

Metro Stars Frequently Asked Questions

Does My child have to try out for the team?

The New Orleans Metro Stars is a membership based organization. Anyone can join as long as they are serious about wanting to learn to be a track and field athlete.

How long is the season?

Typically, practice will begin early Spring. The meet schedule runs from the end of May to the end of July. However, in 2016, we will be competing in an indoor meet. Thus, this season we are beginning practice in January.

How important is practice attendance? Is it mandatory to attend each practice?

A variety of fundamental concepts need to be covered in Track & Field for all events. The coaches spend quality time and commitment into each workout to reassure the athletes progress at the proper rate and refrain from injuries. Therefore, we highly recommend attendance to all practice sessions, especially if your child's priority sport during the summer is going to be track.

Is it an issue if my child is involved with other sports during track season?

It's not an issue at all. Schedule conflicts should be discussed with the coaches. However, the summer practices are 4 days a week; 3 out of the 4 days of practice is highly recommended in preparation for Saturday meets.

Is participation in all track meets mandatory?

Full participation is encouraged for everyone, including practices and meets, particularly those who are totally committed to the program and have placed track as a #1 priority for their summer sport. The meet schedule will be released early enough to plan family vacations, or to check for any possible schedule conflicts.

My son/daughter has never run track before, so I am not sure what events will be best for them.

The coaches will use their best judgement to determine your child's strengths from the workouts and place them in the event(s) they feel your child will have the best potential in. It is likely some will shift various events throughout the season. Please trust the coaches to "Coach" your child.

What should my child bring to practice?

Water/low sugar sport drinks. Wear comfortable workout attire (weather appropriate) and running shoes. Spikes will only be needed when the season begins. During the summer months we recommend a cooler with ice, water, a wet towel to keep cool, and sunblock. Please be sure NOT to send your child to practice with basketball high tops, school shoes, or dance shoes. A comfortable running shoe with arch and heel support is needed. Wearing the appropriate shoe will prevent shin splints, inflammation of heel and damage to the Achilles tendons. These injuries are very common in young athletes wearing the wrong shoes to practice or from improper running technique during practice.

How long are the track meets and when are they scheduled?

Almost all meets take place on Saturdays. Be prepared to plan your day from 7AM-5PM. (See the Well Prepared Track Family for more information on what to bring to a track meet).

Is it okay for my child to just practice with the team but not participate in the meets?

Again, the Metro Stars is a Track and Field Club, not a fat camp nor a fitness class, so we ask for your commitment and dedication to the track club with the interest of your child being a Track & Field Athlete. The workouts will benefit any athlete in various sports, so if you decide on track to assist your child in an alternate sport, that is totally fine, but respect the coaches and your teammates by communicating and attending practice and track meets regularly. Also, by paying the membership fee, you have already paid for your athlete(s)'s entry into the meets.

How much will it cost for my child to run?

There is one Membership fee everyone pays to become a Metro Star. That registration fee will cover: AAU membership fees for both team and athlete, USA Track and Field Membership and Athlete fees, athlete meet entry fees, Metro Stars Team T-Shirt, and other miscellaneous team items. The Uniform Fee is a separate fee because athletes are allowed to re-use the uniform from a previous season.

About the uniform, does my son/daughter have to wear the tights when they reach the older age groups?

No, the compression uniform is definitely optional. However, all athletes under the age of 13 are required to wear the shorts. The Metro Stars will never wear speed suits. Also our throwers wear shorts.

How important is nutrition and any tips on what my child should eat the day of a meet?

Nutrition is just as important as the training for the young athletes throughout the season. It's also something often overlooked by parents. One of our jobs as coaches is to teach proper nutrition intake to the team (parents and athletes) in order to refrain from injuries, and to assist in effective performance during practice and of course the meets. The number one poison parents often allow their child to eat is SUGAR snacks and drinks!! Your child will absolutely NOT reap any benefits to their training and performance with over consumption of the following: Candy, chips, cookies, cakes, fried foods, and sodas. Yes, they are kids and those are the type of things they enjoy to eat. However, OVER consumption of any of the above prior to workouts or on a day of track meet, is not acceptable.

Here's what we do recommend at least a few hours prior to practice: Sandwich, salad, goldfish snacks, pretzels, crackers, trail mix, fruit, and WATER!!

The day before a meet: We encourage consumption of 8 to 10 glasses of water, lean protein (chicken or seafood), and a pasta dinner.

The day of the meet: Breakfast is important but keep the serving sizes in moderation, especially depending on what time of the day your child's events are scheduled. Breakfast options: pancakes, waffle (low sugar syrup), turkey bacon or sausage, wheat toast, hot/cold cereal or oatmeal, fruit, yogurt, cereal or nutrition bar.

Suggestions for your cooler for the track meets: Fruit, water, low sugar sport drinks, yogurt, cheese n' crackers, nutrition/ cereal bar, sandwich (lean meat & cheese, tuna/ chicken, peanut butter N' jelly), trail mix and crackers.

We hope that you find all of this information helpful in your decision to join the New Orleans Metro Stars Track Club.