

# EAST RIDGE ATHLETIC ASSOCIATION (ERAA)

## SPRING/SUMMER TRACK PROGRAM 2025



### Parent Information Guide

**PROGRAM PHILOSOPHY:** *ERAA Track and Field program philosophy is focused on having fun, positive attitudes while achieving each athlete's personal best. We support the development of area youth runners through training and competition--and if interested facilitate their growth into high school athletes. Our program will teach fundamental skills for sprints, distance and jumping.*

*We stress personal records/best (improvement week to week, meet to meet) over places (1st, 2nd 3rd). Personal best will equate to improved places over time.*

**PROGRAM OVERVIEW:** We have two programs (recreational & competitive) to allow parents more flexibility in their schedule and based on where the athlete is in development.

**SCHEDULE AND COMMUNICATIONS:** Scheduling changes, cancellations and program information will exclusively be shared through the Sports Engine. Please enable the app to receive the proper alerts and emails. Please ensure you denote practice attendance on Sports Engine, and NOT email the coaches.

### PARENT EXPECTATIONS:

- Ensure proper attire, gear and water for each practice and all meets. ERAA will not provide water. Please label all clothing, bags and water bottles.
- Volunteering: The success of our program is based on parent engagement. We will need your help during practices, meets or in some other way where you can bring your talent.
- Allow the coaches to coach, and be positive.

**UNIFORMS AND WARM UP SHIRTS:** We will “measure” your athletes for uniform during our first 2 weeks

**SHOES & SPIKES:** Good shoes are important for a meet. We recommend buying running/cross fit shoes, vs. tennis or basketball shoes to ensure proper motion. Spikes are also highly recommended for those participating in the competitive program. Dicks or TC Running are good options for spikes and running shoes. TC Running offers a 20% discount if you mention you are part of the ERAA track program. We have 8 to 10 pairs of lightly used spikes available if you are interested.

**PRACTICES:** Recreational will practice Mon and Wed (6-7:30); Competitive will start as Mon and Wed (6-7:30) and then transition to Mon, Wed and Thurs the week of May 12. Please always review SportsEngine for each practice.

**MEETS:** There are multiple recreational and competitive meets. Please see SportsEngine for information. For those interested in running in the competitive meets, an AAU and/or USATF membership is required. There are competitive meet options at the state level, and if they qualify, at the regional and national level. To be affiliated with ERAA, you will need to include these club codes when registering for meets:

- **AAU Sanctioned Meets (ERAA club code: W4T8BF)**
- **USATF Sanctioned Meets (ERAA club code: 30-0419)**

**ALL MEETS ARE ON YOUR SPORTS ENGINE CALENDAR! Parents are responsible for registering their athletes for any meets they will participate in.** Both recreational and competitive meets may require you to register online. Most events use **Athletic.net**. We recommend you sign up and have an account. Our team code is: **4WQGQCJUD**.

**EVENT SELECTION FOR MEETS:** There is no right or wrong. Have your children try long and short distance and different field events. If your athlete has run track before and has a preference, they can choose what they want. Coaches will also assess skills and make suggestions if you aren't sure. Specialization really doesn't occur until High School.

<b>TYPICAL MEET EVENTS INCLUDE.....</b>	<b>Distance</b> - 1600 meter (1 mile) to 3200 meter (2 mile)
<b>Sprints</b> - 100, 200m to 400 meter (1 lap) and Hurdles.	<b>Field</b> - long jump, high jump, others to be determined as athletes interested including shot put, triple jump, etc.
<b>Mid-distance</b> - 400 meter (1 lap) to 800 meter (2 laps)	

**Key CONTACTS for questions (Please first use Sports Engine to communicate)**

- **Latrone Smith, ERAA Director & Head Coach, [latrone.smith@eraamn.com](mailto:latrone.smith@eraamn.com)**
- **Kim Massopust, ERAA Coach & Board Member, [kimberly@eraamn.com](mailto:kimberly@eraamn.com)**

## Meet Schedule

*Invitationals - All can attend and will be a mid-range/training meet*

- Track MN Elite Invitational (ages 5 - 10): Sunday, June 1 - 10am to 3pm - Brooklyn Center HS
- MN Flyers Invitational: Saturday, June 7 - 11am to 4pm - Armstrong HS

*Recreational - Low key meets - field day atmosphere - all can attend - rec should attend*

- WAA Recreational Meet: Saturday, June 14; 10am to 2pm - Woodbury HS
- WAA Recreational Meet: Thursday, June 26; 6pm to 9pm - Woodbury HS
- WAA Recreational Meet: Tuesday, July 15; 6pm to 9pm - Woodbury HS

*Competitive Meets - highest level meets - competitive athletes must follow at least 1 path; AAU or USATF; must qualify for bolded*

- USATF MN JO Championships: June 14 - 17; Lakeville South HS
- AAU MN State Championships: June 21 - 22; Brooklyn Center HS
- **AAU Regional Championships: June 26 - June 29; Mounds View HS**
- **USATF Regional JO Championships: July 10 - 13; Iowa State University - Ames, IA**
- **USATF JO Championships: July 21 - July 27; Location TBD**
- **AAU JO Championships: July 25 - Aug 2; Humble HS - Humble, TX**

*USATF MN Outdoor All-Corners Meets - Optional meets put on by USATF during the summer around the Twin Cities - dates will be provided once announced*

- Meet #1:
- Meet #2:
- Meet #3:
- Meet #4:
- Meet #5: