



a USA Track and Field Club

## Practice Fact Sheet

### Details

- Track Practice will take place Tuesdays and Thursdays at 6:30 pm at RMU Island Sport Center track (behind the golf dome). We practice from April through June and into July for those who qualify for the Regional and National meets.
- Field Practice will take place on Sunday at 5:30 (time may change).
- We practice rain or shine. In the event of dangerous conditions, we will cancel practice via e-mail and/or Facebook.
- Coming to practice is NOT required, but athletes **improve** by attending practice.
- Athletes should use the bathroom in the dome **BEFORE** practice.
- Bring water or an electrolyte replacement drink to EVERY practice.
- Dress appropriately and dress in layers. You can't put on a sweatshirt or rain jacket if you do not have it with you, but you can always remove it if you are wearing one. It is always okay to wear hats, mittens, etc. when it is cold. Good **running** shoes are crucial to avoiding injury. Saucony or Brooks are good basic running shoe brands. They can be found at sporting goods stores and on-line. Spikes are not required. (More on this topic in the Meet Fact Sheet.)
- If an athlete has an inhaler, EpiPen, etc. they should **ALWAYS** bring it to practice.

### Track Practice Routine

- Warm-up: everyone runs 2 laps together – 1 forward and 1 backward.
- Short water break.
- Dynamic stretching: the team lines up on the track and a line leader leads each line in stretching that focuses on different muscle groups.
- Short water break.
- Workout. For the first 2-3 weeks of practice the team train together for conditioning.
- After the first 2-3 weeks, sprinters and middle/long distance runners practice separately.
  - Sprinters: 100m, 200m, 400m, 800m
  - Middle/Long Distance: 800m, 1500m, 3000m (and sometimes the 400m runners will jump in as well)
  - Workouts vary and the coaches strive to make them interesting and fun. We play games and we work hard.
- There are water breaks during the workout.
- Athletes are placed in groups that are age and ability appropriate i.e. 13 year old speedsters will not be running with 7 year old newbies.
- Practice is difficult! Track & Field isn't for the faint of heart, BUT if an athlete sticks with the program for the first 2 weeks, they will feel a sense of accomplishment and pride, and be ready to finish the season.

### Field Practice Routine

- Short warm-up.
- Athletes are instructed on form and technique in the various field events.

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Visit our web site @ [www.wingsofmoon.com](http://www.wingsofmoon.com) and our local USATF Association at [www.usatf-threerivers.org](http://www.usatf-threerivers.org)