

# *Lakota East Track and Field*

- **What paperwork will I need to turn in?** The following paperwork must be turned in to Coach Heath or Kevin Stokes(Head Trainer) by the first day of official practice if you wish to participate:
  1. A physical completed sometime in the past year (if you got one for another sport or school activity in the past year, you're covered)
  2. An Emergency Medical Authorization (EMA) Form - We must have a new copy of this even if you've turned one in for other activities. This all ties into Final Forms.
- **Emergency Medical Authorization (EMA) Form** - this is very important information that should be updated with Student, Parents or Guardians information. If anything unfortunate were to happen to any of our athletes the information in the (EMA) form will be the best way for us to contact parents or guardian.
- **What is the Team Expectation?** The coaching staff's expectations concerning athlete attendance and responsibilities will be solely on the athlete. You will be held accountable for your actions.
- **How do I know if I'm academically eligible?** To participate in practice and meets during the fourth quarter, you must be eligible based on your third quarter grades. You must pass 5 classes one of which may NOT be gym. Take care of your work in the classroom before your work on the track.
- **Does the track team cut?** Typically we do not cut athletes. Anyone that is willing to meet the team rules and work hard in practice is welcome to be a part of the team. However, the coaches reserve the right to cut someone. This might happen if you lack basic fitness and cannot complete simple team drills

and routines such as the half mile warm up lap. Also, track and field is a sport that requires a certain work ethic. If we find that you aren't willing to give it your best in practice, we might ask you why you're here and might suggest that it is time to find something else to do after school.

- **What is the team attendance policy?** We are looking for athletes who are committed to improving their performance on the track and who are committed to the Lakota East track and field program. Our goal is to compete at all times. We will need athletes who are committed, dedicated and hard workers. It will also require that you are present for each and every practice and meet. Our attendance policy is as follows:

1) Beginning with the official start of practice, you are expected to be present and on time for each meeting, practice, and meet. Only excused absences from school or unavoidable conflicts that are cleared with the coaches ahead of time will be allowed. Please try to schedule doctor and dentist appointments at other times. If you have an unexcused absence from a practice, you will miss the next meet. A second unexcused missed practice may result in you being dismissed from the team. Please see Coach Heath if you have questions or conflicts.

2) Spring Break. During break we may or may not have meets scheduled. That's a season by season decision. If there's no meet I will inform you of the practice schedule for the break. Usually 3 days earlier in the week then off the rest of the break. Distance kids schedule may vary. You are expected to attend these practices unless you are on a family vacation.

- **Can I do track and baseball or softball at the same time? What about club sports?** It is next to impossible to participate in track and be on the school's softball or baseball team. Both teams generally have a game every day which leaves you little time for training for track. If you can think of a way to do it, come and talk to me. Club sports are another story. While it is not ideal, I've known of several athletes over the years who were successful in

track and on a club team. You will have to adjusted workouts for people who do both so that they are not overworked, but we do ask that you do not miss practices or meets. Again see me if you want to try both.

- **Can I just train with the team and not participate in meets?** Absolutely not. We aren't a fitness club or personal trainers. As coaches, our job is to bring out the best in our athletes with the end result of representing Lakota East by doing well at meets. We've got about 65 -75 people at practice and really don't have room for people that actually aren't contributing to the team.
- **How can I earn a varsity letter?** An athlete can earn a varsity letter by competing in 3 Varsity meets. Athletes can also earn a varsity letter by competing at the varsity GMC Championship, district or regionals. Sportsmanship, effort, and contributions to the team and program are also considered when coaches award letters. An athlete can earn a reserve award for participating in track and field.
- **What about uniforms?** Each member of the team will be assigned a uniform. These are **not** to be worn at practice -- only for meets and picture day. Take proper care of your uniform (check the washing directions on the Nike uniforms). It is your responsibility to take care of your uniform. Uniforms will be collected at the end of the season. If you fail to turn them in, you will receive a bill for that uniform.
- **What is the practice schedule?**  
Practice is from 3:30- 5:30 Mon-Fri unless there's a meet. There is more than enough time to warmup and stretch.  
Practice will consist of announcements (while we stretch) followed by a team warm-up. We will then split up into groups (sprints, distance, throws, etc) for Individual workouts. This will be the bulk of practice followed by a cool down and weights (on some days).

Practices are **rarely** if ever cancelled.

