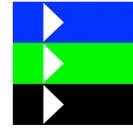


La Crosse Track Club



Attendance expectations and weather-related cancellations

ATTENDANCE – PRACTICES

- Practice is always optional and based on what your schedule will allow
- There is no need to notify a coach if your child must miss a practice
- Practices are held rain or shine, unless cancelled (see below)

ATTENDANCE – MEETS

- Participation in track meets are always optional (but obviously encouraged)
- If you pre-register your athlete for a meet, but then find that he/she cannot participate in it, please notify the coach.
- If your athlete is on a RELAY TEAM, remember that teammates depend on each other! If your athlete can't participate on a relay team that he/she was signed up for, please notify the coach immediately.
- Meets are held rain or shine, just like practices, with the same exceptions for extreme weather cancellations.

WEATHER-RELATED CANCELLATIONS

- There are 2 weather-related scenarios which will lead to a practice cancellation: extreme heat and high risk of lightning. Extreme heat is defined as heat index of 105 or greater. Risk of lightning is a judgment call based on radar or by personal observation. Please note that rain alone will not cancel practice. Feel free to use your own judgment as a parent, of course... if your kids will be miserable in the rain, then don't send 'em. But just know that unless practice is explicitly cancelled, coaches will be at the track, rain or shine.
- Mid-summer evenings are often hot and humid, even if the heat index is below 105°. Practices in these conditions will be scaled back appropriately to ensure safety. Make sure your youth athletes are adequately hydrated all day, and have adequate water or Gatorade at practice.
- Practice cancellations due to weather will occur by email no less than 1 hour prior to the start of practice. Mobile text alerts will also be sent to all who opt in to this method of communication. If you don't receive a cancellation notice by email, then practice is "on"!