

# Track and Field

What do people in the UK call track & field?



**Differences between Track & Field and other sports.**

Track and Field



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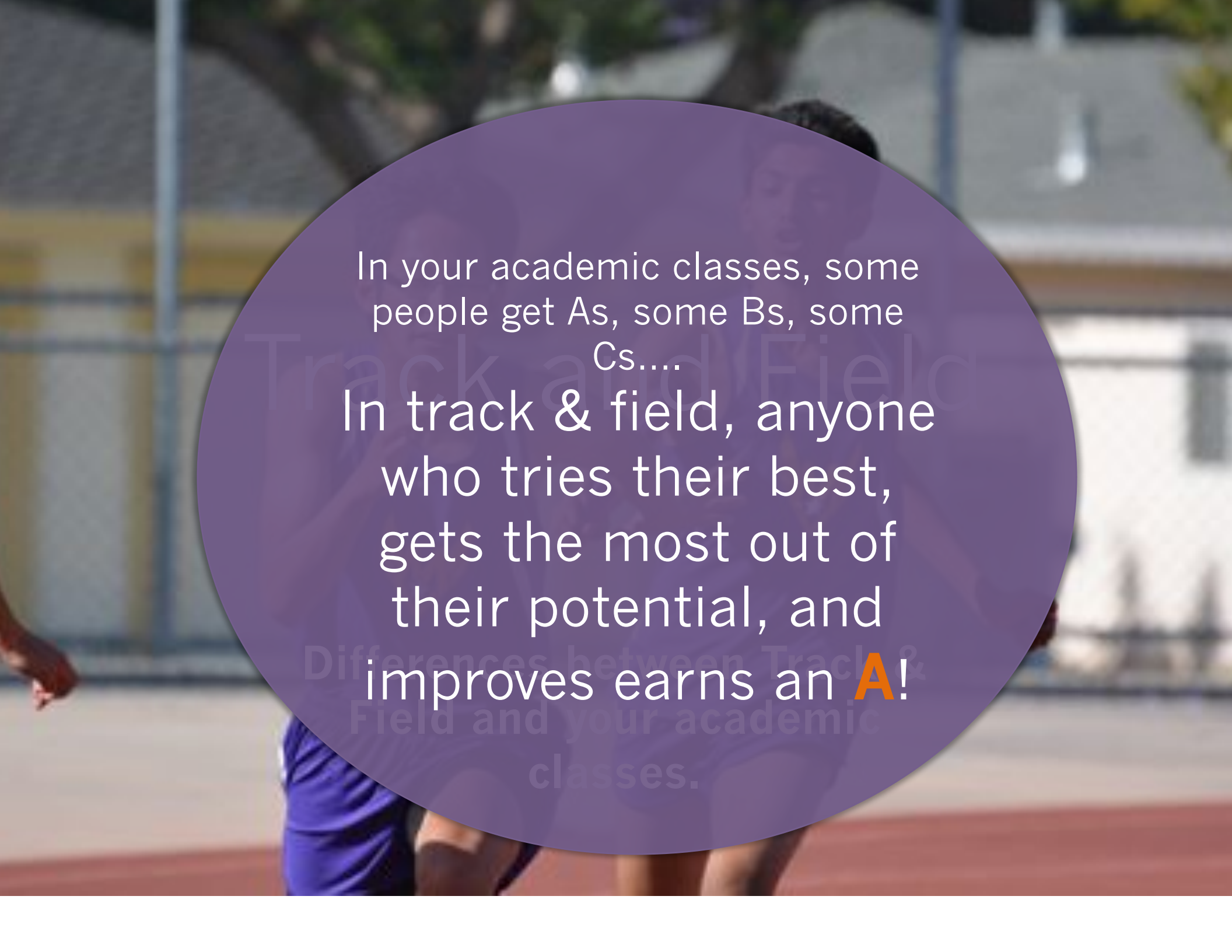
Lots of differences...track is used as a training ground for other sports; in most sports you are measured by whether you or your team won or lost not if you improved; and a major difference in most sports is that you share a ball and compete for playing time with your teammates. In track, you don't have to compete for playing time, you all can get out and run the same event! In soccer, basketball etc. there is only so much time to go around (so you have to compete with teammates to an extent).



