

WEST LIBERTY-SALEM TIGER TRACK AND FIELD 2022

The Tiger Track and Field Mission:

- ***WE > ME** Understanding the importance of being a part of something bigger than yourself.
Encouragement, support and respect of others and yourself.
- ***CREATE A FAMILY ATMOSPHERE** that values friendships, respect for others, with experiences and memories that will last far beyond the track and field season.
- ***MAXIMIZE YOUR ATHLETIC ABILITY** to become a better athlete in ALL sports.
- ***TEACH ATHLETES TO BELIEVE IN THEMSELVES** and be confident in what they do on and off the track.



Tiger Track and Field Core Values:

1. Respect for your teammates and coaching staff.
2. Belief in yourself and believe anything is possible
3. Bring positive energy and attitude in all you do
4. Understand the difference between working hard and being competitive
5. Be disciplined and prepared - JUST DO IT - NO EXCUSES
6. Be a resilient and relentless competitor
7. Develop championship habits on and off the track
8. Don't be afraid to fail
9. Be humble in victory and defeat
10. Be kind and have fun



PRACTICES:

Beginning February 21st all scheduled practices are mandatory. Most practices are from 3:10-5:00 or 5:30 p.m. The day before a meet, most practices will end by 4:45 p.m. If you are involved in club sports, the school musical or other extracurricular school activities, the coaching staff is willing to work around your schedule, but it is imperative that you communicate with us and give us your schedule. Please give Coach Vogel a written note with your name, reason of your absence, and date(s) of your absence 72 hours (3 days) prior to missing practice so the coaching staff can discuss workouts and/or recovery days with you. Please understand that missing too many practices or not communicating your absences with the coaching staff can result in your dismissal from the team.

If you are absent from school due to illness or family matters, you cannot attend practice. If you are sick and are going to miss practice, please call or text Coach Vogel as soon as possible. 937-539-1120.

If school is cancelled due to weather, there is a possibility we will still have practice at the regularly scheduled time. I will let you know by 12:00 p.m. if we are allowed to have practice that day.

WHAT TO BRING TO PRACTICE:

We live in Ohio. It can be 65F in the morning and 35F after school for practice, even in late spring. You need to always be prepared to practice outside. If the outside temperature is below 60F, you must wear sweat pants until after our team warm-up. The following is a check list of what to bring to practice:

- Running and/or event shoes, including spikes
- Jacket/sweatshirt, something with long sleeves
- Sweat pants or running tights, shorts
- Socks
- Sports bra
- Hat, gloves, head band
- Water
- NO Crocs or Slide sandals (at practices and meets)



BE PREPARED FOR PRACTICE:

To get the most out of practice, you need to do more than just show up. Form daily habits to maximize your potential for success:

- Pack your practice gear the night before
- Get 8+ hours of sleep
- Eat breakfast
- Hydrate during the day
- Eat a healthy lunch
- Be on time for practice

INJURIES:

Athletes will get aches and pains, and possibly become injured during the season. If you are experiencing pain or feel like you have a possible injury, please follow these guidelines:

1. Tell your coach immediately. Don't ignore your pain and think it will go away, then let it turn into something that will keep you out of practices and meets.
2. Your coach will send you to the school's trainer, or see your family doctor or specialist.
3. After seeing the trainer or doctor, let your coach know if you have an injury and need to modify your training or take time off to recover.
4. If you see your family doctor or specialist, please bring a written note from that office to be filed with the school's trainer.
5. If you are sidelined because of an injury, you will need a doctor's release to return to play.
6. Keep the lines of communication open.

ILLNESS:

Even the healthiest of athletes can get sick. Sometimes you can practice or compete through it, and sometimes you might need to rest and recover. The old rule of thumb is "if it's from the neck up, you can practice, if it's from the shoulders down, you need to rest." While that might hold true in some cases, everyone is different. Please keep the following in mind when you're sick:

1. If you miss a full day of school when you're sick, you can't come to practice. It's our school policy.
2. If you have a fever, you're probably contagious. Don't come to school or practice. We don't want the team catching your crud.
3. Sometimes you'll recover faster if you take a day off and rest.
4. Sometimes, you'll feel better if you fight through and practice, if you have the common cold.
5. Use good judgment and communicate with your coach when you are sick.

