



Practices

**** Rain or Shine - but not if there is thunder or lightening ****

Mon/Thur Evenings 6:45 - 8:15 p.m.

Saturdays April 28th and May 5th 9:00 - 10:30 a.m.

The focus of the first two weeks will be on conditioning and familiarity with each event: sprinting, distance running, relays, high jump, long jump, javelin (7 & 8th grade only), turbo jav, discus, shot put. Consistent attendance at practices is important for learning each event, keeping in shape and avoiding injury.

Footwear: Good running (not fashion) sneakers are a must**

Attendance: at one practice per week is required in order to be eligible to participate in intra-squad meets

Each participant needs to bring his/her own **LABELED, reusable water bottle** to practices and meets**

First Practice

6:45 PM

Thursday, April 26th

Juniata College Track

**** A parent or guardian must attend this first practice with their participant ****

Meets

Saturday May 12 9:30 am
Thursday May 17 5:30 pm
Saturday May 26 9:30 am
Thursday May 31 5:30 pm

GROUPINGS

Practices and meet competitions are by grade and gender

Gazelle 7th and 8th grade

Jaguar 5th and 6th grade

Road Runner 3rd and 4th grade

Goals of the Program

1. Get some outdoor exercise while having fun
2. Learn all of the track and field events, as the kids' interests and abilities will change.

So that we all serve as an example in meeting these goals, we are requesting that parents do not stand around or sit on the bleachers at practices. You are very welcome to stay for practices and can either socialize while walking laps on the track perimeter outside the fence, or you can hang out at one of the stations to watch and learn. Your help in setting an example of being active is very much appreciated!

BEHAVIOR POLICY

Please review this with your child.

- ALL athletes are expected to conduct themselves in a civil and respectful manner towards teammates and volunteers at practices and meets and to participate fully in the practices. The track program supervisors are volunteering their time for your children.
- ATHLETES acting in a rude and/or disrespectful manner will be given a warning about their behavior. After a second warning, a parent or guardian will be required to attend two practices with the athlete. If the behavior does not improve, the athlete will be dismissed from the program.

Volunteer Requirement

Parent/guardian participation is critical for the full functioning of this program.

Without enough parent help, we can't run all of the events at practices and meets.

Below are brief descriptions of various volunteer positions.

Prior experience is not necessary-track and field events are fun to learn and not too challenging.

Throws

shot put, discus, turbo jav/javelin

Two volunteers per practice needed for each of the three throwing stations. Volunteers will oversee the throwing stations.

Jumps

long jump and high jump

Two volunteers needed for each jumping station per practice. Volunteers will oversee the jumping stations at practices.

Sprints

100 M, 200 M, 400 M

Two volunteers needed per practice to teach basics of sprinting events and to help kids with starting blocks.

Distance

800 M, 1600 M

At least one parent needed per practice to oversee the distance station and to run with the kids. This is a great way to get in shape, as it can involve running 12-16 laps (~3-4 miles) per practice.

Relays

Two volunteers needed per practice to teach handoffs, relay zones for the 4x100, and to organize practice relays.

Hurdles/conditioning

Two volunteers needed per practice to teach basics of hurdling and to do conditioning (i.e. bleachers runs) with younger athletes.

Meet timers/measurers

Seven timers and twelve measurers (minimum) needed to time and measure events at each of the four meets.

Awards Table at meets

A minimum of four people needed per meet. These volunteers receive written event results from each event at the meets. One volunteer assigns places to the participants listed according to times or distances recorded. The other volunteers prepare individual award ribbons by filling in information on the back. One or two volunteers are needed to hand out the awards to the athletes and to fill in results for the Daily News.

Food Booth

Families donate drinks and snacks to be sold at each intra-squad meet. Food Booth volunteers arrange and sell donated items at each meet.

Data Entry

Requires knowledge of Microsoft access; involves preparing meet event lists and labels and tabulating results.

Questions? Call Jay Hosler at 814-641-3720 (work) or 814- 506-2664 (cell)
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