A photograph of two male track athletes in purple uniforms running on a track. The athlete in the foreground is wearing glasses and has a focused expression. The athlete behind him is also running with determination. Both are wearing purple singlets with a yellow and white logo on the chest. The background is a blurred outdoor track setting with a fence and trees.

# Track and Field

**Differences between Track & Field and your academic classes.**

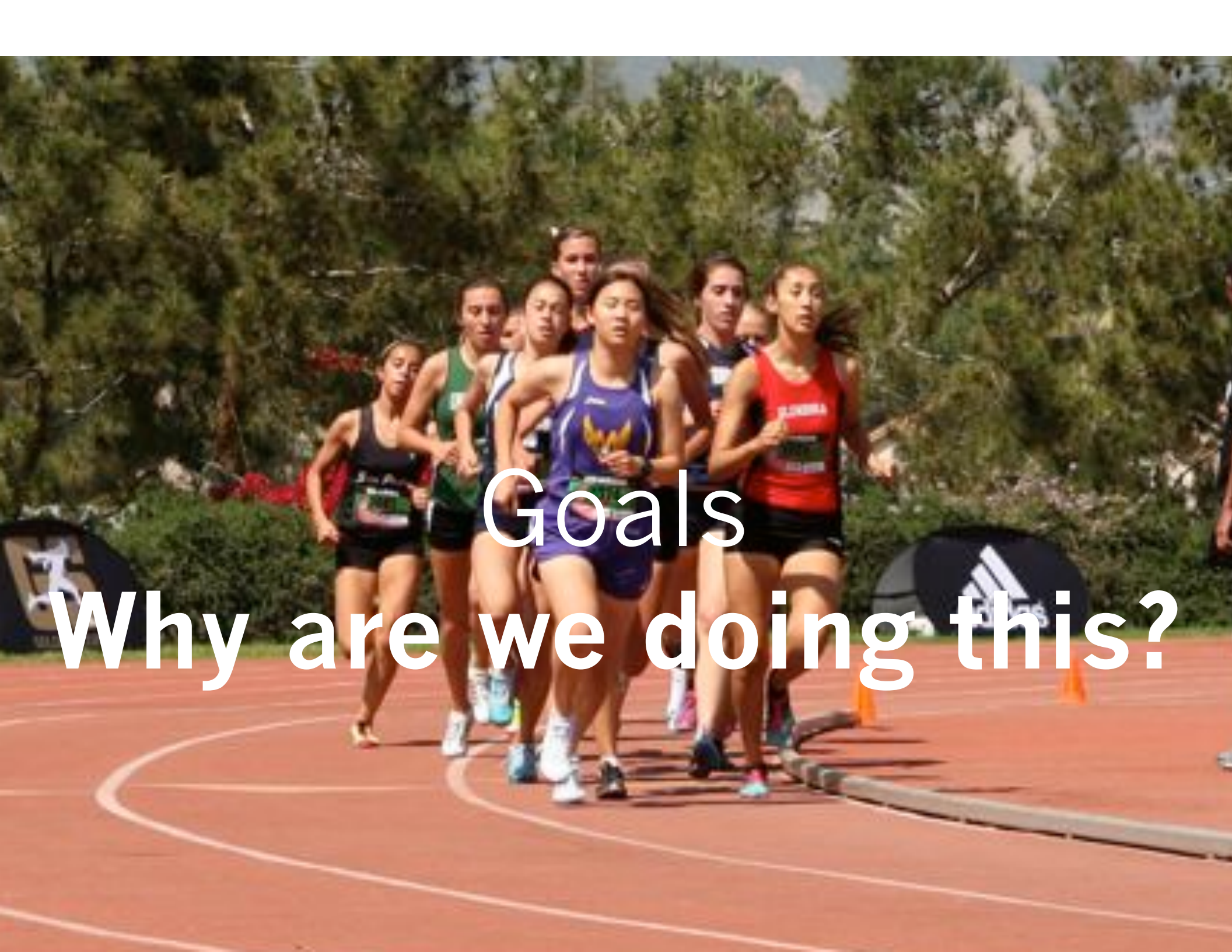
A person wearing a blue shirt is seen from the back, standing on a red running track. A large purple circle is overlaid on the image, containing white text. The background is a blurred outdoor setting with a fence and trees.

