



OLYMPUS HIGH SCHOOL TRACK & FIELD

HEAD COACH: Betsy Alexanderson EMAIL: ebalexanderson@graniteschools.org

ASSISTANT COACHES: Julie Thomas and Jen Wunderli VOLUNTEER COACHES: Tara Wion and Grace Wunderli

Coach Communication: Please email Betsy with any questions. Check OlympusTrack.weebly.com for weekly updates. Athletes can join our GroupMe chat where I send out reminders. I will also use RegisterMyAthlete to send out texts or emails to parents.

Fees: \$TBD by 2/21 (probably \$160-\$200), \$20 banquet fee both paid on webstore. Talk to the office if on fee-waiver.

Coaching Philosophy: **Track coaches expect more from athletes than other sports coaches.** There are no benchwarmers. All individual performances matter. A track team thrives on the mental strength, commitment, and consistency of all team members - no matter their ability. To see success, track athletes **MUST** be committed to mastering technique through focused practice, repetition, and mental imagery. Teaching athletes to be accountable, encouraging, and hardworking is my priority, and being an advocate for your athlete's health and success is my job. My desire is that all track athletes will leave Olympus High School with the skills and drive to lead an active lifestyle for LIFE.

Athlete Code of Conduct: Athletes are expected to be committed to the team *and* their self-improvement by attending practice regularly and putting in a full effort at every practice and competition. Olympus Track and Field athletes are expected to establish a reputation as someone who is accountable, who is a model citizen, & who takes initiative athletically and academically. Athletes are expected to show support for teammates and competitors at all times. When an athlete has "down time" at meets, they are expected to cheer on their teammates who are competing in other events.

Conflicts and Injury: Starting Feb. 22, athletes who work or participate in other extra-curricular activities must communicate clearly with coaches about their schedule, attend practices at a minimum of **3 days per week** and compete in a **minimum of 3** track meets. If your schedule does not allow you to meet these minimums, please re-evaluate your priorities and commitments. Students who are injured must continue to attend practice and execute a recovery plan established by a healthcare professional. Students are responsible for informing coaches about progress.

Parent Code of Conduct: Parents are expected to demonstrate good sportsmanship and follow any event established parent-restricted access rules. Parents must provide coaching staff with emergency related information & keep us up-to-date on injuries or conflicts that affect their athlete's participation.

Covid: All athletes and coaches must "test to play." This means that practicing athletes MUST pass a COVID test every other week starting FRIDAY, January 8th. If you test at other locations, email test results to Mr. Ryan Shaw. He creates "the list" of athletes who are allowed to play/practice. There are no exceptions to "the list."

Parents and athletes **MUST** complete registration to be eligible for practice. By registering (and Covid testing), athletes are allowed to practice **AND** parents and athletes agree to the above policies, fees, and expectations. See <http://olympustrack.weebly.com/registration.html> for info.

Winter/Preseason Workouts: Our competitive track season is very short. Because of this, we require athletes to be in shape before our first meet on March 17th. To help athletes build strength, coaches will conduct practice twice a week from January 19th-February 19th. Distance/mid-distance runners will have weekly workouts posted on <https://olympusxc.weebly.com/updates>.

- **Sprinters and throwers winter** practice is held in the OHS weight room on **Tues/Thurs at 6:10AM**.
 - Distance/mid-distance runners are also welcome to do their strength training at this time.
- **Distance, mid-distance, hurdles, and jumps** will practice **Tues/Thurs** on the indoor track **at 2:30 PM**.
- Practices will be a maximum of 1 ½ hours.

Spring Practices and Competitions: Starting Monday, February 22nd, practices will be Monday-Friday and are mandatory for all eligible athletes on our roster. There are no tryouts. There will be no time trial. Our “time trial” will be our first JV meet which will help establish each individual’s training groups and specialty events.

Spring Practice Expectations:

1. Meet eligibility requirements - Covid test, 2.0 GPA, fees, completed registration on RegisterMyAthlete.com
2. Have your “things to bring to practice.” Backpacks, snacks, phones, and other personal items must be in your locker or on the west grandstands.
3. Meet on the infield (turf) at 2:30PM wearing your mask.
4. 2:30 PM announcements. Team lap afterward.
5. Meet with training groups for event specific warm up and workout.
 - a. **On Thursdays, sprinters will have practice at 6:10 AM**, but are still expected to be at announcements at 2:30 PM.

Lockers: If athletes would like an assigned locker, please see Mr. Barnes in the main gym. Preferable at the beginning of the quarter.

Things to bring to practice: Face mask. Running specific shoes/trainers. Positive Attitude. Socks. Watch (sprints/distance). Commitment. Water bottle. Healthy snack. Athletic clothing.

- Always have layers of clothing available for practice : tights/pants, shorts, T-shirt, long sleeve shirt, sweatshirt or jacket) . Track is an outdoor sport, so expect to be outside and to brave the elements including rain, snow, and hail. When competing, track does have event specific shoes (often called spikes). It is *recommended* that you have some, but is *only expected for varsity athletes*.

Competition Schedule and Other Events: Will be finalized by Monday, February 22nd.

