

WELCOME TO

ST. PATRICK'S

TRACK & FIELD

2019

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Athletes and Parents,

This St. Patrick's Track & Field Handbook was created to provide athletes and parents with some information and some inspiration. Inside you will find valuable items such as a detailed schedule of meets, and a meet guide to give both parents and athletes helpful tips for meet days. On the school website you will also find a list of the top 10 all-time performers for each event. I hope you find it interesting.

One of the most difficult things for a youth track athlete to adjust to is the fact that in track there is only one winner in an event. For children growing up around team sports, this can be daunting. One of our focuses as track coaches, is to teach the athletes the value of individual improvement. For those of you that are unfamiliar with the sport, there is a concept referred to as "P.R.", which stands for "personal record". We will attempt to track each individuals best times or distances in the various events, and give them recognition when they better those efforts. In addition, we will obviously continue to track our top all-time performances and school records and recognize those efforts as well.

The top 10 lists have been provided as a reference of interest and inspiration. We have many athletes on the team this year that will put their names on these lists and break overall school records. We also have many who may not be ready this year, but in the next one or two years will likely see their names added to these lists. Being a successful athlete in this sport means trying to accomplish more than you have accomplished previously. We are certain every member of this year's team will achieve personal success this season.

St. Patrick's Track & Field Coaches

"Track & field is all about going beyond your limitations. If you can't dream beyond where you are, then you aren't going to go very far in this sport."

- Mark Rowland-

1988 Olympic Bronze Medalist

ST. PATRICK'S ANGELS TRACK & FIELD

2019 MEET SCHEDULE

(All Time Schedules Are Approx.)

All meets are held in the Omaha Metro Area

Meet Date	Type	Location	Start Times
Saturday, March 23	Relay Meet	TBD	TBD
Saturday, March 30	Regular Meet	TBD	TBD
Saturday, April 6	Regular Meet	TBD	TBD
Saturday, April 13	Regular Meet		TBD
Friday, April 14	Kim Baumert Invitational	Elkhorn High School	2:00 PM
Saturday, April 20	Holy Week, No PAL Track Meet		
Saturday, April 27	Regular Meet	TBD	TBD
Saturday, May 4	SUPERMEET	TBD	TBD

All St Patrick's track athletes participate in meets with the exception of the Kim Baumert Invite and the Supermeet, where entries are limited to the best in each event.

NOTE: Approximate PAL Regular Meet Schedule

A.M. Meet: Field Events 8am-9am

Running Events 9am-11:30am

P.M. Meet: Field Events 11:30am-12:30pm

Running Events 12:30pm-3pm

ORDER OF RUNNING EVENTS:

1600M Run, 4x200M Relay, 100M Dash, Distance Medley Relay, 60M Hurdles, 400M Dash, 200M Dash, 800M Run, 4x100M Relay, 4x400M Relay

Excellence is an art won by training and habituation.

We are what we repeatedly do. Excellence, then, is not an act but a habit.

– Aristotle –

Instructions for Starting the Season

Thank you again for registering your student athlete for the St Patrick's Angels Track & Field Team! We coaches are excited to see all the returning athletes as well as all of the new students joining the team. We cannot wait to get started and look forward to another successful, competitive and fun season. Please take a moment to read the following information.

Track Team Practices

The majority of our practices will be held at the Elkhorn Middle School (EMS) track. However there will be times where we will have to hold our practices at another Elkhorn public school due to scheduling conflicts with the EMS practice facility.

We hold practices on Monday, Tuesday, Thursday and Friday from 5:45pm to 7:00pm each week. We will **begin Monday, March 11th** with our regular practice. Note that daylight savings time begins on Sunday March 10th so we should have plenty of daylight.

Please have your athlete show up a few minutes (10-15) early so that we can promptly start our warm up drills at 5:45.

Our coaches will communicate via emails from TeamSnap on any changes in practice time or location. In cases of poor weather (heavy rains or cold temperatures) practices may be cancelled.

What do I wear and bring to practice?

Don't be afraid to have your athlete dress in layers (sweats) and bring things hats/gloves, particularly for the early season practices and meets. They can always remove layers at times of higher intensity workouts and put layers back on during the cool down or instructional stages of practices. Also plan on having them bring a water bottle, particularly on warmer days.

What is a practice like?

Our coaches like to keep practices relatively consistent. There will be times however when we have to adjust due to athlete or coach participation. In general our practices follow this schedule:

- Warm up exercises and running form instruction
- Series of running repeats (generally higher intensity/ speed running)
- Cool down exercises
- Racing and relay strategy /instruction
- Field, throwing, hurdle, jump practice and instruction
- Final team instructions and dismissal

What is a track meet like?

Each student athlete will have the potential to enter up to 4 events per meet. Coaches will determine each entry based upon ability and performance at practice and past meets. On average, each kid participates in about 3 events per meet. There are approximately 15 events at a track meet, so there will be plenty of time for rest and recovery at the meet.

On the track, athletes will compete in either short distance runs (100 or 200 meters) or middle distance runs (400 to 1600 meters). Also included are jumping events (long, high and triple jumps). Plus low hurdles and two throwing events (shot put and discus).

Missing Practices or Meets

We strongly encourage our athletes to attend as many practices as they can during the season. It is not mandatory they attend each night but we do expect them to attend at least **two** practices a week.

We realize there are many kids on club other PAL teams including baseball, soccer, volleyball etc. As in past years, we will be flexible with any athlete who may have a problem attending practices or any of the meets due to club sport conflicts. Please just email or call if you need to discuss your schedule as it relates to other team commitments. We appreciate over communication on this front as we plan our workouts, meet entries and relay teams.

