



THINGS TO KNOW

- All info concerning the Carolina Allstars can be found online at www.ncallstars.org. Most pertinent info can be found on the Upcoming Events and Calendar page.
 - <http://www.ncallstars.org/upcoming-events.html>
 - http://www.ncallstars.org/calendar_2016.html
- Meet info and meet entries for the athletes will be posted at the beginning of each week on the upcoming events page. This will give everyone an opportunity to review and ask questions about the meet and/or entries, if necessary. Once the meet entries are posted, if you know for certain you will not be attending the event, please notify Coach Coleman via email @ ncallstars2004@gmail.com. We do not want to be charged for athletes that do not participate. Entries typically close on Thursday nights after practice. Event changes cannot be made after entries close. The coaching staff will determine event areas for each athlete based on a seasonal progression. If you have questions about events please contact any coach. **Final entries will be posted by noon on Fridays.**
- We will have tents set up in the bleachers for athletes and parents to sit together. We encourage all athletes to sit in this area to ensure coaches can find everyone.
- Track meets typically start early mornings on Saturday. All developmental meets will be on a rolling time schedule. Therefore we only can give a start time for the first event and each event will follow after the conclusion of the previous event.
- The early season meets are developmental which means many clubs are trying to determine best events for each athlete. Many athletes will be running in an organized track event for the first time. Patience is required for what I like to call "**controlled chaos**".
- **Check link for "Quick Tips for Newcomers" on the upcoming events links.**

Thank

Coach Chris

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