

**John Marshall High School
Girl's Track & Field**

**Parent Packet
2022**

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John Marshall Rockets

Girl's Track & Field

Parent/Spectator Guide

Meets

The itinerary with times and locations will be available on the John Marshall athletic website under girls track and field and the schedule tab. Fan support at meets is extremely important. Any meet you can make it to is greatly appreciated. Encouragement, especially late in the races, really helps runners along.

At meets, the runners are expected to cheer on their teammates in other races, even while warming up or cooling down. When the last race is finished, we will assemble back at camp, clean up, and go to the awards ceremony as a team if there is one held.

Nutrition

Track & Field athletes burn a lot of calories - about 100 per mile they run. They will probably want to eat more than they do in the off season. Please encourage them to eat healthy. Protein, fruits and vegetables, healthy cereals, 100% whole wheat bread will help their bodies quickly recover from workouts. Caffeinated beverages and greasy foods, such as hamburgers, pizza, fried chicken, should be eaten on a limited basis. On race day, it is extremely important to eat a good breakfast and lunch. Runners should eat their last meal at least 3 hours before the race. If they choose a snack before their race, it should be a light one and something with carbohydrates like crackers or fruit snacks.

Sleeping

Track & Field athletes will also be more tired during the season. In order for their bodies to recover quickly, they need to get plenty of rest. Two nights before a race is the most important night to sleep well. If they are training hard and not getting enough sleep, they are more prone to getting sick and/or injured.

Hydration

Athletes need to replenish all the fluid they lose while they run. Drink plenty of water. Athletes should drink at least half their body weight in ounces of water everyday and they should be bringing their water bottles to school. Sports drinks are also okay too for electrolytes (Gatorade Zero, EmergenC, Nuun, etc.) are all good choices.

Personal Records

One of the great things about track and field is that everyone gets the opportunity to compete and everyone can see improvement no matter what level they are at right now. Track athletes usually know what they ran at a meet last year and what their overall PR is. Encourage them to continue trying to beat their PR!

Pasta Feeds/Parties

We are hoping to host a few pasta parties this season and will need the help from multiple families to help host and bring food. Please let Coach Dakota know if you are interested in helping out this year!

Post Race Snacks/Food

We do encourage parents to bring snacks to meets though, since this is something we can still have that the girl's would appreciate! Some good examples are cookies, fruit, individual chocolate milks, fruit snacks, individual trail mixes, applesauce packets, granola bars, pumpkin bars etc.

Q&A

Question: What equipment will the athlete need?

Answer: All athletes will need to purchase their uniform on the website if this is their first year doing track and field at JM. Once they have bought their uniform, they are able to wear this one the following years. Our team apparel (found on the JM girl's track and field website). One of the requirements this year is for athletes to wear some type of JM apparel at meets. If they are new to JM, or don't have JM apparel, it is highly encouraged to get some apparel for them to wear for the season.

Athletes must buy their own training shoes (they should have good running shoes such as Brooks, Asics, New Balance, Sacony, Hoka, ON, etc. - we recommend TerraLoco). Also make sure to mention that you are a JMXC/JMTF athlete for a discount. Racing spikes are not required, but are **highly** recommended and are a great tool. Spikes usually last forever because you only wear them for meets, so that would be a one time

purchase as well. A stopwatch is also SUPER beneficial and highly recommended to have for practices, so the girls know how long they have been running and when to turn back around for out and back courses. They do make fancy GPS watches like an Apple watch or Garmins - but a simple stopwatch can be bought at Walmart for around \$15.

Question: How long is practice?

Answer: Practice starts at 3:45pm every school day and will run to 5:15pm/5:30pm everyday. Any Saturday practices or practices outside of a normal school day will be shared with the team the week of.

Question: Does my athlete practice on Saturdays?

Answer: There will be captain lead Saturday practices throughout the season. These practices will not be required, but **HIGHLY** recommended. Athletes will be notified of the week there is Saturday practice at the beginning of the week.

Question: My athlete is coming from JA, how do they get to practice?

Answer: There is a bus that brings all JA athletes over to JM. For meets specifically, there will be a bus that picks them up as well (only if they are out of town). Meets that are in town, athletes will have to find a ride to the meet.

Question: When do they have meets and do they need to get excused from school?

Answer: The meet schedule is located on the website. Out of town meets usually involve getting excused from school. Bus times will be posted once they are finalized by the activity's office. To get excused from middle school, simply submit a note to the attendance office to ensure you are not counted absent. A list of team members attending the meet will also be sent to the attendance office at JM by the head coach. The bus will first stop at JA and then JM.

Question: How long are the meets?

Answer: One area track and field needs to work on is becoming more fan friendly. Track meets can be long. Allow up to three hours for a triangle or quad meet. Bigger invites and the conference and section meets can take all day. For this reason (no matter the type of meet) bring clothes for changing weather. It's not uncommon for the

temperature to drop during a meet and become uncomfortable if not prepared. Also, bring food to snack on or eat when done competing. Some schools may open concessions. As always, bring a filled water bottle. Some kids do bring homework for the bus ride and down time.

Question: What happens if they cannot be at practice, who do they contact and what happens?

Answer: We expect everyone to be at every practice. That being said, we are aware that sometimes things come up that interfere with practice. For this reason, we keep our attendance policy simple. First, all absences except illness and a family emergency are considered unexcused. We allow six absences for any reason as long as it is communicated in writing by a parent or teacher. The easiest way to do this is to send a message to the head coach through the team website. Absences without documentation result in missing the next meet. If there are multiple unexcused absences, the athlete will be sitting out of the following meet.

Question: What should I do if I or my athlete have more questions?

Answer: You are always able to reach out anytime through the email link on the girl's track and field page. Both parents and athletes can reach out through the Remind app. Your athlete is also able to reach out via GroupMe.