



Track & Field

# 2016

## Fort Osage Track & Field Practice Calendar

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### Week #1 (Feb 29)

Date	Type of Day (Event or Team)	2:45-3:15	Primary Workout 3:15-4:30	4:30-
M 2/29	Team	Team Meeting in the MULTI  We have the Small Gym	<ul style="list-style-type: none"> <li>➤ <b>Team Meeting (Attendance, Introductions, Recruiting &amp; Paperwork) in Multipurpose</b></li> <li>➤ <a href="#">General Warm-up</a> (20 min)-in practice gym -Rumpel-                             <ul style="list-style-type: none"> <li>○ Distance w/ Hinckley (TRACK)</li> <li>○ <a href="#">Throws</a> -will go to south building</li> <li>○ <a href="#">Pole Vault</a> -with Snead (With Jumps &amp; Sprints)</li> <li>○ <a href="#">Jumps &amp; Sprints</a> Rumpel, Terhune, Eischeid, Barrett</li> </ul> </li> <li>➤ <a href="#">Circuit in Practice Gym</a></li> </ul>	Team Cool Down & Stretch
TU 3-1	Event 47 Degrees Outdoors	Team Meeting in the MULTI  No Gym	<ul style="list-style-type: none"> <li>➤ <b>Team Meeting in Multipurpose</b></li> <li>➤ Please keep lanes 1 Hinckley's group.</li> <li>➤ <a href="#">General Warm-up</a> (15 min) On the Track -Snead-</li> <li>➤ Warm Up with Event Coach (Unknown athletes with Barrett)</li> <li>➤ All Sprinters, Jumpers, Hurdles, and Pole Vaulters meet as a group around 3:10 for running workout. Explained by Coach Barrett.. Meet with Event coaches after running event...</li> </ul>	Cool Down & Stretch with Event Coach
W	Event 28 Degrees Indoors	Team Meeting in the MULTI  Small Gym	<a href="#">General Warm-up</a> (10 min) -Terhune & Eischeid  <b>Circuit (8-10 minute Rotation)</b> Please be prepared with a workout for your part of the circuit including the equipment when practice starts.  <a href="#">Practice Gym Circuit</a> (Coaching Responsibilities & Rotation)	
TH	Event (Relays) 36 Degrees Indoors		<ul style="list-style-type: none"> <li>➤ <b>Team Meeting in Multipurpose</b></li> <li>➤ <b>Field Event Day</b> i.e. Classroom Work, Drills, Video, Core...</li> <li>➤ <b>All Athletes pick a group w/ our HELP</b> <ul style="list-style-type: none"> <li>○ Distance -Hinckley</li> <li>○ Sprints/Relays - Barrett</li> <li>○ Long/Triple Jump -Terhune, Eischeid-</li> <li>○ High Jump Hurdles -Rumpel</li> <li>○ Throws -Peterson, Holmes</li> <li>○ <a href="#">Pole Vault</a> -Snead</li> </ul> </li> </ul>	

F	Event 50 Degrees Outdoors		<p><b>8th Grade</b>  <b>Lanes 4-5-6</b> running 200 time trials  Sand Pit at 3:45</p> <p><b>Lanes 2-3</b> Hurdles for Kelly  <b>Lane 1</b> Distance (TBA) &amp; 400 Runners (300m workout)</p> <p><b>Sprinters and Jumpers</b>  Use the visitor side 100m for the workout (Lanes 4-5-6)</p> <p><b>Bridget and Josh,</b>  If you want, take the jumpers to the sand right away, take care of your stuff and send me 1/2 of your jumpers and I'll run them and send the 2nd half after they are done. You could jump until 345 and send everyone to me then also. We can talk tonight about it.</p>	
Sat/Sun			<p><b>TBA</b>  Snead with practice on Sunday from 1:30-3:00  Peterson Marking Discus Sectors Sat/Sun</p>	

