

## **Track and Field Non-Negotiables**

***Everything we do, we do to perfection!***

### **At practice:**

Practice time is business time. Everything we do in practice, we are striving to do it perfectly. Nothing less is acceptable to me, and nothing less should be acceptable to you.

Athletes are to attend every scheduled practice. Excessive absences (even if excused) will result in dismissal from the team.

Every practice begins with a warm-up run (can be preceded by some light stretching), a full dynamic flexibility routine, and a full set of form drills.

Every practice ends with strength work, a cool down (except on mileage days), and stretching.

Every athlete will dress for all possible weather conditions everyday.

Workouts are never optional.

### **At meets:**

Meets are the opportunity to put what we do in practice on display, so the demand of perfection holds just as true here.

Only athletes who have earned the opportunity through their efforts and performance in practice will compete in meets.

When an athlete begins warming up for his/her event, he/she is to focus on nothing but the event until after completing the cool-down. If you need to socialize during that time, then you don't need to be competing (and you will not).

Warm-up routine for events must include warm-up run, dynamic stretching, and form drills.

Every runner will check in with coach immediately after their event, and then will begin their cool down immediately after speaking with coach.

### **In your mind:**

Only you can control how you mentally prepare for training and competition. If you go into workouts or meets hoping or wanting to perform well, you are not prepared to reach your true potential. You must seize the opportunities you are given.

***We are a good program right now. What sacrifices are you willing to make to help make us a great program?***