

MMS Track & Field

Head 8/7 Girls Coach	Andrea Comes - acomés@d15.org
Head 8/7 Boys Coach	Kirsten Weissman kweissman@d15.org
Head 6 Boys Coach	Donielle Williams dwilliams@d15.org
Head 6 Girls Coach	Maryann Keblusek mkeblusek@d15.org
Assistant Coaches	Carol Peter, Colleen Samen

Sign up to receive important info via text message

- Text @349g4f to 81010

Team website: Locate our team website through the school's website

- d15.org → MMS → Athletics → Track and Field

Philosophy

- Daily effort - The “fun” of Track & Field. Making small daily improvements in fitness
- Individual growth - Setting personal bests and accomplishing goals
- Team unity - Becoming part of Track & Field family and sharing success with teammates
- Sportsmanship - Representing McHenry Middle School with honor

Rules

- Attendance: the 3rd unexcused absence will result in removal from the team
 - **Excused absences:** Sick or absent from school, 10th hour, medical appointment, etc. Absences must be communicated in advance in order to be excused
 - **Unexcused absences:** Skipped practice, went home “sick” after school, detention, suspension
- Misbehavior in practice, in meets, or on the bus will result in dismissal from activity for the day and count as 1 unexcused absence
- Eligibility: Athletes must be passing all classes with a D- or better
 - Eligibility processes on a weekly basis
 - Week 1: no meets
 - Week 2: no meets or practices
 - Week 3: removed from the team

Typical Practice (after spring break)

- 2:25 Check in
- 2:30 Warm up jog
- 2:35 Dynamic warm up and drills
- 2:40 Conditioning / physical fitness
- 2:55 Team meeting
- 3:00 Running practice
 - Sprints (100m - 400m): Sprint workouts and drills, relay technique, starting blocks
 - Distance (400m - 1600m): Distance workouts integrated with sprinting drills
- 3:30 Field event / technique practice
- 4:00 Dismissal
- What to bring – Running clothes (or P.E. uniform), running shoes, sweatshirt, water bottle

Meets

- Types of meets:
 - Regular season: 6th, 7th, 8th grade levels, 3 entries per event (4 per field event)
 - Exceptions:
 - All meets: Unlimited entries in 800m and 1600m
 - All meets: Up to three 4x100, 4x200 relay teams (exhibition)
 - Home meets: Unlimited entries in field events (exhibition)
 - FV Conference: 8th grade level only, 2 entries per event
 - IESA Sectional: 7th and 8th grade levels, 2 entries per event
 - IESA State: Qualifying boys and girls
 - Lineups will be posted by the end of school on the day of the meet.
 - Sign out sheets
 - Parents must sign out their athlete from all meets if picking them up from the track
 - Parent helpers
 - volunteers are always appreciated at home meets. Contact Coach Comes or Coach Weissman if you can help

Injuries

- Normal discomfort for new track athletes
 - Soreness in the major muscle groups of the legs - hamstrings, glutes, quads, calves
 - Abdominal cramp (side stitch)
- Cause for concern
 - Sudden severe pain while sprinting
 - Severe bone pain in shins, hips, or feet
 - Inflammation of tendons and ligaments around the knee and ankle
- Communication - "If it hurts for 3 days in a row, tell a coach on the third day"

Shoes

- Spikes - Optional racing shoes
- Running specialty stores
 - The Running Depot: 30 N Williams St Suite E, Crystal Lake, IL 60014
 - www.runningwarehouse.com
 - Click "sale shoes" for good deals. Enter coupon code fb15d for an additional 15% off sale items

Sports Fee

- There is a \$75 sports fee to participate
- Due before the first meet
- Checks payable to MMS
- Reduced-fee waiver forms are available in the MMS front office