Parent Volunteers

Parent Volunteers will be needed throughout the season. Please contact our coaches if you would be willing to volunteer your time at practice or at meets. Each of the PAL schools are required to bring volunteers each meet to help in some way. Some of the areas where help may be needed are listed below. Your help and time is greatly appreciated! It is a great way to be around the kids and part of the fun and excitement at the meets. We are blessed with a great group of kids, parents and coaches who are like one big family throughout the season. It is a lot of fun to get involved if you can!

Brief Description of Meet Volunteer Opportunities – Will Provide Sign-up Genius Link for each meet.

- **Clerk of Start** – Must be assertive and be able to group/organize kids as they report to the designated, orange coned area before each race. Announcer will announce the upcoming races over loudspeaker so they should come to you. Coaches help with this also. You will check them in on a list provided by PAL at each meet. Then, you will send the list of names and lanes to Clerk of Finish after checking kids in. Coaches are there to assist in helping kids find locations on track prior to start of race.
- **Clerk of Field Event**– Simply check kids in at a field event and log throws, jumps. One per field event is good, two is ideal. Coaches will be available to help as well.
- **Clerk of Finish** – Must be very detail oriented and assertive. Log all times from all lanes as reported by timers. Send results (through a runner) to the announcer box.

- **Timers** – Another detail oriented role. Will accurately run a stop watch for races and report to Clerk of Finish. Will work with matching picker who will visibly watch the lane.
- **Pickers** – Visibly watch runner in selected lane and work with your matching timer as they log time and associate the lane and runner with name/school. Does not use stopwatch.
- **Starting Gun** – May need for our hosted meet or any other meet where in host team may need a volunteer
- **Announcers** – Sit in booth and announce over PA when next races will start. Also announces rankings in each event after completion as well as overall results at meet close.

Running Shoes and Spikes

Stores like Fleet Feet Sports (location is 17660 Wright Plaza) routinely offer student discounts for track athletes. I would encourage anyone new to running and track to take your child for a free gait analysis and to invest in a good pair of running shoes.

In past years, we were very deliberate about ensuring our athletes had proper footwear for practices and meets. This reduced the cases of shin splint and stress injury by a large percentage over prior seasons. We coaches cannot stress enough the value of that investment if your child is going out for track.

Also, Fleet Feet is certainly not the only running store. Other sporting goods or running stores with capable staff who understand how to fit shoes will be fine. Others to consider are Scheels or Peak Performance.

Lightweight track spikes are not necessary for competition but allowed at track meets and are encouraged for our more competitive and older middle school athletes. Spikes can be expensive for a short season so if in doubt consult with one of our coaches to determine if they are necessary.

“Super Meet” will be held on May 4th this year at Burke High School

We are happy to report that the **PAL League** will once again be paying for a professional timing system for the Super Meet. This is the same company that times the Nebraska State High School Track Meet. The Super Meet is where all 16+ area schools come together to compete for the league title. St. Patrick’s has a history of winning the title at the Super Meet for both our Boys’ and Girls’ team. As in years past, we are only able to bring the top 2 athletes in each open event and will do our best to include as many strong performers and hard workers as possible in the relays!

Questions

As always, feel free to reach out to a coach directly with questions via email or phone. We will do our best to update via email to all parents and social media on any practice day changes, track conflicts and meet entry information each week.

We appreciate your help in keeping communications through a single source so we can best manage the team of over 120 student athletes. Due to the time of year, we may have weather cancellations and delays as well. **Please check email for these notices and we will do our best to communicate via school announcements as well.**

St. Patrick's Angels- Track Meet Guidelines

Arrival Time: A.M. Field Events start at 8:00am, P.M. Field Events at 11:30am; field event athletes should arrive **at least** 30 minutes prior to this to warm-up. A.M. running events start at 9:00am, P.M. at 12:30pm. All athletes must check-in with a coach immediately upon arrival. We encourage all athletes to be there for both portions of the meet to support their team.

Facilities: Please respect the grounds and property of the host school. All trash should be cleaned up **as it occurs**. Bathroom facilities are available, concessions are not usually available.

Headquarters: St. Patrick's will usually have an area set up for the athletes in the area of the track. Please bring lawnchairs, blankets, coolers, etc., if you wish.

Uniforms: St. Patrick's has provided uniforms. If it is especially cold, a white or black shirt could be worn under the top, gloves and hats would also be acceptable when it is cold. Races are short enough that sweat pants should not be worn during races.

Warm-up: The coaches will provide warm-up guidelines for each event. An adequate warm-up is essential to good performance. Build up a sweat prior to the event and maintain it by **keeping your sweats, etc. on until the starter tells you to remove them**. Don't forget to collect them after your event. Relays should warm-up together.

Between events: Following an event, see your next event coach for guidelines on when and if to eat, and when to warm-up again. Smaller snacks, eaten occasionally usually work best. Good snack ideas include: fruit, Jell-o, pudding, ½ sandwich, pretzels, nuts, fruit snacks, etc. Be sure to stay hydrated, but don't overdo it and feel bloated.

First-Aid: All injuries must be reported to a coach immediately. Only the team coaches are to use the first aid kit.

Attitude: Please remember that you are representing your school, coaches and parents; have fun, but be respectful. When you step up to compete, be ready to do your very best.

Track Etiquette: Some helpful tips: Look both ways twice before crossing the track and always be alert around competition areas, keep cheering positive, athletes with spikes should use ¼" spikes. Running alongside a runner as you cheer them on is considered "pacing", and could result in that runners disqualification- don't do it!

Emergency: Coaches will have a cell phone, but may not hear it right away, keep trying. Coach Drueke: 813-363-1284

Departure: All athletes must check-out with a coach before leaving.