

## Basic Information for 2024 Woodland Track & Field

For a lot of you, joining our middle-school track team might be the first time you've had anything to do with the sport, and for that reason I encourage you to read on to better understand how we go about training and competing at Woodland Middle School.

Middle school teams begin training a little before Spring Break, with our school's try-outs occurring between February 26<sup>th</sup> and March 5<sup>th</sup>. **Given the large number of athletes trying out and the limited room for entries we will be making multiple cuts this year.** The coaches will be fair and make the best choices when picking our competitive team roster. The try-outs will give the coaching staff a good idea of which athletes are a good fit for one or more of the following events:

| Sprints                                                                 | Relays                                                                           | Distance                         | Jumps                                | Throws             |
|-------------------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------|--------------------------------------|--------------------|
| 100-meter dash<br>200-meter dash<br>400-meter dash<br>100-meter hurdles | 4x100-meter relay<br>4x200-meter relay<br>4x400-meter relay<br>4x800-meter relay | 800-meter run<br>1 600-meter run | High jump<br>Long jump<br>Pole vault | Shot put<br>Discus |

Keep in mind that there are a limited number of entries for each event. In most cases we can enter more 800-meter and 1 600-meter runners since those races are not limited to lanes. There is not a guarantee that everyone will be entered in meets this year. Usually, we can enter six competitors (three boys and three girls) in each event, and two relay teams in each relay. The three runners chosen for an event are not necessarily the three best at that event, but if you're the 17th fastest 100-meter runner on the team, chances are not good that you will compete in that activity. Several items will be considered when picking entries for an upcoming meet. There are also strict limits to how many events one athlete can participate in during a single meet.

Both boys and girls participate in the same events, but not against each other, and their performances are not combined, meaning there is a boys' team winner and a girls' team winner at the end of each meet.

Working hard during practices is essential to performing well at the meets, and for all the middle-school events, attending our practices is a key part to becoming a contributor to the team. Our Woodland practice days are typically workout days where we focus on speed, endurance, or strength (Depending on the day). Our Ravenwood days are very helpful because it gives us access to the track. These days get us running fast on the track and give us opportunities to practice the field events, handoffs, hurdles, etc.

**\*\*The Track Fee for this season is \$75 and goes towards several things including meet officials, the County Championship Meet, new uniforms and equipment needed for the track season (Shots, Discus, Batons, etc.). THIS WILL NOT BE ADDRESSED UNTIL AFTER TRYOUTS SO WE KNOW WHO IS ON THE TEAM.**

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Here's a list of a few essentials that you should bring to conditioning workouts, the tryouts, and to each of our practices. Especially in the beginning, having what you need will make getting used to the workouts a lot easier and generally more comfortable.

1. **Comfortable running shoes.** I highly recommend a place like Fleet Feet that will look at your gait and help you find the right fit of running shoe. Once you get the right fit, the shoe brand or color is totally up to you. Getting the right fit will make sure your shoes give you proper support and will correct any pronation issues that you may have.

2. **Clothing for all types of weather.** We will practice in days where a long shirt and pants are needed. We will practice in many days where you will want shorts and a t-shirt. Any moisture wicking material is best for running but sweatpants or cotton shirts are completely fine as well.

3. **Thin gloves and a warm hat help in the cold** – Track is best practiced outside, and we will practice outside whenever possible. We will move indoors or potentially cancel if the wind chill is under 30 degrees or we have any thunderstorms or heavy rain in the area.

4. **Your own water.**

5. **Sweatshirt or hoodie.**

6. **A watch or stopwatch** is very helpful, but we're not going to be requiring a watch purchase from anyone.

\*The meets are competitive enough that racing shoes with spikes can make a significant difference. At the middle school level, spikes are not required, and I only recommend them for some of our top runners. I, however, wouldn't go ahead and buy any track spikes unless you know the events in which you will be competing.

Questions? Please reach out to me!

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