

OMS Track & Field 2021

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Expectations:

All athletes and managers must have a physical on file, family ID filled out, all Covid paperwork turned in and the athletic Fee of \$40 paid before anyone can attend the first practice. This is all due no later than 12pm on April 12th. (The athletic fee is paid per child once a year.)

6th Grade- Managers- all expectations apply. They need to be willing to time, run errands, cheer on athletes, warm up with athletes, take notes, etc.

7th Grade & 8th Grade- 100% ATTITUDE & EFFORT! We are going to give you every ounce of us, and we expect the same. We will respect you and will listen to your goals and hopes for yourself this season and will help to pave the way for you to meet them. Therefore, we need you coming to practice prepared, reliable, and a leader and encourager for your teammates and yourself. **No Phones Out!** Be a leader in your classroom (that doesn't mean you have to be perfect- just respect your teachers and get your stuff done). Be at Practice promptly at 3:15 to be screened by Shanda (our trainer) for covid precautions, dressed, shoes on and ready to go. Come dressed appropriately: running shoes, shorts, sweats, leggings, and Layers!!!! It may be cold so have hats, gloves and layers that won't get in the way of running. No Jeans!!! No Short Shorts (girls or guys). Know that social distancing is important so utilize school bathrooms and locker rooms if open. **3 Tardies without a note and you're off the team. Practices are mandatory!** IF you're sick, a parent needs to contact me or Coach Elder. You can tell one of us and then a parent needs to verify. They can send me or Coach Elder a text over the Remind App. No messages from other students! **If you miss practice before a meet, you can attend the meet with us but Coach Elder and I will put you in the event we need you in instead of your preference. If events are filled and no other event is available, you are expected to cheer your teammates on and help us if needed with timing. 3 Unexcused Absences = 3 Strikes and you're out.**

You are expected to have a mask at all times. When transitioning from one activity to the next, static stretches, waiting to be screened and/or waiting to be picked up, masks are to be on properly covering mouth and nose. When doing dynamic stretches and running, masks can be pulled down but need to be accessible.

Sports Outside of School?

-You are expected to be at all meets, even if there is a conflicting game. We only have so many meets so each one is crucial to prepare for conference. Parents need to talk to me or Coach Elder. Try not to leave practices early if possible. I understand conflicts come up and we will address them one by one.

When at meets, **DO NOT buy junk food before your events to eat or Soda. I don't want to see kids eating pizza, nachos, or throwing back candy before they try to run fast or jump/throw (this means any time from when we arrive until after all of their events are finished). I also don't want to see them drinking soda with carbonation and excessive sugar. IT will not prepare their bodies to be the best they can be. After ALL of your events are done, you can get whatever type of food or drink available.** Appropriate drinks are diluted sports drinks or water. They do not need sports drinks before racing unless diluted because of the amount of sugar. But after they run, they are awesome. An easy way to do this is have a water bottle and pour water on ½ the sports drink to cut it. Then you have twice as much. This of course won't be monitored but helpful advice.

Because of safety with covid, we won't offer shared snacks. Track meets are long so each athlete needs to bring snacks that will sustain them. Granola Bars, a bagel, and quartered oranges are great! Or little packets of honey for runners to have 10 minutes before they race. Hummus and pita could also be a great snack.

We Will Rarely Cancel Practice!!!! Weather (most likely) will not alter practice!!! I will relay messages on Remind if a change in location (outside to inside or vice versa) or a canceled practice. This year has been the year of flexibility. With numbers indoors being much less and the need to keep masks on at all times if indoors, changing to inside will be a last resort. Please check Remind on days of practice where weather looks bad.

Grades

Grades first then Track & Field! Eligibility is based on the quarter's grades before. So eligibility currently is based on last quarter's grades. 2 or more Fs and you aren't eligible.

If your child is struggling in a subject and would be open to tutoring, please let us know and we can be a resource to help them get the tutoring they need in order to succeed.

Behavior

3 Strikes=You're out. We expect respect for me, Coach Elder, and any and all volunteer coaches as well as your teammates. We will respect you at all times, and we expect the same in return. If you have three bad days of not listening or disrespecting the coaching staff and/or your teammates, you'll be asked to leave the team. Cussing is not acceptable before, during, or while you are under our watch. That is a respect issue and other words can be chosen. IT is purely a

self-control expectation on our team. This goes for **food as well!!! I don't recommend chewing gum because of the hazard of choking while running and jumping. However, candy or junk food is not acceptable during practice.**

ISS- Per school policy, the day of ISS you are not allowed to be at practice or a meet. If you get ISS the day before a meet and miss practice, you are not allowed to compete at the meet but can travel with us and be a timer. If you have ISS 3 times, you're off the team. Behavior has to be valued. We want you to be a part of our program and will always be available, but a member of the team has to have expectations that are followed through. Regardless of whether you stay on our team or not, we are always available.

