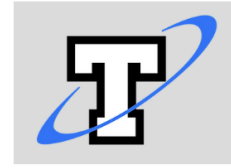


South Titan Track & Field



Daily Practice Expectations

“Proper preparation prevents poor performance.”

As a program, we believe that practice is a necessary means of improvement. Practice does not necessarily make perfect, but it does make “permanent.” At every Lady Titan practice we want to practice in the way that we plan to compete. By committing to daily, competition-like practices we are confident that the risks of poor performance, feelings of anxiety and being unprepared are nearly eliminated when it comes time to compete.

The practice & meet schedules, as well as a calendar, can be found on our team website. Please look ahead and communicate any absences or conflicts you are aware of. 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. If possible, any yuckiness going on during the school day should be put on pause before showing up to practice. Our coaching staff is well aware that the burdens of life may not all be that easy or simple to unload before practice and are always ready to support our athletes as needed.
 - Do not miss practice without permission or communicating your absence via the Google Form for absences & conflicts.
- **Proper attire**
 - All Lady Titans are expected to wear an appropriate top and bottoms to practice. We compete in a jersey, so sports bras are not an acceptable top and must be covered with a t-shirt or tank top. This applies to all places of practice, including off-campus and in the weight room.

- 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.)*
- **Proper 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. *Please reach out to Coach Kitrell if any financial assistance is needed.*
- **Appropriate Language**
 - Use of profanity will not be tolerated. Coaches are held to this same standard. Profanity at a meet can result in disqualification, and there is no place for this in our program. If you must express frustration or anger, please do so in a manner that is respectful to yourself, to your coaches, and to your teammates.
 - Please refrain from responding to a coach or a situation with the words “I can’t.” This reflects the attitude of someone who has already given up before a task is attempted. As a coaching staff, we will never ask you to do something that we have not properly equipped you to do.
- **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.