

Course Syllabus: Track and Field

Fall/winter: 2024

Head Track and Field Coach - Marlene Wilcox.... mwilcox@conejousd.org

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

Course Overview:

Track and Field is a California Interscholastic Federation (CIF) sport. Athletes are held to high expectations. Practices are intended to be fun but intense, with every practice carefully thought out so that every athlete is receiving what he or she needs to better their performances. We will be teaching the fundamentals of competing along with physically preparing for the upcoming 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
- Nutrition
- Performances Execution
- Sprint development
- Strength Training
- Speed endurance
- Speed Mechanics
- Long/ Triple/High Jumps
- Relays
- Shot Put/Discus
- Hurdles
- Pole Vault

During the Fall/winter season the student-athlete 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. The class will serve as a preparation for the upcoming competition season. There will be opportunities for each athlete to focus on his or her specialized event or events that best suits their skill set.

This is not a P.E. Class. Time duration and days of workout can and will vary depending on facility availability and training schedule. All student athletes are expected to adhere to the schedule.

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. Please note that all physicals must be signed by parents and submitted on the CVUSD supplied form only.

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

Communication:

You will also be contacted by our Booster President Natalie Petersen for important team updates.

Practices/Attendance and Participation:

Practices are mandatory. They will start at the beginning of 7th period and will last approximately 1 ½ to 2 ½ hours depending on the events and training scheduled for that given day. Recovery days will be incorporated into the program (non-practice days).

Parent release form: Parents, please sign so your child can participate in the recovery days.

Team Snap will be the team's communication platform. It will allow for real time communication/calendar/training schedule/important info and group communication.

Please email- mwilcox@conejousd.org

Students full name/ email/ cell number

Parents full name Email and Cell number

Attendance/Class Participation:

This is a Booster funded program and we are fortunate to have the opportunity to have this time to train and prepare for the upcoming season. Please note this is not a general conditioning class. Attendance and commitment at all levels will be held with high regard and will be an integral piece to building a positive and productive team culture. If you

cannot keep this commitment, you will be dropped from the class. Attendance will be taken every day. If you are not there at the end of 7th period, you will be marked with an unexcused absence. Three unexcused absences and you will be dropped from the class.

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. 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.

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.

Equipment

- **Appropriate running shoes**
- **Water bottle w/ water**
- **Sunblock**
- **Tights or sweatpants**
- **Sweat jacket**
- **Snack for after practice**
- **Roller (high density foam)**

Proper attire for practice includes properly fitting running shoes, athletic shorts, t-shirts, tights, sweatpants, and sweatshirt for when it starts getting cold. Plus, proper athletic support for both boys and girls. It is recommended that you go to a specialty running store to get properly 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. PLEASE DO NOT show up in Chucks/Vans/Basketball or fashion tennis shoes. Large water bottles are mandatory.

Grading/Team Tryouts

Everyone will start with an A and an opportunity to make the team. You risk getting points deducted towards class grade and making the team. Team tryouts will be objective and subjective and will be held at the beginning of December 2024. We are not only looking for able athletes but more importantly "The Buy In"... **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 keep that 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

Additional notes:

It is important to remember that as student-athletes, your primary focus needs to be getting good grades. Participating in a high school sport like track and field is a privilege earned through academic achievement. Some of you may be fortunate enough to use track and field 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 through respect, commitment and hard work. We hope that you have fun participating in track and field this year.

Parent Signature: _____ Student Signature: _____