- **What Should I Bring to Practice?**

1. The most essential item is a good pair of RUNNING shoes. In this sport, your body will take a lot of pounding...especially your legs. If you run with old shoes or shoes that were not designed for running, you WILL get injured. You can get shin splints, tendonitis, and stress fractures which will sideline you for the year. Every year someone insists on running in old shoes and it never fails that they get hurt. As you can guess, I STRONGLY suggest that you get yourself a good pair of running shoes. You will need shoes that will support YOUR foot and protect YOUR body. At the very least go to a sporting goods store and get a running shoe (not a cross trainer or tennis shoe).
2. T-shirt and shorts/ Water bottles
3. Sweatshirt and sweatpants - all athletes must wear sweats for warm-ups no matter what the weather is. This is to help increase the blood flow to the muscles so that they are warmed up sufficiently. It also helps prevent injuries.

- **What about meets?** Uniforms, sweats, running shoes, spikes, gym bag and weather appropriate gear. Check the forecast and be prepared. Better to be over prepared than underprepared. For away meets be on the bus on time. We will not wait for you. Be positive and supportive of your teammates. If you are not doing anything, go watch a running event and cheer them on. Be focused on the meet and your preparation. Know what is going on around you and know how your teammates and the team are doing. All athletes are expected to remain at the meet until it is over. Support your teammates. You might be needed if someone gets injured. If you are riding home with your parents **YOU MUST** inform **ME** before you can leave. Lastly, always be respectful towards competitors, coaches, officials, fans and other schools. Disrespect will not be tolerated.

- **Will I need to help out at home meets?** YES! Each meet is an important event to organize and your help will be needed to make them successful. You must be present for the duration of the meet and be available to help out where

needed. Generally, the varsity helps run the JV meet and vice versa.

- **Should I buy spikes?** Almost certainly. In a race between two runners of completely equal ability and fitness, the one wearing spikes is going to win. They are lighter than running shoes and provide better traction (which is especially important for sprinters and jumpers). You can buy spikes and running shoes from Steve Nester at Buckeye Running Company 4200 Aero Dr Mason Ohio. 513 234-0666. Tell them where you heard about them.
- **Why we do what we do?** Ever wonder why we are doing the exercises that we do? Here's your answer:
  1. Running warm up laps and stretching your muscles have several purposes. One reason is to get your muscles ready for the strenuous activity that will follow. Another is to prevent injury to your muscles. Also to improve your flexibility (crucial for several events) and your stride length which will in turn, improve your speed. Take these exercises seriously. How you prepare now will help you improve and keep you from getting hurt. If you feel that you are not sufficiently stretched after the team warm ups, tell your coach and you will be given more time.
  2. The purpose of form runs is obvious based on the name: to improve your form. If you are able to run with proper form, you will run faster and with more efficiency. Form runs WILL make you faster. Do not go through the motions during these exercises. You will run in meets like you run in practice. Form is extremely important.
  3. Plyometric will allow you to improve your leg strength, jumping ability, and explosiveness.
  4. Obviously we train with weights in order to improve strength. How will this help you? Stronger bodies will lead to longer jumps and throws and faster legs. Again, take the weight program seriously and you will see improved performances.

- **How can I prevent injuries?**

1. **Proper Footwear** – Proper shoes will protect feet, legs, shins etc.
2. **Good stretching** - Stretching at the beginning and end of practices is not something that is done to waste time. It is done in order to prepare your body for a workout/race or to help recover afterwards. You cannot ask your body to perform at its best if you do not properly prepare it to. Improper warm-ups lead to poor performances and injuries (i.e. pulled muscles!). Often during stretching, I notice people who are stretching the wrong way because they are focused on talking, throwing rocks, or just not putting any effort into it. Be sure that you properly preparing for practice or competition by doing the right stretch the right way!
3. **Weights & Strengthening Exercises** - A good way to prevent injuries is to strengthen the muscles that might become injured. Dedication to the weight program will decrease the chances that you could get hurt. In addition, we will do numerous exercises during warm-ups to help strengthen muscles or recover from injuries.

- **What if I get injured?** Are you sore, tired or injured? If you are injured.

1. **Tell a Coach** - Please notify a coach as soon as you feel you are injured. We can back off on workouts, provide you with advice to help you overcome your injury, or get you to the trainer. DO NOT wait two weeks to tell us!
2. **Ice** - One thing we will definitely tell you to do is to apply ice a few times a day to your injuries or aches and pains. This will help you overcome them.