OSS-Per school policy, if a student is given OSS they are automatically removed from a team. They can appeal to the Athletic Director and/or Administration depending on the infraction; however, if they decide the incident deems removal I (and my coaching staff) support them completely. IF allowed back on the team, and another OSS infraction occurs, there will be no appeal. There is no option to come back. However, we will still be available if needed but not as your coach.

Remind App- We will add you if we have your contact info. All announcements & helpful files or preseason training and learning warm up drills as well as basic form and techniques for jumpers and throwers will be under the files. Please take time the next 2 ½ weeks and review warm up stretches and practice them (especially A skips, B skips, and C skips).

If you plan on being a thrower or jumper, please spend the next few weeks practicing the basics and the correct form. For a shot put thrower you can work with a softball or sock if needed. For discus you can use a frisbee or even a water bottle.

Being On Time

Please be respectful of Coach Elder and my time. Be on time to get your child after practice and after meets. I will send out a message on Remind App when we are heading back from away meets. Coach Elder has children that play other sports, and I have 4 children, each of them are involved in multiple sports, and I would like to go support them or get dinner ready before taking them to other practices. Things come up and emergencies happen; there will be understanding as long as it's not repetitive and everyone understands that this is not our only commitment.

Practice Schedule

(Meets haven't been confirmed yet. These should start in April & be 2 a week.)

	<u>April</u>			
Monday	Tuesday	Wednesday	Thursday	Friday

12 Practice 3:15-4:30 OMS Soccer Field	13 Practice 3:15-4:30 OMS Soccer Field	14 Practice 3:15-4:30 OMS Soccer Field	15 Practice 3:15-4:30 OMS Soccer Field	16 Practice: Jumpers & Throwers only 3:15-4pm OMS Soccer Field
19 Practice 3:15-4:30 OMS Soccer Field	20 Practice 3:15-4:30 OMS Soccer Field	21 Practice 3:15-4:30 OMS Soccer Field	22 Practice 3:15-4:30 OMS Soccer Field	23 Practice: Jumpers & Throwers only 3:15-4pm OMS Soccer Field
26 Practice 3:15-4:30 OMS Soccer Field	27 Practice 3:15-4:30 OMS Soccer Field	28 Practice 3:15-4:30 OMS Soccer Field	29 Practice 3:15-4:30 OMS Soccer Field	30 Practice: Jumpers & Throwers only 3:15-4pm OMS Soccer Field

May

Monday	Tuesday	Wednesday	Thursday	Friday
3 Practice 3:15-4:30 OMS Soccer Field	4 Practice 3:15-4:30 OMS Soccer Field	5 Practice 3:15-4:30 OMS Soccer Field	6 Practice 3:15-4:30 OMS Soccer Field	7 Practice: Jumpers & Throwers only 3:15-4pm OMS Soccer Field
10 Practice 3:15-4:30 OMS Soccer Field	11 Practice 3:15-4:30 OMS Soccer Field	12 Practice 3:15-4:30 OMS Soccer Field	13 Practice 3:15-4:30 OMS Soccer Field	14 Practice: Jumpers & Throwers only 3:15-4pm OMS Soccer Field
17 Practice 3:15-4:30 OMS Soccer Field	18 Practice 3:15-4:30 OMS Soccer Field	19 Practice 3:15-4:30 OMS Soccer Field	20 Practice 3:15-4:30 OMS Soccer Field	21 Practice: Jumpers & Throwers only 3:15-4pm OMS Soccer Field
24 Practice 3:15-4:30 OMS Soccer Field	25 Practice 3:15-4:30 OMS Soccer Field	26 Practice 3:15-4:30 OMS Soccer Field	27 Practice 3:15-4:30 OMS Soccer Field	28 Practice: Jumpers & Throwers only 3:15-4pm OMS Soccer Field
31-Memorial Day Optional Teacher Workday			*Assuming we will be done by the 21st but not	

			sure yet.	
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