

What to Expect at a Practice

Spring weather can change quickly and you should be ready with layers of clothing, shorts and t-shirt are the basic clothing. But, you should have long pants and a sweatshirt even on the warm days. It is also a good idea to have some dry clothes to change into after practice. We will practice even if there is rain, so bring your rain gear if there is a chance of rain. We will cancel a practice if there is a threat of severe weather, or lightning.

Make sure to have a good fitting pair of running style sneakers that tie with laces, not fasteners. It is not necessary to have track spikes or any other special shoes.

Everyone should have his or her own water bottle. The coach will have a large water jug for refills if necessary. Practice is at the dinner hour, so make sure that you have eaten something healthy after school. Some people do not react well to exercise with a full stomach, so watch how much you eat prior to practice.

All practices will begin with the entire group doing a warm up consisting of running, stretching and exercises. After that we will split up into age groups to work on specific event practice. Everyone will participate in running, jumping and throwing events. We will finish up each session with relays and games.

Everyone should expect to treat others, and be treated, with respect. You should be ready to put in a good effort and have a great time learning new skills and gaining new accomplishments.

Parents, please do your best to drop off and pick up on schedule.