

St Paul's Warriors 2019 Track & Field

Track & Field is a sport which includes athletic contests established on the skills of running, jumping, and throwing. This includes sprints, distance, hurdles, relays, shot put, discus, long jump, and high jump. There will be some athletes with additional training able to compete in pole vaulting and triple jump.

The Team:

5th – 8th grade athletes. The coaching staff will establish individual teams based mainly on ability for each skill.

Equipment:

- Practice:
 - Running Shoes (not skate shoes)
 - Athletic clothes (dry fit material/ no cotton if possible)
 - Water bottle
- Meets:
 - Team tank with all black shorts or spandex bottoms
 - Running Shoes
 - No Jewelry
 - Water bottle and appropriate snacks

Hydration/Nutrition/ Injury Prevention/Medical Conditions:

- Hydration is vital to participating in sports. Athletes need to be drinking more than the recommended 8 glasses of water a day. They should drink frequently including water, and sports nutrition drinks with electrolytes. (Gatorade, body armor and nuun are good options)
- Nutrition is also important. Please make sure that our athletes are eating diets rich in carbohydrates, protein, calcium, and iron.
- Injury prevention is best done through proper shoes and preparation. We will teach the runners proper stretching and running techniques. This will aid in injury prevention. Good running sneakers are a must! 1st Place Sports is a good place to get fitted for running shoes. Spikes are not necessary at this level, but can be used at Bolles, Episcopal and Providence.
- If your child has a medical condition: Asthma, heart issue, etc.; please make the coaching staff aware.

Practice and Expectations:

- Practice Schedule
 - Starts January 7-Monday through Thursday after school until about 4:00 (practices will eventually be divided by skill)
 - Saturdays TBD at either Atlantic Beach (free) or Bolles for special clinics (optional; \$10 per runner per clinic with JACKSONVILLE ATHLETIC CLUB Elite Year-Round Track and Field Training @ Bolles)
- Athletes must maintain grades and model behavior in school. In addition, they must respect the coaches and follow instruction, particularly to maintain safety.
- Coaches take into consideration athletes in other sports and will work with those athletes regarding schedules. Communication is key, and athletes must inform Coach Skye of any conflicts.

Meet Schedule:

There are 3 meet dates already determined with 2 to 3 additional meets that host schools are setting up soon.

Bishop Snyder: Friday 2/1/2019 (preseason; only Catholic Schools)

Oakleaf: Friday 2/22/2019

Bolles: Friday 3/8/2019

Practice Cancellations:

TEXTS will be sent out if practice is cancelled due to weather and runners will be sent to extended to be picked up.

Meet Cancellations:

Meets happen pretty much in any weather, but lightening, however text notifications will be sent as soon as host school notifies us.

Team Travel:

Parents are responsible to get their athlete to and from the meets. Get to know your teammates and rely on carpooling when you can.

Fees/Forms:

- \$20 per runner to register, plus costs of team uniform (\$12), optional- \$10 per clinic to JACKSONVILLE ATHLETIC CLUB Elite Year-Round Track and Field Training @ Bolles
- Fees cover the team entries and some equipment.
- Registration/contact form and sports physical forms due by 1/7

Coaches:

Brad Kennelly, Selina Beenen, Leigh Barbour, Skye Johnson

- Volunteers to help coach are always needed and welcomed. We can always use extra help at the meets.
- If interested in being a Team Mom/Dad to organize snacks at meets etc.

For questions now or throughout the season, please contact Skye Johnson 904-813-5047
triwithskye@gmail.com