HOW TO STAY ON THE HEALTHY TRACK:

Spring is a busy time of year. We're trying to fit in everything before school is out. While injuries are a part of sports and we can't always avoid getting sick, here are some tips to stay healthy during the season:

1. Get plenty of sleep. Teenagers need 8-10 hours of sleep every night to give their bodies a chance to recover, repair and regenerate from workouts and competition. Muscles, tendons, ligaments, bones and growth plates need time to recover to prevent overuse injuries. Studies have shown that athletes ages 10-18 getting less than 8 hours of sleep a night double their risk for injury.
2. Eat a healthy and balanced diet. The Academy of Nutrition and Dietetics states that female teen athletes need up to 2,200 calories or more depending on their sport. You need these calories to support your performance. Think of yourself as a race car. You can't run on fumes. You must have a full tank to support your training. RED-S (Relative Energy Deficiency Syndrome) is a condition of low energy availability due to insufficient nutrition to support your workouts. This is also known as the "female athlete triad." Missing periods, (amenorrhea), low iron and ferritin (how iron is stored in your body), can negatively affect your training as well.
3. Hydrate. Water is crucial to regulating body temperature and lubricating your joints. Water also transports nutrients to give your body energy. If you're not properly hydrated, your body will be unable to perform at a high level.
4. Listen to your body and don't ignore pain. If you feel run down or you're experiencing pain, let a coach know immediately.
5. Don't skip your warm-up or cool-down. Both the warm-up and cool-down are important parts of your training. When you skip them, you're going to increase your risk of injury.



MENTAL HEALTH:

As coaches, your well-being is our top priority, and we know that sometimes balancing, school, sports, family, friends and extracurricular activities can leave you feeling overwhelmed, anxious or depressed. You may also feel bullied, mistreated or misunderstood by your peers. Don't be afraid to ask for help. The pressure of being a student-athlete can make it feel hard to talk to your parents, coaches or friends, but know there are several resources at our school and community who are here to help you. ***YOU MATTER AND YOU ARE NOT ALONE.***

Make your mental health a priority by:

1. Getting plenty of sleep and establishing a routine
2. Eating plenty of fruits and vegetables and not skipping meals.
3. Taking a break from social media.
4. Practicing relaxation breathing or doing yoga.
5. Spending time outside.
6. Taking time for yourself

MEETS:

We usually have meets twice a week. Our goal is to get everyone in a meet at least once a week. Weekday meets some of you will try “off” events and it will be treated like a training day. Weekend meets or invitationals are limited to two people per event. We try to put our best athletes in their best events at invitationals. Our #1 goal at all our meets is to compete as a team because together we’re better. Meet information, including location, times and event participants will be



handed out at the beginning of the week, as well as being posted on our West Liberty-Salem Track and Field Facebook page.

WHAT TO BRING TO A MEET:

Most weekday, smaller meets (6 teams or less) last around 3 hours. Invitationals can last 4 hours or more. You need to be prepared for all kinds of weather, and bring your own water and food to eat. Pack your bag the night before a meet, so you don't forget anything. You will need:

- Your school issued uniform and warm-ups
- Extra clothes, including hats, gloves, rain gear (depending on weather)
- Training shoes and event shoes (spikes), socks (no Crocs or sandal slides)
- Sports bra
- Water, sports drink, packed "lunch"
- Inhaler (if prescribed)

WHAT TO EXPECT AT A MEET:

Field events start most meets with running events starting 30-60 minutes after the start of the field events. At most meets there will be three "calls" for your event, while other meets will stick to a time schedule. Some meets have preliminary races and final races. You will be informed and prepared for how the meet will be run several days before the meet. Here is the order of events:

Field Events:

Shot Put or Discus (whatever event is first, the other will follow)
High Jump or Long Jump (same as above)
Pole Vault

Running Events: (Girls followed by boys)

4x800 Meter Relay
100/110 Meter Hurdles
100 Meter Dash
4x200 Meter Relay
1600 Meter Run
4x100 Meter Relay
400 Meter Dash
300 Meter Hurdles
800 Meter Run
200 Meter Dash
3200 Meter Run
4x400 Meter Relay

TRANSPORTATION:

We ride a school bus to all meets and you will be given a bus departure time for every meet. You will need to report to the school to load equipment 15 minutes prior to departure. You may ride home with your parents or grandparents (no siblings, friends, or friend's parents) after the completion of the meet as long as your parent signs you out on the team sign out sheet.



We're thankful for the WLS Transportation Department!

ATTITUDE IS EVERYTHING!

Ask yourself - If everyone on our team had your attitude, what kind of team culture would we have? You can make our team better by simply having a positive, encouraging attitude. Make it a point this season to support one another by celebrating each others' successes and being encouraging during each others' failures. Track and Field isn't always easy, but we can ALWAYS be winners in how we treat each other.



**WELCOME TO THE TIGER TRACK AND FIELD FAMILY!
LET'S GET TO WORK!**

