**Practice Procedures**

**Races are won or lost in practice. The one’s that excel in practice are the ones that excel in the races.**

**Practice Procedures:**

* + - 1. Our normal routine is different from years past. The schedule is correct, unless otherwise noted in practice, emails or announcements. Always plan on being at least 5 minutes earlier than what is said! Being late will result in extra conditioning! In the preseason make sure you are dressed to go outside at all times since we will practice in the winter conditions!
      2. At the beginning of each practice, the team captains will lead the team in a warm up jog followed by our dynamic stretching.  The entire warm-up will last approximately 30-35 minutes. At the conclusion of the team warm-up, you will then break into your assigned event areas for your specialized workout.  Some athletes will be assigned more than one event area.  An example of this would be a long jumper (jumps) who is also on the relay teams (sprints). Early in the season, if you are unsure of which events you may be best at, the coaches will work with you to find your best events and assign you to that area.  Generally, you will be with sprints or distance to start. Usually, once a week we will have a team meeting before practice to discuss team information and pass out medals from the previous meet.  These meetings will be called when needed.
      3. The Track and Field coaching staff is sold on the idea of using weights. Weight training will be used throughout the season. At the conclusion of your weight training session you must check with your coach before leaving.
      4. We will be using the Divine Word Seminary for Pool Workouts on Wednesdays throughout the season. One of the primary reasons for pool training is if the athlete has an injury that will not allow him or her to run on a hard surface. Injuries such as Achilles tendonitis, ankle sprains, soreness in the knees, lower back pain, etc. I also schedule water-running workouts as recovery workouts after a long run or bike session. Another benefit to water running is that an athlete can do interval workouts in the pool that could be substituted for road intervals or track work. Many athletes get injured doing intense interval running on a hard surface. If done in a structured manner, the benefits of an interval workout in the pool can come close to that of an interval workout on land.
      5. During every practice we will have a team breakdown and or sing the fight song.
      6. If you are injured we will direct you to the trainer. Sue Theisen is a trainer, not a magician. You are going to experience some pain and soreness. Soreness and minor pain does not require a trip to the trainer. Don’t see the trainer on your own. See your coach and he will direct you to the trainer. Do not go to the trainer without letting one of the coaches know first!
      7. If you need treatment from the trainer she will tell the coaches. All taping and wrapping by the trainer will be done **before** the warm up at 3:20. Go to the training room immediately! The training room is not a hang out.
      8. If school is cancelled due to weather there will be no practice on that day. If there is an early out from school the practice announcement will be made in practice the night before or on the announcements during school.
      9. Don’t miss practice. If you cannot practice, you cannot compete.

**Meet Procedures**

**Home and Away meet Procedures:**

**“To give anything less than your best is to sacrifice the gift.” – Steve Prefontaine**

1. The day before we are scheduled to compete, your coaches will meet with you briefly to discuss the events that you will be competing in for the upcoming track meet.  In most cases you will compete in the events that you would expect to compete in.  But, you must remember that your coaches will make the FINAL decision because we are making the best decisions for the team.  **(Grade level does not dictate varsity or JV, only your performance)**
2. Treat the bus driver with respect and keep the bus clean.
3. If you miss a bus to a meet or the start of warm up for a home meet, you will not be allowed to compete unless it is approved before the bus leaves or the home meet warm up starts.
4. Cell phones are not to be used and should be turned off at the meets and left on the bus.  Brief phone calls can be made for arranging transportation only, or other reasons if OK’d by a coach.
5. Athletes should leave all jewelry at home.  It is against the rules to participate with any jewelry.
6. We will get off the bus and make camp. After we set up camp we will take a team lap together followed by a team breakdown. We will let everyone know that we are here and we are going to compete. Those that have an early event should then start their warm up immediately.
7. After you finish your race or field event you need to immediately see your coach so we can discuss your performance (Good or Bad).
8. At the end of the meet we will take a team lap together followed by a team breakdown with the singing of our school fight song
9. You will represent Western Dubuque High School at all competitions with class and pride. You will also wear your school colors as a participant (even during warm-up). Failure to properly represent your school will result in the loss of the privilege to compete in the meet. You represent yourself, your teammates, your coaches, your school, and your family. WE have high expectations.
10. Athletes will prepare (warm up) for events as directed by their individual coach for that event.  Try, as best as possible, to follow the performance plan.  When the event finishes, put on sweats, change the shoes, and do a proper cool down; also try to take in a little carbohydrates and protein (about a 4:1 ratio) as soon as possible.  If it is wet out, sit on your garbage bag to put on sweats and change shoes.
11. If not warming up, performing, or cooling down for your event; help, cheer on, and encourage your teammates.  Make it a point to visit a new event each meet and cheer for someone you haven't supported before.
12. All athletes are expected to pack a lunch/snack for each meet. Eating from the concession stand is prohibited. If we eat trash we will perform like trash.
13. Parents, family members, and friends should not be on the infield unless they are currently working there.  Non-workers should stay in the stands with other spectators.  **Athletes should not be in the stands** – they should be participating or at the team camp with their teammates.  Athletes found lingering with non-teammates or leaving the stadium will not be permitted to participate in future invitationals.