

LOVEJOY

TRACK & FIELD

2017 - 2018

TRACK PROGRAM GOALS

We are very excited to have your child in off-season track and field this year! 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 and field off season program is to help each athlete build a strong base of strength and fitness to prepare them for the Indoor and Spring track and field seasons.

ATHLETIC EXPECTATIONS

As a member of the Lovejoy Track and Field 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. Complete all workouts with hard effort and a positive attitude

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.

Proper Protocol Procedures

1st Step : Head Coach

2rd Step: Athletic Director

Lovejoy Athletics Website: www.lovejoyathletics.com

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.

PROGRAM SUPPORT EXPECTATION

Each track and field athlete enrolled in Off-Season Track and Field will need to attend and help with the Lovejoy XC Fall Festival on September 23rd. This is our biggest fundraiser and supports both track and field and cross country. Only legitimate excused absence allowed for this event - death of a family member, ACT/SAT test, etc.

COACHING CONTACT INFORMATION

Girls Coaches: Logan Kelly
Phone number: 903-821-8399 (Cell)
Email: Logan_Kelly@lovejoyisd.net

Carly Littlefield
Phone number: 214-952-7550
Email: Carly_Littlefield@lovejoyisd.net

Boys Coach: Tim Denton
Phone number: 214-212-4846 (Cell)
Email: Tim_Denton@lovejoyisd.net

TEAM WORKOUTS

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.

- We will finish each day at 4:15 PM for off season track – with the exception of Pole Vault workouts.
- After school practices will begin after Thanksgiving break.
- Pole Vault workouts will begin on September 19th.
- Monday & Wednesday – Weight Room. Tuesday and Thursday – Track. Friday – Depends on Coach Kelly and Coach Denton's schedule each week for specific workout.

WHAT ABOUT INJURIES

Any athlete engaged in intensive training can be subject to injury. We can prevent most injuries when our athletes 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*. 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.*

LOVEJOY

TRACK & FIELD

2017 - 2018

Lovejoy Athlete Info and Agreement for Track & Field 2017-2018

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 Track and Field packet.

I understand that failure to comply with any of the guidelines can result in dismissal from the team.

Athlete Signature: _____

Parent Signature: _____