

# Papillion-LaVista South Titan Track & Field



## Daily Practice Expectations

As a program, we believe that practice is a necessary means of improvement. By committing to daily, purposeful preparation, we are confident the feelings of anxiety, and the feelings of being unprepared can be lessened when it comes time to compete.

The practice & meet schedules, as well as a calendar, can be found on our team website, and will be posted in the Google Classroom. Please look ahead and communicate any absences or conflicts you have. Submit those via the Google Form on Google Classroom or on the team website.

The expectations for practice include:

- **Being on time** - *Practice begins promptly at 3:35 every day*
  
- **Being present** - *Physically, mentally & emotionally*
  - Practice is a place our staff wants everyone to feel relieved to be at. In most cases, we would like practice to be the highlight of your day. The coaching staff is aware that life happens, and it may not be possible to always be at your best. Communicate with your coaches and work with them to help you get through those tough days.
  
  - Do not miss practice without permission or communicating your absence via the Google Form for absences & conflicts.
  
- **Attire**
  - Be prepared for outdoor *and* indoor practice each day.
  
  - Take advantage of the locker room by keeping cold weather and/or rain gear in your locker. (*This may include: an extra pair of shoes, extra pair of socks, a long sleeve shirt, hoodie or jacket, gloves, stocking cap or ear warmers.*)
  
  - Warmups should be completed with your outer layers on, especially for athletes in our speed/power events. The threshold for wearing outer layers during warmups is 85°.

- **Footwear**

- Bring your running or training shoes to school every day or leave them in your locker. Without the appropriate shoes, athletes may not be allowed to participate in practice in order to avoid risk of injury. (*ex. Flip flops, crocs, sandals, slippers, converse, shoes with no laces, etc. are not appropriate training shoes.*)
- Bring competition spikes to each practice, (or leave them in your locker,) so you are prepared to use them whenever prompted by your event coach. We will not use spikes every day, but want to have them available. *Spikes are not mandatory, but they are encouraged if you have committed to competing in track & field.*
- Any training shoes that have been worn longer than 3 months or have accumulated more than 300 miles pose a risk of injury to the athlete. It is recommended that each athlete acquires a pair of shoes set aside strictly for training.

- **Appropriate Language**

- Use of profanity will not be tolerated. Coaches are held to this same standard.

- **Hydration** - *Please bring a water bottle to each practice.*

- Please utilize the school day to hydrate properly and prepare for practice. Water breaks will be given at practices, however, if you show up to practice feeling thirsty, it is already too late to hydrate appropriately for that practice.

**“I don't know if I'm ready, but I am prepared.”**