

## **FRIDAY 12/04 TODAY'S OBJECTIVES – GIRLS' TRACK TEAM**

**(Reminder - tomorrow practice is from 9-11:30 am. It is important that you get here before 9 am so we can start promptly.)**

1. Today **WE DO NOT HAVE** the **STRAIGHTAWAY** so congregate in front of the bleachers.
2. WE WILL CHECK IN ALL RUNNERS AND CLEAR ELIGIBLE FOR PRACTICE.
3. UNDERSTAND THE USE OF A CAMERA DURING A MEET AND POTENTIAL RULE INFRACTIONS:
  - A. You must **NOT** show a picture/video to a competitor during a competition, **EVER!!**
  - B. You may take pictures/videos but they can only be viewed by an active competitor after the competition is finished.
4. Today new team members, short and mid distance running candidates create a "benchmark" time for 145m sprint (1 lap).
5. CONDITIONING for other athletes will continue under the directions of your primary coach.
6. Monday there will be a longer timed run for some team members, It will most likely be 1 mile.
7. You should complete today's practice with an emerging/developing understanding of where you might fit into the team. Remember that this is fluid and can and will change based on how you develop athletically throughout the season.
8. You will continue to understand your daily routine, who will be responsible for your daily event training and who your training partners will be.
9. YOU SHOULD KNOW WHERE TO GO TO DOWNLOAD INFORMATION REGARDING TEAM EVENTS FOR THE SEASON. ([www.mlxctrack.com/LexGirls.html](http://www.mlxctrack.com/LexGirls.html))
10. You should understand that you **ARE NOT REQUIRED** to attend all varsity events if a JV athlete or all JV events if a varsity athlete, but based on your own assessment of school and family obligations you are invited to attend.