

Track & Field families,

This message is intended to serve as a companion to our early season parent meeting. This can also be a quick guide for each student-athlete and their families as to what to expect this season.

- www.goparktrack.com is the official time website, and is updated multiple times per week. Please check for answers here before emailing coaches or athletics personnel regarding team operations and schedules.
- Your head coaches are: Kelson MacKenzie (Boys) and Wyatt Scheu (Girls). Our contact information can be found on the [website contact page](#).
- Your athletic office personnel are: Andy Ewald (Athletic Director), Brittani Schroeder (Assistant AD), and Rob Griffin (Athletic Coordinator). [Their website is located on the district's website](#). We also have an on-site athletic trainer, Josh Broderson. All injury diagnoses and treatments are subject to his direction and supervision.
- Our programs are fortunate to have a dedicated booster club that oversees our finances and parent involvement. They can be contacted at stlouisparkrunningclub@gmail.com. They are always looking for new members and volunteers!
- Our website has a [few key flyers](#) regarding some common health and nutrition obstacles experienced by high school track & field student-athletes. **If we could ensure that all of our participants and families get the most important points of emphasis, they would be the following:**
 - 1) **Adequate sleep is the most important recovery tool available to athletes of any age.**
 - 2) **Proper hydration, on a daily basis, is the best way for the body to be prepared for anything, whether it be a rigorous day of learning, or a track & field meet.**
 - 3) **Food is food. Any food is better than no food. Without proper fuel, the body will not perform optimally, and may experience negative effects after just a few days without intake. However, we can strive for optimal nutrition. We advocate, at a most basic level, for *carbs, color, and protein* with each meal. *Carbohydrates* from grains, pasta, lentils, etc., provide long lasting energy for daily living and endurance activities. *Natural food colors*, meaning fruits or vegetables, provide essential nutrients and vitamins. *Protein* from meat, dairy, nuts, legumes, etc., provides the building blocks to sustain and build muscles, among other benefits.**

- Each student-athlete should be properly attired for practice/competition each day. This means, at a minimum, that one should be comfortable to a reasonable extent while standing in the practice/competition environment. If you need assistance providing proper apparel for your student-athlete, please contact a coach or the booster club.
- Track & Field is a unique sport that involves many individuals competing towards a team goal. Many often wonder how the sport is scored – what is it we are actually trying to accomplish? The simple answer is this: at a varsity meet, we want to get as many individuals into the top 8 places as possible. From 1st place - 8th place, the points awarded begin at 10 for the event winner and then descend as such: 10, 8, 6, 5, 4, 3, 2, 1. The team with the highest point total is the team champion. Winning any varsity invite or championship is a commendable accomplishment and very rare. We usually structure our lineups throughout the year in a way that benefits each individual student-athlete on a given day, and then we put together our very best possible team performance at the Metro West Conference Championships in mid-May.
- We acknowledge that everyone in our program has a way in which they contribute to our team. It is our job as staff and leadership to guide these young people so that their contributions are always positive. Athletic performance, coachability, attitude, scholastic performance, leadership, and role modeling are just a few of the ways that student-athletes in our program can contribute positively to our culture. As a guardian or caregiver, please keep in mind that we prioritize these values, and that you can be a contributor to this culture by upholding the same values and encouraging your student-athlete to come to practice.
- Each Sunday, you will receive a communication from the head coaches detailing the schedule for the week ahead. If you would like to add another email address to the mailing list (by default it will only go to the primary address indicated in registration), please communicate with one of the head coaches. The captains use the Remind app to communicate with the student athletes regarding important announcements on a daily basis. We will endeavor at practice for the first two weeks to make sure all student-athletes have access to these communications.
- Thank you all for your time, dedication, diligence, and spirit as we continue to strive to create a team that is as inclusive as it is competitive.

Sincerely,

St. Louis Park High School Track & Field Staff