heat Index reaches 100 degrees. If postponed we will begin practice an hour later (7:00 p.m.).
- k. Do not drink or eat anything with caffeine before practice (at least 90 minutes prior to practice) because they can elevate dehydration. This means colas, tea, coffee, Mountain Dew, and chocolates.
- l. Don't eat or drink dairy products before or during practice. This includes milk, and cheese products.
- m. Do not drink or eat quick energy products. Athletes may drink Gatorade, Powerade, 100% Fruit Juices, plenty of water and eat fruit, especially oranges and bananas.
- n. Practice time is precious time that should not be wasted. Athletes should listen carefully to their Coaches and follow instructions.
- o. If an athlete feels ill or has injured their self they should report this to a Coach or responsible adult immediately.
- p. Athletes, we are not exhibitioners, therefore t-shirts should be worn at all times (no stomachs should be exposed).
- q. We must leave the track looking better when we leave, therefore each of us should be responsible for keeping it clean in appreciation of our being able to use the facility. As the song says, "I need to clean up what I messed up."

Let's have a fun, safe, and enjoyable summer!!!

Remember:

I will praise thee; for I am fearfully and wonderfully made:

Therefore,

I can do all things through Christ which strengtheneth me

Psalm 139:14 and Philippians 4:13