WELCOME

We are so glad you have decided to join Hot Feet Track Club; Kansas City's premier track club. We are looking forward to developing and growing your athletes' skills and helping them achieve their goals in their chosen events. I look forward to meeting you and putting a face with the name! Coach T

Steps to get you started

STEP 1: Go toTeamsnap.com, Upload your Athletes' photo and be sure to put your kids cell phone numbers and email in there as well. www.teamsnap.com

STEP 2: Download the Teamsnap mobile app to your phone. Be sure to include numbers that you don't mind receiving notifications. Turn on Alert/email/chat

STEP 3: Download the GroupMe app to your phone. This is the app we will use for all communication at specific track meets.

STEP 4: Set up an athlete account for athleticnet.com (Hot Feet Club Code is **PP56ZSNFV** (This is how you will register for track meets)

STEP 5: Uniforms and spirit wear

Jock's Nitch team store link coming soon.
Only athletes competing at indoor meets need a uniform. Wear a black top and black bottoms.

Step 6: Hot Feet High School College Recruiting

If your interested in our College recruiting service. Go to **www.hotfeettrackclub.com** and click Recruiting. Fill out the EAS form to receive more details from Coach JT Collor

STEP 7: Complete the Juice Plus+ Wellness Form

Parents and guardians, please complete the Hot Feet Wellness Form and select your preference for follow-up from our wellness partner, Juice Plus+.
https://boards.com/a/ThYpdL.h7qwim





What To Expect at Track Meets

Whether it's indoor season or outdoor season, there are certain things you should expect as a parent and athlete when you attend meets:

- **You are responsible for any registration deadlines and familiarizing yourself with all meet information.** You will be provided a listing of recommended track meets for the upcoming season. Our Team Manager sends out reminders of upcoming meets but ultimately it is your responsibility to register your athlete, get them to the meet on time, and read the information provided, in its entirety.
- **Be flexible with the meet schedules**. Some meets are very long and take a while to get through all the heats. Be aware of the schedule and understand that a rolling schedule means they will run one event immediately after the other, not according to set times.
- **Your event coach may not attend every meet.** He or she may not be at some of the meets you attend. It will then be your responsibility to help your athlete navigate the meet.
- **Lend a hand!** There are a lot of tasks to be completed surrounding our meets and events. There will be opportunities for you to help out and it's nice to have some extra hands and muscle. Please volunteer if asked to do so by Coach, our Team Manager or Volunteer Coordinator. We appreciate it very much!

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