

MPJH Track and Field Information sheet

Attendance/behavior:

All athletes are required to attend ALL practices. Athlete are required to mark the roll each day. All sick days, school excused, or family vacations must be cleared with your coach. Any unexcused absences may result in being scratched from your event at the track meets. We will give preference to athletes who follow the attendance policy. If your child has a weekly conflict with track practices, please specify in the google survey or email Coach Hansen so you are not marked unexcused for those conflicts. Consistency is crucial for development and injury prevention. We are here to coach track and field not an after-school exercise class.

Track meet attendance is not required but encouraged. If your athlete can NOT compete in the meet, please tell you coach asap. If an athlete is signed up for an event and doesn't show he or she will not be allowed to compete in the next meet. This responsibility is on the athletes.

Equipment:

1. running specific shoes
2. dark blue or black running shorts to compete.
3. Spikes are highly recommended. We do have a box full of various sized spikes for any athlete to borrow during the track meets. **ONLY spikes ¼ in. long.**
4. water bottle with name on it, everyday
5. watch with a stopwatch feature

A racing jersey maybe checked out to all athletes who are completing in the track meets. Students are responsible to keep it clean and must only be worn for track meets. Jerseys must be cleaned and returned in the same condition to the track coaches by May 17th or a fine will be charged to the student for \$30.

We run in rain or shine, so bring clothes appropriate for the weather. Always have extra clothing in your bag for hot/cold or wet/dry (jacket/pants/mittens). Don't be the next to pull hamstring from the cold!!

Sportsmanship: Track and Field is a team sport. As coaches, we decide the needs of the team and place athletes in events accordingly. We ask each athlete to be willing to compete in any event, even if it's something you don't like. We encourage athletes to participate in team dress days and participate in team building activities during practice. We require respect and sportsmanship for equipment and opposing teams. MPJH is known for congratulating, helping, and encouraging opposing teams. Way to go MPJH.

Coaching information:

Coach Sarah Hansen: sarahhansen@dsdmail.net

Distance/mid distance/hurdles

Coach Carlo

Sprints and relays

Coach Dellos: cdellos@dsdmail.net Throws and jumps

Injury prevention

- Be consistent with your training
- Never increase your total miles and intensity in the same week, one or the other, build slowly
- Proper warm up and dynamics. Don't over stretch before workout. Stretch after workouts.
- Drink water throughout the day to prevent cramps and get 8-9 hour of sleep each night
- Don't train when you are sick (fever or too weak)
- Rollout or ice sore spots (12 mins) after training

Nutrition: *Training days' lunch suggestions:* lean meat sandwiches or PB & J on whole wheat, Spinach salad with chicken, nuts, cheese, whole grain crackers, granola bars, whole grain bagels, fruit, berries, trail mix

Stay away from: Soda, sugary drinks, Bleached flour, refined sugars, candy, chips,

After Training food: eat the food your parents cook, lots of water, chocolate milk, burritos, fruit, bananas, smoothies, crackers and cheese, nutritional drinks,

Race day food: pasta, sandwiches, easy to digest foods, limited veggies, eat less as you get closer to your event-most people eat 2-4 hours before competition. Find out what works for you and plan. **WATER all day long.**

Distance Spring Break workout:

Monday: warm up, stretch, 20-40 mins run medium pace, 50 sit ups, 50 pushups, 30 squats

Tuesday: warm up, stretch, 15-20 mins easy pace, extra stretching, 100 crunches

Wednesday: warm up, stretch, find a hill and run 1 min up the hill, run back down, repeat 6-8 times, cool down run 10 mins, stretch your IT band and calves.

Thursday: warm up, stretch, 15-20 mins easy, extra stretching, 50 sit ups, 50 pushups, 30 squats

Friday: warm up, stretch, 20-30 min run with 30 second sprint intervals every 3 mins, extra stretching

Sprinters Sprint break workout:

Monday: warm up, stretch, 20 mins run: run 30 sec., jog 1.5 min, repeat 10 times.

