

## **LMS TRACK**

### Coaches:

Ken Vigdal - 8<sup>th</sup> Head Boys, Sprint workout, Boys Relays, High Jump

Thomas Vigdal - 7<sup>th</sup> Head Boys, Distance workout, Hurdles, Long Jump

Judd Kopperud - Throwers Coach in charge of Shotput and Discus

### Rules and Regulations

1. All students must be accounted for each day. Notes excusing you from practice must be given to a Coach, too many absences may result in dismissal from track. Some notes might be considered unexcused by the coaching staff.
2. Athletes who have to stay after school for a teacher:
  - a. When you are finished staying after, you must get a pass from them explaining why you stayed after.
  - b. The athlete will report to their head coach.
  - c. The athlete will get credit for being at track when they show up and give their note to their head coach.
3. If you know you are going to be gone from practice/track meet, bring your excuse ahead of time.
4. All students must turn in paperwork on Bound. (Does not affect athletes who have been out for a sport previously this school year.)
5. The athlete should be aware of the training rules and consequences that can result from breaking them.
6. Following are rules: (If an athlete fails to abide by these, they will be dealt with accordingly).
  - a. No one in the halls of the school without permission.
  - b. Appropriate behavior must be used at all times.
  - c. Track meets will be held at the high school track. You may go home or to the school with your parents following the meet.
  - d. Keep the locker room clean. Leave other people's belongings alone, and do not bring food or drink into the locker room.
7. Bus trips- not following the rules will result in not going to the next meet:
  - a. No misbehaving on the bus (remain in your seat, etc...) The bus will be clean upon returning..
  - b. No loud music or singing on the bus (Ipods are ok)
  - c. LeMars athletes will always find an area to share at the meets and will clean up that area at the end of the track meet.
  - d. Cell phone usage
8. Practice will begin each day at 3:30. Each day, boys will report to the gym. Roll, announcements, and stretching will take place. Anyone reporting late (without an excuse) will be considered tardy – resulting in punishment.
9. Practice time will vary- but ordinarily will finish by 5:00.

The coaches would like to make track an enjoyable experience. There are a lot of rules and expectations, but they are necessary to develop a disciplined team. It is through discipline that you can be part of a team and be proud of it. Remember that you don't have to finish first to be a winner, so let's cheer each other on and have a good time.

There will be a workout period and a specialty period each day- the length of each will vary from day to day. Every athlete will be part of a workout group - 1. Sprint group 2. Weight group 3. Distance group.

Many of you will have no idea what you want to do. You may start out the season in one group and find yourself doing something different at the end of the season, either through your choice or a coaches' recommendation. Some of you may fall into a category of two groups. If this is your situation, consult your boys/girls coordinator.

Listed below are the events that will be used at most track meets.

1. Sprinters (sprint group for workouts)

100 meter dash, 200 meter dash, 400 meter dash

100/110 meter hurdles

400 meter relay, 800 meter relay, 1600 meter relay, medley relay

2. Distances (distance group for workouts)

800 meter run

1600 meter run

3. Weights (weight group for workouts)

Shot put

Discus

Specialty areas

Weight group- shot put/discus

Sprint group- high jump, long jump, hurdles, pole vault

\*\*\*All specialty people will be part of a workout group. It is recommended that you find a specialty to work at, or in the case of a long distance runner without a specialty period- you would be finished earlier most days.

\*\*\*The first few days of practice there will be a workout period and also an introduction of each specialty to help you decide which you would be interested in.