CONARD INDOOR TRACK & FIELD

2016 – 2017

Coaches:

Head Coach – John Provencher Assistant – Steve Chase Assistant – Matt DeMarco

Assistant – James Redman Assistant – Leslie Hadra

**Attendance:** Will be taken at the beginning of every practice for both the Boys and Girls track teams during warm ups. It is expected that the athletes are there at 2:45 pm running their 2 laps of warm – up around the track, 1:30 pm on Wednesdays. We will also have an end of practice check out in the weight room, where athletes will check off what area lifts or core they did at the end of practice each day*. Not checking out at the end of practice is the same as a skipped practice, see the penalties below.* Attendance is **mandatory every day** at practices and meets unless previously discussed with Coach Pro.

**Penalties:**

*Unexcused Absence for:*

Practice: 1st offense, verbal warning

 2nd offense, parent phone call

 3rd offense, turn in your uniform, your season is over, dismissal from the team

The day before a competition: You will not be competing in the next day’s competition.

Competition: Automatic dismissal from the team.

*Excused* – Come to practice with a note from a teacher or parent and you are excused for your absence. If you do not have a note, see above for unexcused absence. You can also give Coach Pro a heads up through XCStats.com and bring the note to the next practice.

If you have an ongoing commitment conflict, please talk to Coach Pro to discuss a plan for practice and workouts if you will be missing practice on a regular basis. It is expected that Track & Field is your first priority of after – school extra-curricular activities.

**Competition**

There are some mid-week meets, and can vary from Monday to Tuesday to Wednesday to Thursday. We will be leaving the meet at 9pm no matter where the competition is to be home by 9:45pm at Conard.

Friday and Saturday meets are called **Invitationals.** Developmental Meets are for gaining experience for JV athletes, Invitationals typically have a qualifying standard time, distance or height. These meets are entered by meeting a specific qualifying time or mark in a previous meet. These are reserved usually for higher level/varsity competitors. You will be told earlier in the week whom is competing in the upcoming Saturday meet. You should plan on spending most of the day/afternoon at the meet if you are competing on Saturday. If you must leave early, you may sign out with your **PARENTS.**

Clothing: It is winter, and all of our practices are outside! Only the meets are indoors. Please dress accordingly, as we rarely cancel practice. Layers are the best way to stay warm, don’t forget your hats and gloves! Everyone on the team **MUST** wear their reflective vest they will be given when practicing outside, or a florescent jacket/vest of their own – at the coaches discretion.

Footwear: Everyone needs running shoes (trainers). This is important for injury prevention. We do not ask anyone to purchase any other equipment outside of a one-time purchase of competition spikes/flats. Training shoes are designed to breakdown after 4 months and/or 300-400 miles of running. If you do not have new training shoes (thick white squishy sole) it is almost guaranteed that you will get injured from an over-use injury (stress fracture, joint/soft tissue pain).

Spikes are available at Fleet Feet in West Hartford Center, as well as trainer style running shoes. In terms of spikes, they carry spikes for sprinters and distance runners to wear in races, as well as jump event specific spikes for HJ or LJ! Other local stores carry spikes, some at a discount for last season’s model – they are still good to go, so don’t shy away from buying a pair if they are heavily discounted!

WHPS Drug & Alcohol Policy: 1st offense: 4 week suspension from competition, athlete must continue to practice to end the suspension and return to play. Loss of leadership position.

 2nd offense: 16 week suspension from competition, athlete must continue to practice through that time to complete suspension and return to play.

 3rd offense: removal from play for one year.

The meet schedule is online at the athletic website on Conard’s webpage, or if you go to casciac.org, you can find it there as well.

All announcements and information will be sent through XCStats.com, please make sure to register with an email you check regularly. You can also receive text message notices of communications. We will be doing our team apparel order, uniform size request and team lineups through this website. It is **IMPERATIVE** that you are registered within the first day or two.

***We will have our parent meeting on Saturday December 10 @ 9:00 am in room 169!***

We hope to see everyone at the meets! Thanks for your support and we hope everyone has an excellent season!

If you have comments or questions, please feel free to email or call us at:

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James\_Redman@whps.org

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