



OFF-SEASON TRACK 2015

Track Program Goals

We are very excited to have your child in off-season track! Lovejoy has a very strong track and field program and we are fortunate to have the entire fall to dedicate exclusively to working with our track athletes. Our goal for the track program is to help each athlete reach their individual potential. Track and Field is a very demanding sport that requires mental and physical toughness. Goals for the student-athletes in off-season track are:

- To develop young people of strong moral character
- To develop a sense of responsibility and work ethic that carries into all aspects of their life
- To promote academic excellence
- Keep athletes safe, healthy, and injury free
- Emphasize overall athlete improvement and development
- Teach the sport and help athletes better understand why we do what we do in track and field
- Prepare athletes for the upcoming Indoor and spring track seasons.

Athletic Expectations

As a member of the Lovejoy Track Program each athlete is expected to:

1. Maintain good academic standing- pass all classes. If failing grades become habitual the athlete will be dismissed from the team.
2. Be a positive example to teammates, teachers, and the community wherever they may go.
3. Follow all UIL, Lovejoy ISD and Lovejoy Athletic Department rules.
4. Athletes are not excused from practice for work, hair appointments, etc. Only excused absences such as illness or a family emergency.
5. Keep parents informed of all team activities.
6. Report on time to all functions
7. Give extra effort at all times - Be willing to do what others can't or will not do!
8. Strive for Excellence – doing what it takes to reach your individual potential.

Failure to meet the team expectations may result in removal from the team. Coach Kelly and Coach Denton reserves the right to suspend any team member for any action they consider inappropriate or detrimental to the team.

Communication Expectations

It is our duty to inform both the parent and athlete about the following:

- When and where practices will be held
- Expectations the coach has for team members
- Requirements to be part of the team, equipment, etc

The following is communication that we expect from parents:

- Concerns expressed directly to the coach
- Notifications of any schedule conflicts well in advance
- Support the commitment of your child to the program

If you have a concern please feel free to make an appointment with Coach Kelly or Coach Denton. Please do not attempt to visit with us before or during a practice. These are emotional times for both the parent and the coach and this period will not promote objective analysis of the situation. If meeting with us does not provide a satisfactory resolution, you may then schedule a meeting with the Athletic Coordinator to discuss the issue and determine the next appropriate step.

Proper Protocol Procedures

1st Step : Head Coach

2nd Step: Athletic Coordinator

3rd Step: Athletic Director

***Check the team website daily for practice and meet information. The team website is great means of communication for all! ***

WWW.LOVEJOYXCTF.ORG

Username: harrier

Password: trecho

New Official Lovejoy Athletics Website: www.lovejoyathletics.com – we will have our own track webpage here as well to post results, photos, and short re-caps of meets.

You can also follow us on Twitter @lovejoyxctf and Like us on Facebook www.facebook.com/LovejoyXCTF

Updates are posted on our Twitter and Facebook pages on a regular basis.

Coaching Contact Information

Head Girls Coach: Logan Kelly

Phone number: 903-821-8399 (Cell)

Email: Logan_Kelly@lovejoyisd.net

Head Boys Coach: Tim Denton

Phone number: 214-212-4846

Emai: Tim_Denton@lovejoyisd.net

Team Workouts

The off-season track program runs from the *start of school – the start of Thanksgiving Break. When we return from Thanksgiving Break, in-season track practices will begin.* Workouts will be progressive, meaning they will become more advanced as the fall progresses and the athletes become more fit. Athletes and parents will be provided with the workout schedule for each week via email. Athletes and parents will also be provided with workout schedules to follow on your own for Thanksgiving and Winter breaks.

- At the start of 8th period athletes need to report to the field house locker room to change in a timely manner
- After changing, athletes will attend team meeting.
- After the team meeting is concluded, athletes will travel to Celebration Park for off season workouts. We will provide a team bus for transportation.
- Workouts will last the entire duration of 8th period and continue until after school – usually around 5 PM – Monday-Friday.
- Why are workouts held at Celebration Park?...In the fall Coach Kelly is also the assistant XC Coach. Cross Country and Track athletics period are scheduled for the same time. Meeting at Celebration will allow for Coach Kelly to supervise and work with both teams. Running sessions for off-season track athletes will not be the same workout as cross country. Coach Denton is also a coach for football during the Fall.
- We will tentatively start workouts at Celebration Park on 9/8/15. This depends on when Cross Country workouts move to Celebration. We will keep you posted.

What about injuries?

