

**Track and Field Course Syllabus:  
2023-2024 Season**

**Head Track and Field Coach - Marlene Wilcox**

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**Website: <https://tohstrackandfield.com/home-of-the-lancers>**

**Course Overview:**

Track and Field is a C.I.F. sport. Athletes are held to high standards. Practices are intended to be fun but intense. Every practice will be well thought out so that every athlete is receiving what he or she needs to better their performance. We will be teaching the fundamentals of competing along with physically preparing for the Track and Field season in the spring.

The class will focus on important athletic and life skills such as:

- Focus
- Goals
- Development of Courage
- Recovery
- Dedication
- Perseverance
- Performances Execution
- Fear of Failure
- Coping

During the season the student-athletes will learn both the physical and mental aspects of being a Track and Field Athlete. The off season will begin with basic mechanics in running, event specific instruction, and weight room mechanics followed by conditioning to competition. We will be focusing on speed/strength/endurance. There will be opportunities for each athlete to focus on his or her specialized event or events that best suits their skill set.

During the season the student-athlete will be applying their skill sets in both league and invitational competitions. League meets will typically be held on Thursdays and invitationals will be held on Friday's and/or Saturdays.

**Important Information:**

**Athletic Clearance:**

All athletes must complete and be cleared by the School's Athletic administration before they can participate. Please refer to the website for further details. Student athletes will not be permitted to participate in class if they are not cleared.

<https://tohsathletics.org/athletic-clearanceforms-2/>

**Team Communication:**

Communication is important. Please make sure you are monitoring all track communications for updates, event information and schedule details. Communication will be delivered two ways:

- **Team Snap:** Main source of communication from **Coaches to Athletes**– It is very important you are signed up for Team Snap. Please see Coach Marlene to get signed up. Parents are also encouraged to sign as well. Details on how to create your Team Snap account are on the TOHS Track and Field Website
- **Regular Parent Communications (via MailChimp)** - TOHS Track and Field **Booster Club to Parents**. PARENTS, please make sure you are signed up for this communication. This communication will focus on upcoming events, team information, volunteer and fundraising information. Please contact Booster President, Paula Thiel at [tohsboosterpres2324@gmail.com](mailto:tohsboosterpres2324@gmail.com) to be added to the distribution list.

**Practices/Attendance and Participation:**

Practices are mandatory. There will be 2 sessions.

Session 1: Monday through Friday: Practice will be during 7<sup>th</sup> period.

Session 2: Monday through Saturday: M-F Practice will begin at 3:30 p.m. and will have varied finish times. Saturday practice time TBD.

Sample Schedule:

TOHS off season track and field training schedule: August /September /October (tentative)									
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Session 1</b>	7th period	Stadium	Weight room	Stadium	Weight room	Acorn Park	Off	Off	
<b>Session 2</b>									
<b>Weight Room Locations</b>	3:30	Stadium	Stadium/ Acorn Park	Off	Stadium/ Acorn park	Acorn Park			
TOHS	4:00					Weights	TBA		
LQ sports Performance	5:00	Weights		Weights					

Attendance will be taken every day. If you are not there by the end of 7<sup>th</sup> period, you will be marked with an unexcused absence. If your child is going to miss a practice, a note from the parent needs to be given to the coach at least a day in advance. **NOTE: If you are sick due to COVID exposure you are expected to abide by the CVUSD guidelines.**

## **Required Equipment and Attire**

Track and Field is an all-weather sport: **We practice and compete rain or shine.** Please plan accordingly. If rain is in the forecast, athletes should always have a second set of clothes to change into after practice is over.

Required attire for practice includes:

- Properly fitting running shoes \*\*
- Athletic shorts and t-shirts
- Proper athletic support for both boys and girls

When the weather is cooler:

- Tights or sweatpants
- Sweatshirt or sweat jacket.

### **Additional Equipment:**

- Jump rope (licorice non weighted)
- Large Water bottle with water is Mandatory.
- Sunblock
- Snack for after practice
- Foam Roller

\*\* It is recommended that you go to a specialty running store to get fitted for shoes to prevent common running injuries like runner's knee and shin splints. This DOES NOT mean to get the most expensive shoes in the store! New training shoes are usually acquired once at the beginning of fall workouts and again January/February when the season gears up.

It is expected that athletes will be sore after practice, but this soreness should decrease as the athlete gets into shape. Athletes need to know the difference between being sore and being injured. Talk to your coach right away if you have soreness that does not go away or increases in intensity.

### **Grading/Team Tryouts:**

Everyone will start with an A and an opportunity to make the team. Team tryouts will be objective and subjective. We are not only looking for able athletes but "Buy In" from committed athletes who are looking to be their best. We have limited spots on the team roster, and we want to keep those spots available for the athletes who want to run/compete in Track and Field. Ways to maintain the "A" and earning a spot on the team.

- Coming to practice dressed, on time and ready to run.
- Participating with good intent
  - Being a good teammate
  - Listening to the coaches
  - Working hard

Failure to follow any of the above puts you at risk for getting points deducted and making the team.

**League Meets / Invitationals**

League meets are mandatory. You are expected to go even if you are not competing. All student/athletes are expected to participate in the Thousand Oaks Invitational. All other invitationals student/athletes must meet qualifying standards.

**Additional notes:**

It is important to remember that as student-athletes, your primary focus needs to be getting good grades. Participation in track and field is a privilege earned through academic achievement. Some of you may be fortunate enough to use your track and field experience to move on and earn a higher education. But it is imperative to remember your future is shaped through academic performance, character, and hard work. If at any time you are struggling to keep up with classes, please talk to your coaches. WE ARE HERE TO HELP!!!!!!

Finally, our primary objective as a coaching staff is to make this a rewarding and enjoyable experience for all. We hope that you have fun participating in track and field this year. If you ever have questions or concerns, please do not hesitate to reach out.

Parent Signature: \_\_\_\_\_ Student Signature \_\_\_\_\_