

# St Paul's Warriors 2018 Track & Field

**Track & Field** is a sport which includes athletic contests established on the skills of running, jumping, and throwing. This includes sprints, distance, hurdles, relays, shot put, discus, long jump, and high jump. There will be some athletes with additional training able to compete in pole vaulting and triple jump.

## The Team:

5<sup>th</sup> – 8<sup>th</sup> grade athletes. The coaching staff will establish individual teams based mainly on ability for each skill.

## Equipment:

- Practice:
  - Running Shoes
  - Athletic clothes
  - Water bottle
- Meets:
  - Team tank with all black shorts or spandex bottoms
  - Running Shoes
  - No Jewelry
  - Water bottle and appropriate snacks

## Hydration/Nutrition/ Injury Prevention/Medical Conditions:

- Hydration is vital to participating in sports. Athletes need to be drinking more than the recommended 8 glasses of water a day. They should drink frequently including water, and low sugar sports nutrition drinks with electrolytes.
- Nutrition is also important. Please make sure that our athletes are eating diets rich in carbohydrates, protein, calcium, and iron.
- Injury prevention is best done through proper shoes and preparation. We will teach the runners proper stretching and running techniques. This will aid in injury prevention. Good running sneakers are a must! 1<sup>st</sup> Place Sports is a good place to get fitted for running shoes. Spikes are not necessary at this level, but can be used at Bolles, Episcopal and Providence.
- If your child has a medical condition: Asthma, heart issue, etc.; please make the coaching staff aware.

## Practice and Expectations:

- Practice Schedule
  - Monday through Thursday after school until about 4:15 (practices will eventually be divided by skill)
  - Most Saturdays at either Atlantic Beach (free) or Bolles for special clinics (optional; \$10 per runner per clinic with JACKSONVILLE ATHLETIC CLUB Elite Year-Round Track and Field Training @ Bolles)
- Athletes must maintain grades and model behavior in school. In addition, they must respect the coaches and follow instruction, particularly to maintain safety.
- Coaches take into consideration athletes in other sports and will work with those athletes regarding schedules. Communication is key, and athletes must inform Coach Ruen of any conflicts.

## **Meet Schedule:**

There are 3 meet dates already determined with 2 to 4 additional meets that host schools are setting up soon. Last regular season meet should be around mid-April.

- Bishop Snyder: Friday 2/2 (preseason; only Catholic Schools)
- Oakleaf: Friday 2/16
- Bolles: Friday 2/23
- Episcopal: Saturday 4/14
- There are 3 additional meets we are hoping to get in: 3/7 at Episcopal; 3/15 at Providence; 4/21 at Nease. These meets, or other meets may be added to schedule depending on availability by host schools.
- State is on Saturday 5/12 in Bradenton, FL for any athletes that qualify and are interested in going.

## **Practice Cancellations:**

Emails will be sent out if practice is cancelled due to weather and runners will be sent to extended to be picked up.

## **Meet Cancellations:**

Meets happen pretty much in any weather, but lightening, however email notifications will be sent as soon as host school notifies us.

## **Team Travel:**

Parents are responsible to get their athlete to and from the meets. Get to know your teammates and rely on carpooling when you can.

## **Fees/Forms:**

- \$20 per runner to register, plus costs of team uniform (\$12), \$10 per clinic to JACKSONVILLE ATHLETIC CLUB Elite Year-Round Track and Field Training @ Bolles (this is optional).
- Fees cover the team entries and some equipment.
- Registration/contact form and sports physical forms due by 1/5.

## **Coaches:**

Georgia Ruen, Brad Kennelly, Selina Beenen, Leigh Barbour, Skye Johnson, Mary Lynn Heekin, Jen Indriola, Chris Stouffer

- Volunteers to help coach are always needed and welcomed.
- If interested in being a Team Mom/Dad to organize snacks at meets etc.

For questions now or throughout the season, please contact Georgia Ruen at [georgia.ruen@gmail.com](mailto:georgia.ruen@gmail.com)

***❖ Parents, thank you, in advance, for all your support during the***

