

Damien Track & Field Information Bulletin

Head Coach – Doc Williams

Track & Field practice begins January 8, 2019 at 3:30 pm at Damien H.S.

[Basketball, Soccer, and Wrestling athletes can join the T&F team once their season has ended]

Team Rules

God is first, Family is second, School is third, and then ... there is Track!

This means that you may miss practice, arrive late to practice, or leave practice early if have a religious commitment, a family commitment, or a school-related activity. You should notify Doc via a text through our Remind account if you must miss practice.

Practice Schedule

Generally, practice takes place at Damien High School from 3:30 p.m. – 5:30 p.m., Monday – Friday and from 9:00 a.m. – 11:00 a.m. on Saturday. You should notify Doc if you must miss practice for reasons other than those listed under **Team Rules**.

Remind System

We will use the Remind System to notify you of any changes in the practice schedule, to provide you a digital copy of the meet sheet, and to find out which athletes are not available for a particular meet. **To join the Damien T&F Remind account you need to text @trackteam1 to 81010.** You can also receive the same information through email by sending a blank email to trackteam1@mail.remind.com. **All prospective athletes should sign-up today so that you can begin to receive messages! Our 1st team message will go out next Monday, December 17th!**

No-Cuts Policy

The Damien T&F team maintains a no-cuts policy. Each athlete will train with a primary training group. Some athletes will spend a portion of their training time with a secondary training group.

Jumps Groups

High Jump
Long Jump
Pole Vault
Triple Jump

Throws Groups

Discus
Shot Put

Track Groups

Distance
Hurdles
Sprints

Track & Field Attire

All athletes will need running shoes, shorts, and a t-shirt (long-sleeve shirts and long tights will keep you warmer on cool days – great Christmas presents) for practice. By the way, new shoes each track season help to minimize injuries, especially shin splints. Do not buy track spikes until I tell you to do so.

Clearance for Athletic Participation

A reminder, you need to fill-out the Athletic Clearance form and complete a physical using the Athletic Physical Form before you start practicing. You can get these forms online by going to the **More** drop-down menu on the Damien Athletics page (<https://damienathletics.com/>).

Strength Training

All athletes will do some form of strength training on a daily basis – most strength training will take place outdoors though some athletes will lift weights twice per week.

Important Note Concerning League Prelims and League Finals

As a result of changes made by CIF and because Easter is later than normal, **League Prelims / League Finals Competition** will take place during our Easter Vacation this year. Prelims will be April 22 (M) and April 23 (T) while League Finals will take place April 26 (F).