

## **Frequently Asked Questions ASA TRACK**

### **Q. How long is the season?**

Practices begin early May and end the last week of July before the State meet (last weekend of July).

### **Q. When are the practices?**

Monday, Tuesday, Wednesday, Thursday 6:30pm-8:00pm

### **Q. Do I have to attend every practice?**

NO, You can attend as little or as many as you want, it is what you want to put into the program.

### **Q. What kind of Shoes do I need and where can I get them?**

Do not go out and buy Track shoes, talk to your coach first to see what events your child is participating in and your coach can guide you on shoes.

### **Q. What do I need to bring to practice?**

Water bottle

### **Q. What events can I participate in?**

There is a list of events for each age group on the website.

### **Q. When and Where are the meets?**

The meets are on Saturdays beginning end of May, and they are different parts of the DFW area.

Each participant is responsible for paying the \$3.00 gate entry to the local meets, and \$5.00 per entry for the regional meet. ASA will cover the entry fees for the state meet.

### **Q. Do I have to attend the meets?**

NO, You can attend as many as you want. There are some participants that just sign up to train. However, you must participate in the Regional Track meet in order to qualify for State.

### **Q. What do I need to bring to the meets?**

Water

### **Q. What about Transportation?**

It is up to each parent to provide transportation to and from practices and meets

### **Q. DO I have to buy a uniform?**

You will need to have a uniform if you want to participate in meets. It IS included in your registration. The sooner you register online, the sooner the uniform it will be ordered. If you wait and register at the end of registration to register, you might not have it for your first meet, but you will receive one.