

Preliminary Track and Field Information

Track and Field Practices will begin on Monday, February 24, 2025. We will meet in the gym at 3:30. We will end each day at the old Wright City High School Building on 520 Westwoods Road.

Needs:

- Good training shoes. Throughout the first week, we will be doing training and trying out various events. A good pair of training shoes are a must. You'll want to practice most of the time in these as well.
- Clothes for every possible weather scenario. We'll be outside for up to 2 hours/day. Don't get cold. Cold muscles tear.
- Event specific shoes/spikes. Depending on what events you'll be doing, you'll likely need some event specific shoes/spikes. By March 10, we will try to have those events somewhat solidified so you can purchase shoes prior to the April 7 first meet.
- A great attitude and work ethic. Track is both a challenging sport and a really fun and fulfilling one. You will get into great shape and see yourself improve. The best part of track is to compare yourself to your best self and not others.
- Another coach. If you have interest in spending time with good kids and helping out, let me know.

Information:

- We will practice in numerous types of weather/temperatures, including light rain. Come prepared. We will not practice outside in heavy rain or thunderstorms.
- Girls playing soccer will need to pick a primary and secondary sport. Coach Dildine and I have discussed practice schedules already and will work with athletes doing both; however, if a meet and game are on the same day, the athlete will play in the primary sport.
- We have access to the Wright City Track that sits on Westwoods Road beginning daily at 4:00 p.m. We will meet at LCA daily from 3:30 - 3:50 and then jog over. Parents who pick students up will need to do so at that location.

Current Meet Schedule:

- 4/7 - High School at Bowling Green
- 4/14 - Middle School at Wright City (new high school on Roelker Road)
- 4/17 - Middle School at Montgomery County
- 4/17 - High School at Wright City
- 4/23 - High School at Wright City
- 4/28 - Middle School at Bowling Green
- 5/5 - High School at Montgomery County
- 5/9-10 - MCSAA State Track Meet in Joplin

* Some middle school students may compete in high school meets depending on performance.

* We are searching for another meet or two and may add to this schedule.