

GWOC TRACK TEAM PLAN 2015

Monday 5/11:

At the track for a meeting in the meeting room. We will cover the entries, day by day plans, pass out the blue school forms, meet schedule for your parents & collect the black jerseys & pass out the new uniforms pre practice. (Your # must match for both uniforms). You must ice bath today (everyday) pre leaving for home till your season is complete. Practice will be set by each coach but we need to fine tune jumps, hurdles, starts & exchanges for all events tonight. Details will play a role in the outcome each week- leave nothing uncovered!

Tuesday 5/12:

Pre meet for all & be set w/all uniform info and Wednesday questions you may have. Team dinner @ Marion's Pizza @ 5:15 pm (in c'ville on 48). Please make sure everyone has a ride to dinner.

Wednesday 5/13- Meet Day:

Out of school @ 10:10 am and head to the stadium. We will do a presentation as a team then have lunch. We will have food for you but you are encouraged to bring some food that you would normally have at a meet. We will compete for the Central division title today and qualify for the finals on Friday (see sheet from Monday for all of this information) The bus leaves at 11:15 am and the meet starts with field events at 1:30pm & running at 4pm

Wear the GWOC gear today (shirt & shorts) to school & the meet.

Thursday 5/14:

Quick meeting @ 3:12 where we will look at the results from Wednesday and see what needs to happen to win the overall title- practice will be like last Thursday and should include an ice bath at the end of your workout. Individual coaches will have specific work we need to do today. No team dinner tonight- sorry.

Friday 5/15- Meet Day- Championship Night:

Field Events will be out of school at 1:45 pm today & the bus will leave at 2:40 pm. The 2nd bus (w/runners) will leave at 3:30 pm and will be at Troy to watch the field events. Final central events & overall titles are up for grab tonight. Field starts at 5pm & running at 6:30 pm.

Wear the "Elk" shirt with the team shorts to the meet tonight.

Trophy is at 9:30 pm- let's make it happen!!

THOUGHT FOR THE WEEK:

I think the most important thing any team can have is a winning attitude- the athletes must have it and so must the coaches.