



# Thomas Jefferson H.S. Track & Field FAQs 2023

***So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, soon they become inevitable. ~Christopher Reeve***

**REMIND: text @TFSpartan to 81010**; Coach Fred's contacts fred\_van-remortel@dpsk12.net; cell 917-825-8942

## 1. Practice

***The will to win is important, but not so much as the will to prepare to win. ~Bear Bryant***

***Today I will do what others won't, so tomorrow I can accomplish what others can't. ~Jerry Rice***

Practices at Monday-Friday. Student-athletes are to be on the track (or the Garden Level Hall) at 3:00 pm and ready to go. Take care of the restroom, taping, training room business, etc. before you get on the track. Sweats (tops and bottoms) are to be worn for the entire warm-up phase. Bring your spikes to every practice.

Most track work-outs should be completed in 1:30-2:00 (over by 4:30-5:00 pm), including warm-ups and cool downs, if you get on the track prepared, focus and take care of your business. Student-athletes doing multiple events (i.e. running events and jumps, and those in relays) should expect to stay later on certain days.

## 2. Attendance

***"Discipline is just choosing between what you want now and what you want most." ~Abraham Lincoln***

Attendance is mandatory at every practice and meet. The only excused absences are for injury/illness, other TJ sports (this should have been pre-approved by Coach Fred and the head coach of the other sport), and academic/school-related reasons. All absences and being late must be communicated to Coach Fred *in advance*.

Unexcused absences are not fair to your teammates, and coaches. It is a sign of disrespect and immaturity, leave you unprepared to compete, and subject you to injury.

3. Inclement Weather – Student-athletes should be prepared to go outside for every practice. Have hats and gloves, and dress in layers. If the weather is too bad we will practice in Garden Level Hall of the school. No practice when school is closed for weather.

4. SnapRaise – Get the QR Code and get signed-up. Contact family/members; employers; neighbors, doctor/dentist; local businesses you use; etc. Let's get this done and move on!!

## 5. Meets

***Our greatest foes, whom we must chiefly combat, are within. ~Cervantes***

The Meet Schedule is on the website. We should have buses to most meets. Carpooling and getting rides is permitted if Coach Fred is informed. Know when your event will go off and be there at least 1:15 before your event; check-in and be at the starting line or field event on time. Bring water or sports drink, food, a change of socks, and warm clothes. Let Coach Fred know when you are leaving and who you are leaving with; if you can't find/get a hold of Coach Fred, tell another coach before leaving.

Be flexible, you may be asked to participate in additional or other events.

6. The TJ Twilight Meet – Attendance for all track student-athletes is mandatory. Those not participating will be working the meet. We would be extremely grateful for all parents/guardians who volunteer to assist.

7. Parent Communications – All communications from need to go to Coach Fred. You can use Remind or the other contact methods above. Please be patient for returned calls/messages as I work outside of the school and have frequent client meetings and court appearances.

8. Spring Break – We will practice over Spring Break for those in town; those practices are optional. There is a meet on Thursday before Spring Break. We will not practice the following Friday, which is the day before Spring Break. There is an optional meet on the 2<sup>nd</sup> Saturday of Spring Break (4/1). Work-outs will be provided for those not attending the practices that week.

9. Miscellaneous

#### *Food for Meets*

- Fruits (dried or fresh) and vegetables (no dips), apple slices with peanut butter; • Nuts and/or trail mix; • Sandwiches (peanut butter and jelly is an excellent choice) (no cheese or mayonnaise) (turkey w/ whole grain bread or crackers); • No soda, candy, cookies; • Bagels (use peanut butter, not cream cheese); • After your event, assuming you have time until your next event, simple sugars are best within a 1/2 hour to hour (Bagels, fruits); • Stay hydrated with small sips; when you feel hydrated and mouth isn't dry drink just enough to keep your mouth from drying out until after the race; • Eat your main prerace meal at least 2 1/2- 3 hours before your race. If you are hungry after that, take small snacks;
- *AVOID*: fried or greasy food; milk; cheese; mayonnaise; acidic juices (orange, grapefruit, lemonade);
- Don't overdrink sports drinks; try diluting them with water (1/2 water to 1/2 Gatorade)(Gatorade Zero is better than regular Gatorade).

#### *What to Bring to Meets*

- Food and drink; • A hat for cold weather; • A hat to keep sun off of your head/face; • Extra socks; • A roll of toilet paper. Ever been to restroom only to find no TP? You don't need to have an entire roll;
- Baby wipes – they have many uses; • A towel – white ones are good because they can be good for shade and cooling; • A book or homework; • Water; • Sunblock; • Ziploc bag for ice and wet clothes.

#### *Before the Meet*

- Don't do anything new. Your muscle memory/central nervous system is set, changing things without allow enough repetition is useless and undermines what you have been working on (and you cannot create enough repetition by practicing your starts in your bedroom from 10:00 p.m. to 2:15 a.m. the night before a meet). New physical activities may cause muscle or joint soreness that may linger into meet day.
- When you think about the race (the night before or at the meet), think about it in chunks (the start, the acceleration, the floating, the relaxation, the curve, the backstretch, the oxygen debt, the finish). Visualize the race, execute your race plan in your mind.
- Check your flats and spikes (make sure they are dry and laces are good); • Make sure that you have spikes in all of the slots and they are tight; • Pack your lunch, snacks and drinks.

#### *At the Meet*

- You may be at a meet all day; • Weather changes in Colorado in the Spring; • To the extent possible, do not book other events the day of a meet. Meets may run late; you may be asked to run a relay or other event for which you weren't originally scheduled; • Don't do anything new: no new socks, shoes (these should have been broken in at practice at least 2 weeks before); no new diet, stretching, or anything; • Stay hydrated from the time you get out of bed; • Conserve energy by staying off your feet when you can and staying out of the sun – we will have a tent; • Stay loose with light stretching; • It is your responsibility to check in for your events and be at the starting line on time.