

WEDNESDAY 12/02 TODAY'S OBJECTIVES – GIRLS' TRACK TEAM

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 JEWELRY RULES:
 - A. YOU CANNOT WEAR ANY JEWELRY DURING A COMPETITION
 - B. Any piercing needs to be clear of any jewelry. If an official notices in talking to you that you have a tongue stud you will be DQd. You cannot cover a stud with a piece of tape, studs need to be removed. Best to avoid any new piercing during the season.
 - C. Coaches do not hold jewelry for you when you compete. In preparation for a meet leave all jewelry at home.
 - D. Religious or medical pendants can be worn but must be taped to your body with a RED X on the tape.
 - E. Only simplest hair elastics may be worn. Barrettes or hair clips are closely scrutinized so best to try to go without these. No beading or any other decorations in your hair!
4. Candidates for the SHOT PUT will be evaluated today. So if you have or think you have any aptitude for shot putting please step forward.
5. GENERAL CONDITIONING PERIOD for most other athletes will continue with hill and other types of training outside.
6. EVENT SPECIFIC TRAINING WILL BE INTEGRATED IN TOMORROW as you are assigned to a primary coach.
7. Tomorrow candidates for the HIGH JUMP will be evaluated. So if you have or think you have any aptitude for the HJ putting please be prepared tomorrow.
8. 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.
9. 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.
10. You will start to understand your daily routine, who will be responsible for your daily event training and who your training partners will be.
11. YOU SHOULD KNOW WHERE TO GO TO DOWNLOAD INFORMATION REGARDING TEAM EVENTS FOR THE SEASON. (www.mlxctrack.com/LexGirls.html)
12. 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.