**2024-25 Indoor & Outdoor Track Information**

1. **Eligibility**
   1. Must have DragonFly account completed (showing 100% complete) before training with the team (See QR CODE).
      1. Physical – Go to urgent care or some place similar.
      2. Complete all other forms & request to join indoor or outdoor track roster.
   2. Grades must stay at or above 70% in order to compete. Your grades this semester determine your eligibility in the spring (outdoor track season).
   3. If you play another sport, you CAN NOT participate in two competitions in different sports in the same day. It’s an AHSAA rules violation. Communicate with coaches ahead of time so we don’t get into this situation.
2. **Calendar**
   1. November & December are our indoor training months and also serve as our outdoor preparation months. All are welcome to train with the team until outdoor tryouts in January.
   2. We will only practice after school on Mondays, Tuesdays, Wednesdays and Thursdays. No practice on Fridays, Saturdays or Sundays and not during holidays or breaks.
   3. Practice begins at 3pm. Be on time. There will be consequences for being late.
3. **Expectations**
   1. Expectations for Coaches
      1. Coaches will be available during school hours only.
      2. You can speak to us in person at school, via email, Schoology or in the Remind/Heja apps once we get them up and running.
      3. We aim to be fair and consistent to every student-athlete on the team.
      4. We also aim to match the interest and energy level of each student-athlete on the team.
      5. We are here to HELP you. We’re literally on your team. We can’t run, jump or throw for you so the best we can do is prepare you for high-level competition. We’ll put you in a position to be successful. You have to do the work.
   2. Expectations for Student-Athletes
      1. Be present and ready to work at EVERY PRACTICE. Each practice is an opportunity to improve. Take advantage.
      2. Have a positive attitude and a “growth/improvement mindset.”
      3. Understand that in order to be better than our competition, we must train harder, better and/or more than they do. Don’t whine about workouts or complain when it gets difficult. Those are the exact moments we need to beat our opponents. That is how we win.
      4. Come every day, excited and ready to work, learn, train and get better. Our potential as a team depends directly on your daily attitude and your willingness to push yourself and your teammates further than you’re used to going.
      5. Be ready to sacrifice everything that’s not TRACK for 90 minutes a day, every day we train, throughout the season. That’s all.
4. **Daily training, practice plans, & routines**
   1. Every day we train, there is a theme. There is a focus. There is a goal. Our warmup, our workout, our drills and even our routines each align with those in mind. Everything we do has a purpose. It is intentional. Deliberate. No wasted time and no “going through the motions.”
   2. Much of what we do is intentionally consistent and becomes an easy-to-remember routine for ease of use. Pay attention to these so you can do them on your own if need be, or so you can lead a group. Our warmup, cooldown, drill and even some of the workouts involve a repetitive routine. Learn them quickly so you’ll know what’s going on at all times.
5. **Standards**
   1. We will have Indoor competition standards for EACH EVENT
      1. You must reach the standard for an event before you can be entered into a meet in December or January.
      2. Those below standards can keep training to reach the standard by outdoor tryouts in January.
      3. Those who haven’t reached a standard in any event by the end of February will be removed from the competition roster and from the team.