



Dear Parent(s):

I want to take this opportunity to put in writing my coaching philosophy and goals for your son(s) and/or daughter(s) in regard to the Lakota East Track team this season. Track and Field can be an exciting and fun opportunity for them to learn and develop new skills, learn to work hard, and have fun. As fun as it can be for your son(s) and daughter(s), different expectations from the coach, parent(s), and athlete can take away from that positive experience in a number of ways. Please make sure my philosophy fits with your expectations on how you see your son(s) and/or daughter(s) as part of Lakota East Track and Field team.

I believe kids gain confidence and a love for the sport through positive feedback from parents, coaches, and other athletes. Skill level develops at different rates for athletes, but hard work, effort and having fun can always be achieved. I try to always provide positive feedback for athlete's effort. Teamwork and developing friendships are an important part of any team sport. I always try to tell athletes how important it is for them to support each other and to always be positive towards their teammates.

Competition is an important element of any sport and as athletes grow, they naturally become more competitive. I don't talk to the athletes about "how important it is that we win". My role, and that of the parents, is helping the athletes develop an ability to deal with competition in a healthy way. Effort and attitude are my focus. If we can achieve that, then chances are we will win the number of meets/ events we are capable of winning.

Objectives:

At this level, we must be able to work towards our goals. My goal is for every athlete on our team to work towards competing in the end of May. Each athlete will train all week and use meets to check progress ensuring we are where we need to be. I want each athlete trained in a way that we improve their speed, strength, endurance, and technique throughout the season.

Meet Participants:

Athletes with the top marks/times will be considered Varsity. Most varsity meets only allow a limited number of athletes to compete per event, which is why we take those athletes with the top times/marks per event. Athletes can move from Varsity to Junior Varsity (J.V.) from week to week. Therefore, just because they are on J.V. doesn't mean they stop working hard. Effort and attitude never change.

Athlete Expectations:

1. I expect athletes to always show respect for the coaches, officials, parents, and other athletes
2. I expect athletes to always give their best effort.
3. I expect all athletes to be at every practice on time and ready to train hard.

Parent Expectations:

1. If at all possible, volunteer to assist at home meets, team events or fundraisers.
2. Encourage good sportsmanship by demonstrating positive support for all athletes, coaches, and officials at every meet and/or practice. Cheer for your athletes during meets, but do not yell instructions to them. Remember, this is their opportunity to enjoy participating and competing in a track meet. Much of the fun is lost if their Mom or Dad is always yelling instructions. You never know what the coaches might have been working with them on in the days, weeks or months leading up to competition.
3. Please let me know if you have a problem with me or something that is happening. Same holds true if your athlete is not happy about something. I want to know if there is a problem right away. Most problems can sometimes be fixed.

I'm looking forward to a rewarding season. If you have questions or concerns, please don't hesitate contacting me via email.

Sincerely,

Coach Heath

Email: easttrack22@gmail.com