

## Rules of Practice

Weather is important - Practice will be decided at 5:00 pm and posted on the website if weather threatens.

If the temperature is 50 or below, each child must wear sweats, pants, coat or sweat top. Those that show up without it will be sent home. It is simply too cold for the muscles. When your child arrives with a coat or sweats do not forget to take them home including water bottles.

We will not leave the facility until all athletes have been picked up.

We may or may not have restrooms. Make sure you complete the task before you come to practice.

No jumping, sitting of the high jump pit before or during practice.

Bring water for the first couple of weeks of practice. The water at East will be eventually turned on.

If you arrive late your child needs to warm up with form running on their own. If they have to leave early, leave time to cool down.

You may come and go at practice as you like. This club is for your benefit but remember the Lincoln Jets organization reputation is on the line.

If 4 athletes come to the organization and want to run as a team then that is the priority. If more than 4 sign up for a relay then attendance is the first criteria and a run off for the 4 positions is required.

**Registration** - Bulletin Board, Need Birth Certificate for first time Jets. An USATF card is required to practice because that is a policy for liability insurance. Save emailed confirmation from USATF. That's your ticket until card comes approximately 4-6 weeks.

**Uniforms** Must have uniform to compete. The cost is \$37.00. You may buy, trade or sell your uniforms and wear them as long as possible. This will help with the cost. Saturday April 10<sup>th</sup> will be the first order. We must have at least 12 to order. 2<sup>nd</sup> order should be around April 24th.

**Shoes** Spikes do help but, please don't invest until you are sure your child wants to compete. They are very expensive. You can get high jump shoes, sprint shoes, distance shoe, javelin shoes, jump shoes. You may rent spikes out from the Lincoln jets tub for \$10.00 if you can find a pair that will work.