



Indoor Track & Field Registration



Registration:

- When registering for the track meets register as “Willard Indoor Track & Field Club” and not as “Willard” or “Willard High School.”
- Discuss what events you are registering for with your position coach and/or Coach Matthews
- Ensure that you have read all information supplied on the track meets website that is pertinent to your event.
 - For instance, if registering for pole vault in Kansas you must have a permission form signed before arriving at the meet by the track head coach, athletic director, and principal.

What to bring with you:

- Money for lunch, a snack, and possibly dinner. You will probably want around \$15-25.
 - You are welcome to bring your own snacks/food with you.
- Implements/pole vault poles (get these prepared before the day of the meet to ensure that you have what you need)
- Competition clothing including (can't be out in-season uniform or sweats):
 - Sweats
 - Shorts
 - Shirt
 - Racing/jumping/throwing shoes/spikes

Indoor Track & Field Warm-Up Procedures

Warm-Up Routine:

- Know the track meet schedule so that you are aware of when you compete.
- If your event starts at a specific time check in at least 30 minutes prior to the event and begin your warm-up routine. If the meet is on a rolling schedule (meaning that the meet progresses as quickly or as slowly as needed) and you are in a running event check in at least 1 event prior to the start of your event.
- For distance runners:
 - The warm-up should begin with 10 minutes of easy jogging. The main goal of this activity is literally to warm up the muscles that are about to be used.
 - This should be followed by dynamic stretching and then 2-3 striders. Stay away from static stretching as it decreases power production potential.
 - The easy jogging, striders, and dynamic stretching should all be completed with at least 10 minutes to spare before the start of the race (this is to allow the body enough time to fully recover from the warm-up). Even if you feel fresh still allow the 10 min. to pass.
- For sprinters and jumpers (long jump, triple jump, high jump, and pole vault):

- Go through your dynamic stretching routine (on the next page). Stay away from long static stretching routines as it decreases power production potential.
- After your warm-up allow yourself at least 20 minutes to get your steps marked and for some adjustments in your approach run. For bigger meets you may want to allow 30 or more minutes for this.
- To stay loose in the minutes before your race, choose a couple of speed drills and perform them around the bullpen

Willard Track & Field General Warm-Up Routine

Begin this routine 30-45 minutes before your first event.

Skipping and Lunge Series:

Skipping 30 Meters with Arms Circling Forward
 Skipping 30 Meters with Arms Circling Backward
 Skipping 30 Meters with Arms Sideways (Low in Front, High at Sides)
 Side Skipping 30 Meters with Arms Circling Overhead
 Side Skipping 30 Meters with Arms Circling Overhead (Return)
 30 Meters Lunges

Leg Swing Series (5 each leg):

10 Supine Leg Swings
 10 Prone Leg Swings
 10 Hurdle Rollovers
 10 Lateral Leg Swings
 10 Forward and Backward Leg Swings

Muscle Awareness Stretches (MAS) Hold for 6-10 seconds each:

Standing Quad
 Inverted Hurdle
 Glutes
 Hip Flexors

Sprint Series: 15m Acceleration, 25m Sprint at 90%:

Sprint #1 - Focus on Knee Lift for Glute Mobility
 Sprint #2 - Focus on Heel Lift for Quad Mobility
 Sprint #3 - Focus on Step Over, Drive Down
 Sprint #4 - Focus on Speed
 *Rest 3-4 Minutes between Sprints

Good Pre-Event Speed Drills to Stay Loose:

Wall Drills, A-Skip, A-Run, Fast Legs Series, Pull-Throughs, Carioca, and Cycling