Tuesday: warm up, stretch, 20 min easy, 100 crunch, extra stretching.

Wednesday: warm up, stretch, find a hill: run 30 sec. uphill, walk down, repeat 6 times. 10 min cooldown, stretch IT band and calves

Thursday: warm up, stretch, 20 mins easy, extra stretching, 50 sit ups, 50 pushups, 30 squats

Friday: warm up, stretch, 12 min interval run: 30 second jog, 30 second run, 30 second sprint, repeat 4 times, 2 min rest, repeat 4 times

IMPORTANT! If you have an injury, please don't run if you have pain. Try cross training: swimming, biking, hiking, etc.

Track meet order of events (start at 3:00):

Check in to field events: LJ, HJ, Shot, Discus

- Girls 100m Hurdles
- Boys 110m Hurdles
- Girls 100m Dash
- Boys 100m Dash
- Girls 1600m (mile 4 laps)
- Boys 1600m (mile 4 laps)
- Girls 4 x 100m Relay (each run ¼ lap)
- Boys 4 x 100m Relay (each run ¼ lap)
- Girls 400m Dash
- Boys 400m Dash
- Girls 800m (2 laps)
- Boys 800m (2 laps)
- Girls 4x 200m
- Boys 4x 200m
- Girls 200m (1/2 lap)
- Boys 200m (1/2 lap)
- Girls 4 x 400m Relay (one lap each)
- Boys 4 x 400m Relay (one lap each)

Required MPJH Survey for registration



We practice Monday-Friday from 3:00-4:45 at MPJH.

March

- Mon 14th Conditioning begins**
- Mon 21st Track begins**
- Mon 28th: Deadline to complete registration**
- Wed 23rd Mock meet at BHS**

April

- Mon 11th Track Meet @ Farmington 3:00 busing provided**
- Wed 20th: Track meet @ BHS 3:00 busing provided**
- Wed 27th: Track meet @ WXHS starts 3:00 busing provided**
- Thursday 28th: Last track practice for those not going to South End, Turn in washed track Jersey.**

May

- Wed. 4th: South End track meet @ WXHS starts at 2:15**
- Friday 6th: Track Party for EVERY ATHLETE who competed in track!!**
- Mon 9th-Thurs 12th: practice for those going to District**
- Fri 13th: District Championships @Syracuse starts at 2:15**
- Tues 17th: LAST DAY TO TURN IN UNIFORM**

ALL ATHLETES MUST PAY TRACK FEE \$50, TRANSPORTATION FEE \$10, and APPAREL FEE (\$10-\$50) ONLINE OR IN THE OFFICE BEFORE COMPETING. KEEP YOUR RECEIPT FOR YOUR RECORDS.

If, for whatever reason, you choose to quit track and would like a refund the last day to do that is April 1st

Event preferences: *Sign on google form (see QR code)*

Our team consist of 7th, 8th, and 9th graders, please remember the 100m, 200m and 400m are limited to the fastest runners on the team. You are limited to **4 events**. Please fill out the survey question. Remember this is only a preference, not a guarantee.

- | | |
|---|-----------------------------|
| 100m/110m hurdles | 200m Dash |
| 100m Dash | 4 x 400m relay (1 lap each) |
| 1600m run (4 laps or 1 mile) | High Jump |
| 4 x 100 relay (4 runners- run 100m) | Discus |
| 400m run (1 lap) | Shot put |
| 800m (2 laps or ½ mile) | Long Jump |
| 4 x 200m or Medley relay (4 runners run 200m, 200m, 400m, 800m) | |

Eligibility: NO U's and 2.0 GPA or higher

JOIN TRACK by signing up on register my athlete website. registermyathlete.com Select our school and follow the website. www.uhsaa.org/forms/forma.pdf

****ACT NOW** DOCTOR APPOINTMENT REQUIRED-** All athletes must have a physical upload to website prior to training. Physicals are good for one year (365 days).