

**PLAINVILLE/STOCKTON/PALCO  
RECREATION COMMISSION  
ROOKS COUNTY TRACK CLUB  
2026**



**INFORMATION PACKET:**

EXPECTATIONS OF THE ATHLETE

UNIFORMS AND EQUIPMENT

PRACTICE SCHEDULE

MEET SCHEDULE

## EXPECTATIONS AND GENERAL INFORMATION

- The Rooks County Track Club is open to all children ages 4 to 12.
- Be prepared to represent the work ethic that the Rooks County Track Club values. Practice and meets are designed to be fun and rewarding for those who work hard and put in the effort to compete. Coaching will be age appropriate since we have a large range of ages involved in this club.
- Be a part of the team. Track meets have many individualized events as well as team relays. Support your teammates in each other's events with positive encouragement!
- Eat healthy on a daily basis, throughout the season. Water is very important!!! Fruit is a good source of quick energy for a snack at the meet (oranges, lemons, strawberries...).
- Communicate with your coaches about personal goals in the events you are participating in while also listening to and accepting instruction from your coaches. The coaches are here to help you and to guide you. Coaches can see things that athletes can be blind to. Listen to our directions and ideas and try your best. Trust the coach and the coach will trust you.
- Be willing to try new and unfamiliar skills without complaint – We will challenge you to try new events during the track season.
- Have a positive attitude and have fun!
- COMPETE to the best of your ability at ALL times.

## UNIFORMS AND EQUIPMENT

- Practices
  - All athletes must wear proper tennis/running shoes.
  - Please wear comfortable and appropriate athletic clothing to all practices. Be prepared with warm layers if the weather/temps are cool or windy.
  - Athletes must bring a personal water bottle to each practice.
- Track Meets
  - Track jerseys will be checked out to each athlete on the team. Athletes must take proper and responsible care of the team jersey. Failure to do so will result in full payment of jersey. If you do not have the appropriate and required uniform at the Track Meets, the athlete will not participate.
  - Wear black shorts with the official team jersey.
  - If the weather is cool, athletes may wear:
    - A solid black or white long sleeve shirt under the team jersey
    - Black leggings
  - Athletes must wear proper tennis/running shoes.
  - Bring a personal water bottle to all meets.
- Team T-shirts – Each athlete will receive the Track Team T-shirt. This is included in your registration fee and will be your shirt to keep. Coaches will have matching shirts. Parents, family and fans may purchase additional Team T-shirts.
- All necessary equipment for actual track events will be provided by the Plainville/Stockton/Palco Recreation Commission. This includes: batons, shot puts, discus, javelin, etc.

- Track shoes Options:  
Tennis shoes and running shoes are recommended.  
Running Flats with the permanent rubber nubs are another good option.  
Track shoes with the metal/removable spikes are not always allowed by every track meet location.

## PRACTICE SCHEDULE

Plainville practices will be held at the Plainville High School Track, unless changes occur due to weather.  
Stockton practices will be held at the Stockton High School Track unless changes occur due to weather.  
Palco practices will be held at the practice field east of the high school unless changes occur due to weather.

**Little (Pre-K & K) will practice from 5:30 – 6 pm (do not drop off earlier than 5:20)**

**Big (1<sup>st</sup> – 6<sup>th</sup> Grade) will warm up and do their running workout from 6 – 6:30 pm**

**Long jump, high jump and hurdles will practice from 6:30 – 7 pm on Mondays**

**Javelin & Shot Put will practice from 6:30 – 7 pm on Tuesdays**

**Discus & Softball Throw will practice from 6:30 – 7 on Thursdays**

### Practice Dates:

March	April	May
23-Monday	2-Thursday	4-Monday
24- Tuesday	6-Monday	7-Thursday
26- Thursday	7-Tuesday	
30-Monday	9-Thursday	
31-Tuesday	13-Monday	
	14-Tuesday	
	16-Thursday	
	20-Monday	
	23-Thursday	
	28-Tuesday	
	30-Thursday	

## MEET SCHEDULE

- Track meets are not mandatory; however, we do encourage full participation in all team events.
- The Plainville Recreation Commission will be paying 100% of track meet fees as part of the registration fee paid to compete in track for all the meets EXCEPT Larned on April 18<sup>th</sup>.**

### **Scheduled Team Meets:**

Osborne Track Meet – Saturday, April 11<sup>th</sup>

Larned Track Meet – Saturday, April 18th

Hill City Track Meet—Saturday, April 25th

Quinter Track Meet—Saturday, May 2nd

**Plainville HOME Track meet – Saturday, May 9th**

If athletes wish to participate in any other meets, it will be your personal responsibility to register and pay.

**Any changes or cancellations to the practice or meet schedule will be made available to the athletes and parents in the timeliest manner available. Email/texts will be the main form of communication along with the Rooks County Track/PRC/SRC/PDZ Rec Facebook Pages.**

### **COACHES AND CONTACTS**

#### **Head Coaches for Rooks County Track Club**

Tasha Eichman 7852593178

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