In your academic classes, some people get As, some Bs, some Cs....

In track & field, anyone who tries their best, gets the most out of their potential, and improves earns an **A!**

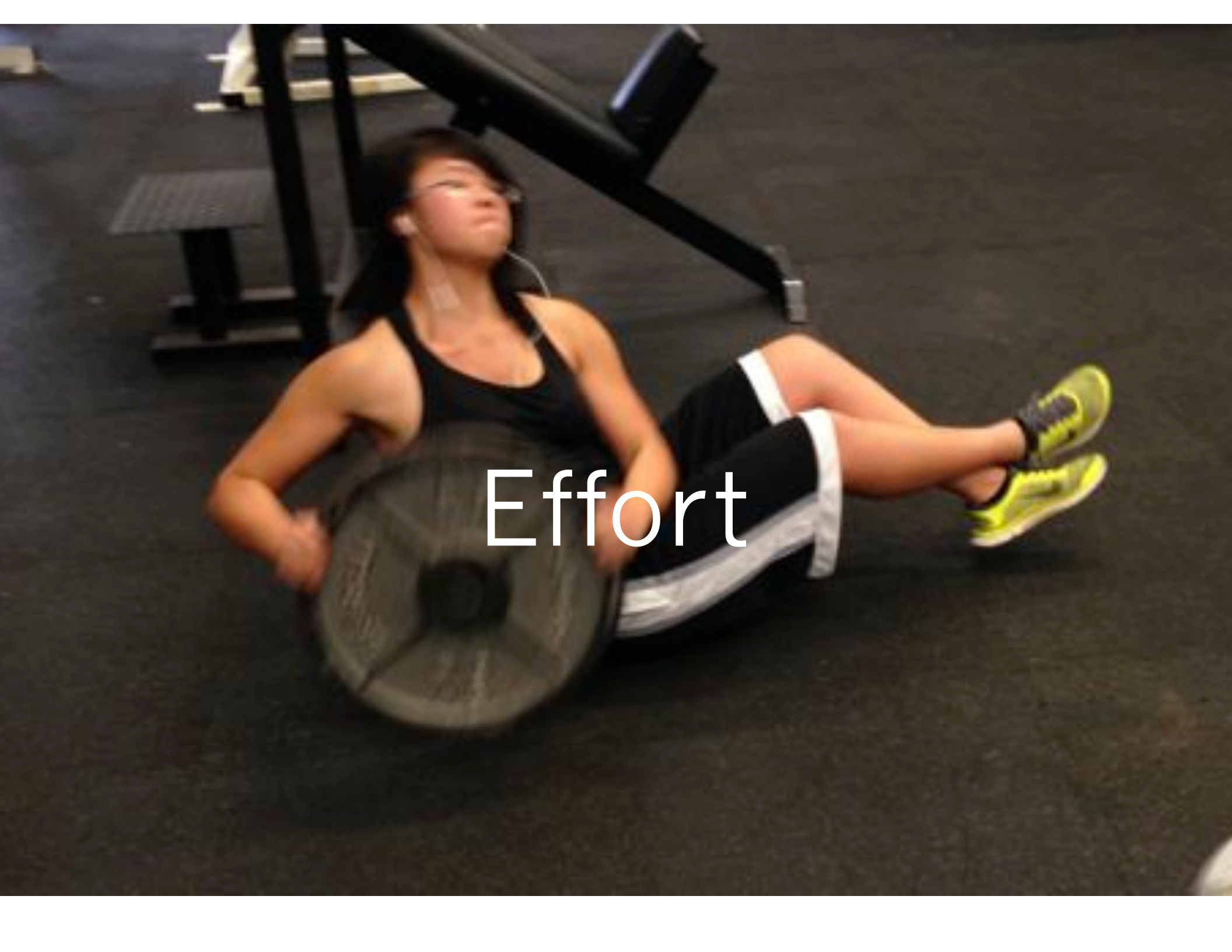
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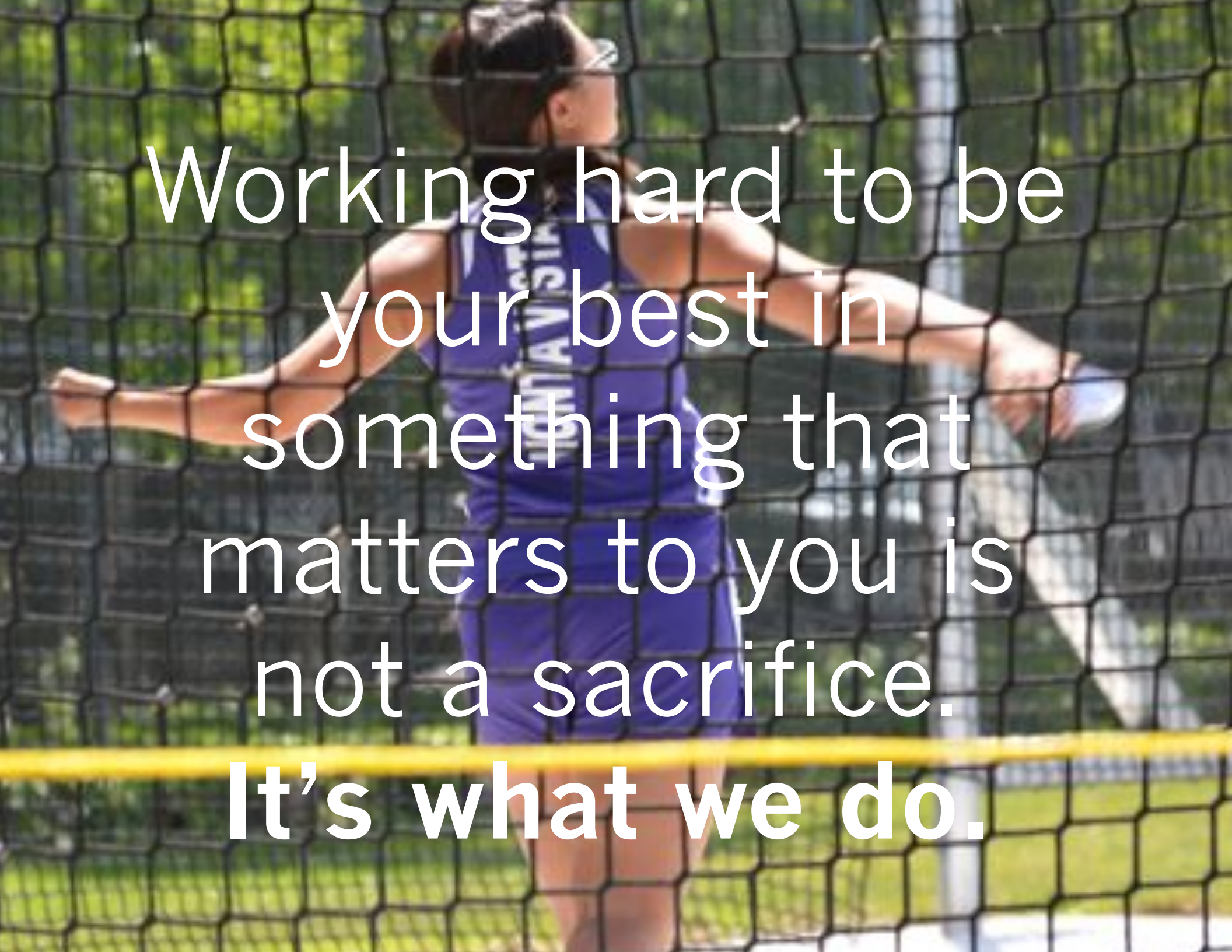
Goals

Why are we doing this?