**Week #2 (March 7)**

Date	Type of Day (Event or Team)	2:45-3:15	Primary Workout 3:15-4:30	4:30-
M 037	Event Specific		<ul style="list-style-type: none"> <li>➤ Team Meeting in Multipurpose</li> <li>➤ Field Event Day</li> </ul>	
TU			<ul style="list-style-type: none"> <li>➤ Team Meeting in Multipurpose</li> <li>➤ Field Event Day</li> </ul>	
W 3/11			<ul style="list-style-type: none"> <li>➤ Team Meeting in Multipurpose</li> <li>➤ Uniform Checkout Throwers &amp; Pole Vaulters after they run... (Snead/Peterson/Managers)</li> </ul> <p><b>Team Workout &amp; 100 &amp; 300 Time Trial</b></p>	
TH 3/12			<ul style="list-style-type: none"> <li>➤ Team Meeting in Multipurpose</li> <li>➤ Field Event Day</li> </ul> <p><b>Uniform Checkout (Girls)</b></p>	
F			<ul style="list-style-type: none"> <li>➤ Team Meeting in Multipurpose</li> <li>➤ Field Event Day</li> </ul> <p><b>Uniform Checkout (Boys)</b></p>	
Sat			Pole Vault Practice Time TBA (weather permitting)	

**Week #3 (March 14)**

Date	Type of Day (Event or Team)	2:45-3:15	Primary Workout 3:15-4:30	4:30-
M 3/7				
TU			Picture Day Khaki pants and track jacket	
W				
TH				
F				
Sat			Pole Vault Practice Time TBA (weather permitting)Becky will practice SUNDAY at 1:00-2:30- If anyone needs to make up practice tell them to come up. Hopefully I will have some jumpers	

Week #4 (March 21)

Date	Type of Day (Event or Team)	2:45-3:15	Primary Workout 3:15-4:30	4:30-
M 3/14				
TU				
W				
TH			½ Day No Practice	
F 3/27			Spring Break No Practice	
Sat			Spring Break	

Week #5 (March 28)

Date	Type of Day (Event or Team)	2:45-3:15	Primary Workout 3:15-4:30	4:30-
M 3/21			Spring Break	
TU			William Chrisman Dual (All Athletes)	
W			Spring Break	
TH			Blue Springs South Rusty Hodge (Varsity Only)	
F			Spring Break No Practice	
Sat			Spring Break	

Week #6 (April 4)

Date	Type of Day (Event or Team)	2:45-3:15	Primary Workout 3:15-4:30	4:30-
M 4/6				
TU				
W			Meet Raytown Quad	
TH				
F			Meet Bill Summa Relays	
Sat				

Week #7 (April 11)

Date	Type of Da (Event or Team)	2:45-3:15	Primary Workout 3:15-4:30	4:30-
M 4/13				
TU			Meet Park Hill Freshman Inv.	
W			Meet Fort Osage Inv.	
TH				
F			KU Relays (Must Qualify)	
Sat			KU Relays (Must Qualify)	

Week #8 (April 18)

Date	Type of Day (Event or Team)	2:45-3:15	Primary Workout 3:15-4:30	4:30-
M 4/20				
TU			Meet City Championships	
W				
TH				
F			Meet Blue Springs Invitational	
Sat				

**Week #9 (April 25)**

Date	Type of Day (Event or Team)	2:45-3:15	Primary Workout 3:15-4:30	4:30-
M 4/27				
TU			Throwers Showcase	
W				
TH			Park Hill Invitational	
F				
Sat				

**Week #10 (May 2)**

Date	Type of Day (Event or Team)	2:45-3:15	Primary Workout 3:15-4:30	4:30-
M 5/4				
TU			Meet Conference Championships (9th & JV)	
W				
TH			Meet Conference Championships (Varsity)	
F				
Sat				

**Week #11 (May 9)**

Date	Type of Day (Event or Team)	2:45-3:15	Primary Workout 3:15-4:30	4:30-
M 5/11				
TU				
W				
TH				
F				
Sat			Meet District Championships	

Week #12 (May 16)

Date	Type of Day (Event or Team)	2:45-3:15	Primary Workout 3:15-4:30	4:30-
M 5/18				
TU			Awards Night 5/18 or 5/19	
W			Awards Night 5/18 or 5/19	
TH				
F				
Sat			Meet Sectional Championships	

Week #13 (May 23)

Date	Type of Day (Event or Team)	2:45-3:15	Primary Workout 3:15-4:30	4:30-
M				
TU				
W				
TH				
F			Meet State Championships	
Sat				

**OLD Stuff**

Misc.

