

THURSDAY 12/03 TODAY'S OBJECTIVES – GIRLS' TRACK TEAM

1. Today have the STRAIGHTAWAY so congregate in on the finish end of the straightaway.
2. WE WILL CHECK IN ALL RUNNERS AND CLEAR ELIGIBLE FOR PRACTICE.
3. UNDERSTAND PACING and TAUNTING RULE INFRACTIONS:
 - A. You must **NOT** run along side a competitor during a competition, **EVER!!**
 - B. As a spectator, when not preparing for your event you belong outside the oval. Only athletes preparing for an event after the call for their event may be inside the oval.
 - C. Do not run across the track or enter the track until **ALL** competitors have finished an event on the track. The only exception to this is to report to a call for your event where you must check in inside the oval.
 - D. Do not celebrate a victory, gesture, shriek or call attention to yourself as you finish a race. In is so easy for someone else to construe this as "TAUNTING" an opponent.
 - E. Go outside the track, let the race finish then celebrate within the circle of team-mates, family and friends.
4. Candidates for the HIGH JUMP will be evaluated today. So if you have or think you have any aptitude for shot putting please step forward.
5. CONDITIONING for other athletes will continue under the directions of your primary coach.
6. Friday we will be running a one lap timed run at maximum effort to create a bench mark for your season and to help coaches evaluate your current running skill. Three runners will run in lanes all the way around the track, this is a 145m run. Monday there will be a longer run for some, most likely 1 mile, to assess distance runners' fitness and potential placement for the 12/14 and 12/17 meets.
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 INFORMAYION REGARDING TEAM EVENTS FOR THE SEASON. (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.