Effort



A female soccer player in a purple jersey is captured in the middle of a powerful kick, sending the ball into the goal. The scene is viewed through the black netting of the goal, with a yellow crossbar visible at the bottom. The background shows a blurred green field and trees under bright daylight.

Working hard to be  
your best in  
something that  
matters to you is  
not a sacrifice.

**It's what we do.**



# What Should We Be Doing Before The Season Starts?

- Start exercising!
- Last season (every season) we start getting shin splints and other sore spots late in the season.
- What can you do? Start running!
- Two or three times per week in January:
  - Run to Linda Vista Park
  - Warm up drills
  - 4-8 hill runs (vary number and length)
  - Stretching and flexibility
- Other days
  - Core work
  - Weight room
  - Light running
- Don't know what to do? Ask a teammate!
- **Play games, whatever...get some exercise!!!**

# What Should We Be Doing Before The Season Starts?

## Distance

- Have fun with your running in December!
- Mileage
  - 10-15% increase in weekly mileage
- Threshold
  - Once a week
  - Comfortably fast
  - 50-90 seconds slower than your 1600m race pace
- Strides
- **Core and stretching**



# What Should We Be Doing Before The Season Starts? **Shin Splint Prevention!**

- 30x heel walks
- 30x toe walks
- 30x feet out walks
- 30x feet in walks
- 20x ankle in walk
- 20x ankle out walk
- 30x calf raises EACH LEG
- 30x bent leg calf raises EACH LEG
- 20x 'Wallies'

One set/day for two weeks!  
Then two sets per day!  
**Plus—5 minutes stretching per calf (10 minutes total) every day at the end of your workout.**

# What Should We Be Doing Before The Season Starts?

## Shin & Calf Preparation!

- 30x heel walk
- 30x toe walk
- 30x feet
- 30x feet
- 20x ankle
- 20x ankle
- 30x calf raises
- 30x bent leg calf raises
- 20x 'Wallies'

**New,  
good  
Shoes!**

day for two  
eks!  
sets per day!  
5 minutes  
ng per calf (10  
total) every day at  
nd of your workout.



# What Should We Be Doing Before The Season Starts? Help With Core

- Coach Irina Stiasny will come every Tuesday starting January 5 to work with you on core
- She will keep coming as long as there are athletes here
- Great resource!
- **4:30-5:00 (?)**

**Help each other!**



# MVTF is a team, not a club.

- We expect everyone who is joining track is going to work hard, say yes to trying new events or activities, to have a good team attitude, and try their best to be the best they can be.
- Practice is **every day**, 3:20-5:20, rain or shine!
- If in the judgment of a coach an athlete is not giving their best effort in practice or in races, the athlete will be cut.
- **We will not cut for performance; we will cut for attitude or effort.**



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# Seniors

- Track & Field will not be the easy place to get PE credit.
  - PE Class is the easier place to get PE Credit.
- If you need PE credit to graduate, and you are cut for any reason, you will not graduate with your class in June.
- If you need PE credit, and you sign up for track, you will be having a conversation with Mr. Flores about your choice.

# Coaches

- Kirk Flatow—Distance
  - 3:20-5:20 every day at MV
- Ray Cornell—Hurdles
  - Your practices may move in time and location every day
- David Pride—Horizontal Jumps
  - Coach Pride will be here every other day, on other days you will work with another coach or have captain-led workouts
- Rick Blomquist—Vertical Jumps
  - Every day
- Throws—TBD
- Sprints--TBD



# Schedule

- Will be up on [mvrrunning.com](http://mvrrunning.com)
- 5 league meets
  - Three away meets (you are responsible for transportation)
  - Two home meets (everyone helps!)
- League Championships
  - Everyone participates and/or helps (must be there!)
- SCVAL Championships
  - Everyone participates and/or helps (must be there!)
- Invitationals TBD

**I think athletics is the greatest  
sport to be a part of.**

**Let's have a great season!**





Questions?