12/2/2013 Preseason Workout (Everything starts from the 400m start)

#1 Sprinters	#2 Mid Sprinters	#3 Distance
200m @ 30-33 Sec (15, 30)	300m @ 51-55 Sec (17, 34, 51)	400 @ 72-76 Sec (18, 36, 54, 72)

Jog 100, walk 100, rest Continue to the starting line	Jog 50, walk 50, rest Continue to the starting line	Jog 300, walk 100, rest
200m @ 30-33 Sec (15, 30)	300m @ 51-55 Sec (17, 34, 51)	400 @ 72-76 Sec (18, 36, 54, 72)
Jog 100, walk 100, rest Continue to the starting line	Jog 50, walk 50, rest Continue to the starting line	Jog 300, walk 100, rest
200m @ 30-33 Sec (15, 30)	300m @ 51-55 Sec (17, 34, 51)	400 @ 72-76 Sec (18, 36, 54, 72)
Jog 100, walk 100, rest Continue to the starting line	Jog 50, walk 50, rest Continue to the starting line	Jog 300, walk 100, rest
100m @ 15-17 Sec	150m @ 26 Sec	200 @ 36-38 Sec (18, 36)
Jog 50, walk 50, Rest Back to the starting line	Jog 150, walk 100, rest Continue to the starting line	Jog 100, walk 100, rest
100m @ 15-17 Sec	150m @ 26 Sec	200 @ 36-38 Sec (18, 36)
Jog 50, walk 50, Rest Back to the starting line	Jog 150, walk 100, rest Continue to the starting line	Jog 100, walk 100, rest
800 meters of Run 800m Recovery 1600m Total	1200 meters of Run 800m Recovery 2000m Total	1600 meters of Run 1600m Recovery 3200 Total

## Preseason Day #1 (Tuesday) January 7, 2014

- 5 Minute group conversation about recruiting and new preseason format (Eric and J.D)
- Break into event specific groups (Coach Holmes is the Utility coach today)

**Pole Vault:** Snead *Pole Vault Specific Warm-up, Plan Drills and Approach Work*

**Throws:** Peterson

**Sprints/Relays:** Barrett

**LJ/TJ/HJ/Hurdles:** Hoffman

**Distance:** Hinckley

## Preseason Day #2 (Wednesday) January 8, 2014

- 5 Minute group conversation about recruiting and new preseason format (Eric and J.D)
- Break into event specific groups (Coach Peterson is the Utility coach today)

**Pole Vault:** Snead *Pole Vault Specific Warm-up, Plan Drills and Approach Work*

**Throws:** Holmes

**Sprints/Relays:** Barrett at 3:15

**LJ/TJ/HJ/Hurdles:** Hoffman

**Distance:** Hinckley

Event(s)	Mon	Tues	Wed	Thurs	Friday	Sat.Sun
Pole Vault	Snead 2:45-3:45 (PAC)	Snead 2:45-3:45 (PAC)	Snead 2:45-3:45 (PAC)		Snead 2:45-3:45 (PAC)	
Throws	Holmes-Peterson 2:45-3:45 (PAC)	Holmes-Peterson 2:45-3:45 (PAC)	Holmes-Peterson 2:45-3:45 (PAC)		Holmes-Peterson 2:45-3:45 (PAC)	
Horizontal Jumps	Hoffman-Dunnigan 2:45-3:45 (PAC)	Hoffman-Dunnigan 2:45-3:45 (PAC)	Hoffman-Dunnigan 2:45-3:45 (PAC)		Hoffman-Dunnigan 2:45-3:45 (PAC)	
High Jump/Hurdles	Rumpel 2:45-4:00 Feb 3, 10 & 17		Rumpel 2:45-4:00 Feb 5, 12, and 19			
Distance	Hinckley 2:45-3:45 (PAC)	Hinckley 2:45-3:45 (PAC)	Hinckley 2:45-3:45 (PAC)		Hinckley 2:45-3:45 (PAC)	
Sprints (Relays)	Barrett 3:15-4:00		Barrett 3:15-4:00			