



A Guide To SMS Running Track and Field



What is Track and Field?

Participation in track and field offers a versatile selection of competitive athletic events that involve many combinations of strength, speed and endurance. Like competition at most levels, middle school track and field events encompass sprint and long distance running races, individual and relay options, as well as jumping and throwing events.

One of the many great things about track and field is that **you** get to choose the events you compete in and at every meet all athletes get to participate 3 events. The meet races are divided into separate girl and boy races. By the way, there are **no cuts** all you have to do is attend practices and you are part of the team!

The track and field philosophy is simple one:

- *Everyone is important, unique, and contributes*
- *To strive for excellence is as worthy as achieving it*
 - *Everyone can reach for their personal best*
 - *We can have fun, train hard, and race well*
 - *We want to inspire a love of running*

Keeping this in mind, running is actually only part of what is learned when participating on the track and field team. Our main focuses are sportsmanship, team support, group work, fun, exercise, strength building, endurance, and finally running strategies.

What are the Different Track and Field Events?

Middle School track and field events are broken into 3 categories: sprint events, distance events, and field events.

Sprint events require running at top speeds for the following distances: 100 meters, 200 meters and 400 meters. In addition there is the 4x100 sprint relay race and the 55 meters hurdles (heights of 30-33 inches).

Distance events challenge an athlete's endurance in the 800 meter and 1600 meter race.

Field Events are held on the interior and exterior parts of the track and include both throwing and jumping events. Athletes demonstrate their strength by throwing the shot put (9-12 lbs.) and discus (2.2 – 3.5 lbs.). Jumping events showcase athleticism in the high jump, long jump and triple jump.

What Does it Take to be Successful?

More than anything else, success in Track and Field takes time...time to learn; time to train; time to sleep, rest and recover; after school time; weekend time; time away from family and friends; and time away from other interests. Along with maintaining the academic responsibilities of an SMS student, most student-athletes are busy all the time. We try to achieve a balance between all things while aspiring to do well in running.

What should you expect?

Expect to run everyday! Practice is held Monday – Friday, after school starting at 2:45pm and usually running to 4:00pm. Your coaches have designed a training regimen that works to build your fitness, endurance, running and fielding skills. Practices are essential for the health and development of the SMS track and field athlete and **are required** for team participation!

A normal consequence of beginning to train is muscle soreness, which will soon go away. Tell your coaches about your aches, and don't give up!!!

Expect that the weather will not cooperate – it always seems too hot, too cold, too rainy, too windy, etc., BUT no matter the weather, expect to practice!

Expect to have fun and to make some new running friends!

Running Shoes and Apparel

You need a good pair of running sneakers (this does not mean expensive, it means a shoe designed for running or cross-training).

Loose fitting T-shirts and shorts are adequate for daily training in nice weather. You should have sweats as well for cooler weather.

For meets you will be purchasing a team t-shirt. The team t-shirt is required for participating in meets! And you must provide a pair of black shorts to complete the uniform.



Running Coaches

Please feel free to contact your coaches with any questions or concerns!

Head Coach Browne

- cbrowne@scarsdaleschools.org
- Note: Coach Browne is the Popham 6 Science Teacher; Classroom P85

Assistant Coach Rothman

- mrothman@scarsdaleschools.org

SMS Modified Sports Director Coach Roemer

- kroemer@scarsdaleschools.org

Next steps ... All interested students should complete the following steps to join the team:

- A physical performed within the last 12 months is required for participation in all modified sports. The modified physical form can be obtained from the nurse or downloaded from *schoolwires* page.
- Parents must complete, sign, and date the Gold Card Health History and Consent Form (all forms are available at the nurses office or on the website!)
- Bring your gold card to the first practice on March 29th and be ready to run!! Without the gold card you CAN NOT participate.
- Try to run this weekend in preparation ... your goal should be to maintain a steady pace for 10-15 min. (The distance does matter as much as maintaining a constant pace for 10-15 min. straight!)

Resources and Credit:

Thank you to Ohio University for the Running information and outline!

<http://www.ohio.edu/people/hoffmar1/Parents%20Guide.pdf>