

## Five Things Parents Should know about Track and Field

Track and Field is usually a ton of fun for coaches, athletes and parents. Most of the negative issues can be avoided through clear communication early in the season. To that end, please read through this with your daughter(s) and sign at the bottom.

1. **Practices:** We practice every day from 2:15 to 4:30. Each athlete is expected to attend every practice, and should make every attempt to schedule appointments, school work, and other priorities at other times when possible. Outside-school activities, including part-time jobs, are never a reason to miss practice.
2. **Meets:** We usually have two meets a week, although most athletes will usually participate in only one. We travel to and from meets as a team, and athletes are expected to remain for the entire meet, even when the meet is at North. Meets may sometimes run until after 7pm, so parents should plan accordingly.
3. **Rest:** A disturbing trend over the past decade is the increase in serious sports-related injuries in high school athletes, especially girls. Although each situation is different, many of these injuries could be prevented through careful exercising and sufficient rest. As a coaching staff, we will do everything we can to balance hard work and recovery time, but we also rely on parents to help their children make smart decisions regarding their free time.
4. **Equipment:** Aside from comfortable athletic clothing, each athlete should have a pair of training shoes. Since shoes are our first defense against injury, it is advised that a new pair is bought at the beginning of each season, and worn only during practice. Many athletes also choose to get shoes for competition. This is not required but is strongly encouraged.
5. **If you need to talk to us:**  
Head Coach/Distance: Dan Cahill [dcahill@isd622.org](mailto:dcahill@isd622.org) 748-6110  
Sprints: Mark Woodcock [mwoodcock@isd622.org](mailto:mwoodcock@isd622.org) 748-6174  
Throws: Kathy Berrigan [kberrigan@isd622.org](mailto:kberrigan@isd622.org) 748-6152  
Hurdles: Ian Bronson [ibronson@isd622.org](mailto:ibronson@isd622.org) 748-6160  
Sprints/Jumps: Elaine Franzwa [efranzwa@isd622.org](mailto:efranzwa@isd622.org) 748-6151

I have read and understand these expectations, and look forward to a great Track and Field Season:

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Athlete Signature

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Parent Signature