Any athlete engaged in intensive training can be subject to injury. We can prevent most injuries when our runners tell us about their pains before they become disabling. Please talk to Coach Kelly or Coach Denton before going to the trainer. After you have spoken to Coach Kelly or Coach Denton, please see trainer for treatment. Please do not schedule a doctor's visit without first speaking to Coach Kelly/Coach Denton and training staff.

What equipment do I need?

Athletes need to bring appropriate athletic clothes EVERY DAY. This includes a t-shirt, running shorts, sports bra (girls), socks, running shoes, and *running watch*. They also need to bring sweats and appropriate cold-weather gear in the event that the weather is cold or turns cold. Athletes are advised to bring a water bottle to every practice session.

We strongly recommend that each runner buy a good pair of running shoes. Having proper running shoes is essential for preventing injuries. If you have inappropriate shoes you will get injured!

- A great way to help you find out what is a good running shoe for you is to either visit **Luke's Locker or Run On**. Luke's Locker and Run On has experienced runners as sales persons who can help you choose the right shoes.

Hazing

No hazing or inappropriate team traditions will be tolerated. If any hazing or inappropriate team traditions occur, those individuals will be disciplined by the head coach. *Discipline will result in suspension of participating in meets or dismissal from the team.* Texas statute defines hazing as "any action or situation which recklessly or intentionally endangers the mental or physical health of a student enrolled in a public school."

Fighting

No fighting will be tolerated. *Fighting is detrimental to the team will result in either suspension from meets or dismissal from the team.*

What it takes to be successful

More than anything else, success in Track and Field takes time... time to learn; time to train; time to sleep, rest and recover; before-school time; after-school time; weekend time; time away from family and friends; and time away from other interests. With the academic responsibilities of being a school student, most student-athletes are busy all the time. The willingness to devote the time that success demands is called **DEDICATION**.

Being a member of the Lovejoy Track team carries other expectations and responsibilities. Doing what is expected of every team member is called **COMMITMENT**. Attending team practices every day is one of the commitments we expect. Our goal is to develop team loyalty and individual responsibility and accountability among all our team members. School sports are a wonderful vehicle for personal growth. We hope that you as parents will appreciate this and support our goals.

Another commitment we expect is **COMMUNICATION** with our coaching staff. Please do not hesitate to contact us with any questions or concerns you have. If a problem or illness is going to force them to miss practice or a meet, we expect them to tell us about it personally and in advance of practice if possible. (This doesn't mean relaying a message through a teammate or friend.) Many such problems can be solved when athletes communicate with us.

Strive for **EXCELLENCE** every day! Excellence in Track in Field is defined by doing everything in your power to reach your individual running potential. Come to practice each day with a positive attitude and a willingness to reach your excellence. Leave each practice session asking yourself if you did everything you could to reach you excellence. If the answer is no, then reflect on what you need to do differently tomorrow.

Give **EXTRA EFFORT** each practice session! Extra effort is the key to success. *Be willing to do what others on rival teams can't do or are not willing to do!* Don't ever be out worked. ***There may be people who have more talent than you, but there is no excuse for anyone to work harder than you do.***

Be **GOAL ORIENTED!** Set long term goals for your high school career, season, and short term goals along the way. If you do not have a goal for being in track then you are just going through the motions without a purpose.

Information and Resource Websites

TxMileSplit- Results, Rankings, Race Videos and Info <http://tx.milesplit.us/>

TxRunning – Results, Rankings, and Info – www.txrunning.com

Texas Track and Field Coaches Association – Results and College Signings: www.ttfca.com

CCCAT – State XC Rankings and Awards – www.cccat.org

Flotrack- Pro, Collegiate, and National HS Videos and news - www.Flotrack.com

UIL – Rules, Alignments, etc. - www.uil texas.org

Lovejoy Cross Country/Track Website – www.lovejoyxctf.org (User Name: harrier ; Password: trecho)

Lovejoy Athletics Website – www.lovejoyathletics.com



Lovejoy Athlete Info and Agreement for Off-Season Track 2015

Athlete Name: _____

Grade: _____

Athlete Email: _____

Athlete Cell #: _____

Parent(s) Name: _____

Parent(s) Phone: _____

Parent(s) Email: _____

Sign at the bottom of this page if you agree to follow the guidelines stated in the Off Season Track packet.

I understand that failure to comply with any of the guidelines can result in dismissal from the team and or not being allowed to compete in competitions.

Athlete Signature: _____

Parent Signature: _____