

March 1, 2018

WELCOME TO INDIANOLA MIDDLE SCHOOL GIRLS TRACK! This program has history of being successful and we are looking to you to help continue this tradition. There are 4 coaches in this program and with the larger numbers of participants; we will do our best to give each of you as much individual attention as possible. It is your responsibility to listen to instructions, follow and learn from them. You will be given many opportunities at practice to improve and it will be up to you to use those times. **ATTITUDE IS EVERYTHING!**

We will do our best to get you into as many races as possible, but your attendance, effort, and/or range/interest in events will be factors. You will have at least 3 regular season meets to compete in if you are at practice and working to improve. An added opportunity is the IATC State Track Meet with hundreds of girls competing from all over Iowa. The top performers from each grade with qualifying times will have their chance to represent Indianola in this meet. PARENTS: ALL athletes will stay to the end of each track meet.

KEYS TO A SUCCESSFUL TRACK & FIELD SEASON:

ATTENDANCE: You are expected to be at EVERY practice, all week long. You've been given a calendar for the whole season; you know when the meets and practices are and the times. We know there are exceptions. To be excused from practice, you must make prior arrangements with one of the coaches (except family emergencies). An email or note from a parent/guardian excusing you from practice is **REQUIRED IN ADVANCE**. Also, there comes a time when you may need to spend some time with a teacher after school and be late to practice (but still attend). This will not count against you as an unexcused absence as long as you follow the procedure.

First unexcused absence = WARNING and have a circuit-training workout on top of the next day's practice.

Second unexcused absence = miss the next two meets that you would attend and have a circuit-training workout on top of the next day's practice.

Third unexcused absence = removal from team.

SPORTS'PERSON'SHIP: You are representative of the Indianola Middle School and we expect you to carry yourselves as such. At practices, between each athlete and between the athletes and coaches, we are expecting respect, politeness, manners, inquisitiveness, positive attitudes, PATIENCE, and an overall proud feeling of being part of a great team. Profanity of any kind will not be tolerated! There will be immediate consequences for any incidents. At meets, we expect to see this as well. "Trash-talking" members of other teams will not be tolerated (no matter who started it). Our meet "camps" will be spotless when we leave that evening. We will continue to be known as the team that is fun and respectful as well as competitive.

PRACTICE/MEET ATTIRE: There are certain essentials needed to practice and compete in track and field. First, you need to have a proper set of tennis shoes that will allow you to get the maximum benefits of practice. These could be your shoes you wear for P.E. or other sports that require running. Please don't think you have to go out and buy expensive shoes. There are many other resources of finding running shoes. If this is a problem, please notify one of the coaches immediately. Second, t-shirts, athletic shorts, socks and undergarments are proper practice attire. Please NO TANK TOPS OR RACER BACK TANKS. Third, you will be issued sweats through the school that you will be responsible for the whole season. Bring these to EVERY practice and meet. The coaches will let you know whether you need them that day. We will be outside as much as possible so you need to be prepared. These sweats are NOT to worn at school as part of your daily wardrobe. Lastly, you will also be issued a uniform (top & bottom) through the school that you will also be responsible for the whole season. These will only be worn for meets and our team picture. **OPTIONAL:** You may also invest in 1) a pair of running tights (BLACK) to wear on colder nights (approximately \$25-30); 2) a long-sleeved shirt (BLACK) to wear under the uniform top on colder nights; and 3) running shoes called "spikes". These can be worn during practices and all meets. (Prices range from \$30 – 80+). Lastly, no jewelry (except watches) will be worn at practices. This is a meet rule and we will practice accordingly. Please keep valuable items at home.

CELL PHONES: Cell phones will **be turned off** and placed in their bags during practices and meets. Coach Lester will always have her cell phone with her if there is an emergency during practices and meets. As soon as athletes are released from practice, they can have their phones on again.

INJURIES: Notify a coach when an injury occurs. Proper treatment at an early stage will allow you to heal and return to your workouts sooner. Ignoring the injury will only make it worse. We coaches will help determine if more treatment is necessary. Don't be afraid to inform us. On the other end of the spectrum, there will be many days that you will be sore and aching from various workouts. There must be a certain level of pain tolerance.

WAYS TO CONTACT COACHES: Please feel free to contact us. We want to keep the communication lines open.

Be ready to have a lot of fun, learn the strategies of track and field, and achieve another successful season! We look forward to working with you!

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