

Seattle Prep Track & Field 2020

Parent Night: Thursday, March 5 at 7:00 PM in Ignatius –100.

Communication: Remind App. We use this for the entire team and by event group. This is our quickest way to communicate changes and updates.

Athletic.net: This website posts our schedule and keeps track of all results. Results are posted anywhere from an hour to 24 hours after a meet.

Hudl.com: This website posts videos from meets and practices. You will have access through your athlete.

Eligibility: Athletes must be cleared by the Athletic Office before being allowed to practice. **Ten** practices are required before an athlete may participate in competitions. If an athlete misses five practices during the initial qualifying period, that athlete must start the count of eligible practices again.

Athletes may not skip school practices and competitions for non-school sports!!

Injuries: Injuries that require a doctor visit, also require a note from the doctor for the athlete to return to practice.

Practice Times: Typically ,3:00- 5:30

Practice Locations: Locations vary depending on the event group. Please understand that we do not have a track. We use public school tracks when we can. We are then at the mercy of our hosts when it comes to scheduling. We ask that you remain flexible as we will try to communicate changes ASAP.

Sprints: Generally, practice M, W, Th at Prep or Montlake 3:00-5:30. This may change if we have access to a track. We usually practice earlier on non-school days.

Tuesday and Friday at Nathan Hale 3:00-5:30

Saturday at Hale. Days and times will vary.

Throws: Usually at Prep, but will occasionally travel to a javelin runway or disc ring. (Shoreline or Shorecrest)

Distance: Various locations. Please check with Andrew Walker or Ben Sauvage for details. Distance athletes tend to train every Saturday.

Equipment: All athletes will be issued a warmup and uniform. A school issued uniform is required at all meets. Athletes may also wear approved spirit gear clothing. Some athletes will need specialized spikes for their events. More information will be given to the athletes by their event group coaches.

Spirit Gear: Spirit gear is clothing that supports our team. Purchasing options TBA.

Spike Night- Tuesday March 10th at Super Jock & Jill, Greenlake. Athletes receive a small discount, lots of free pizza and a great fitting. Coaches will also be in attendance.

Meets: League meet are held on Thursdays. The exception is Holy Week when we compete on Wednesday. We are not allowed to compete Thursday –Saturday of that week.

Meet starting time is 2:45. They are run on a rolling schedule and **not a time schedule**. This means that as soon as one event ends, the next begins. The exception is invitational meets. We ask that athletes stay as long as possible to support their teammates who compete in the later events.

Invitationals: Invites are meets that have qualifying standards and entry fees. These are important for the athletes to experience a higher level of competition, like they will see during the championship part of the season. Athletes may provide their own transportation to these meets.

Meet Helpers: We are responsible for providing meet helpers for meets assigned to us by the league. The more help we have, usually the faster the meet goes. Please plan on helping. I recommend finding one area to work and then becoming very efficient at it. At some meets we will only be assigned hurdle crew. We set up the hurdles twice and then remove them from the track. It takes less than ten minutes with enough helpers. Each team is also required to provide helpers for the league and district championships.

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