



On The Track With Lions Track & Field

Head Coach: Glen House Assistant Coaches: Brad Crocker CJ Guilford Lauren Kilbourne

Northwest Girls Track & Field Information

Welcome to the 2018 Northwest Girls Track & Field Season! Here is some basic information for you about the team. First and foremost, to be on the team you must have a physical that was completed AFTER Feb 1, 2016. You will **NOT** be allowed to practice with the team until your physical and paperwork are completed. This can stop you from being in our first meet, as you are required by the state to have 14 practice days before competition. You also **MUST** have passed 6 classes during the first semester to be eligible according to MSHSAA rules. Your physical must be turned into the activities office and they will give you a blue card to give to the coaches.

Practice begins every day at 2:40pm and will last until about 4:45. Please arrange to have rides at school no later than 5:15pm. We have practice every day that school is in session or teachers are in the building unless otherwise announced. There will be a few practices during days off of school to allow us to get more practices in. Team members are expected to be at every practice for the time of the entire practice. As long as the weather is above 40° and not raining/snowing we will meet outside on the track. When the conditions are worse, we will meet at the end of the lower main hallway by the blue hall. As soon as practice starts at 2:40 pm, be ready to warm-up and get started. The later we get started, the later practice goes.

The season schedule is included with your packet and all information about the Northwest girls track & field team can be found online at our official website at: <http://northwesttrack.org> Schedules, lineups, results, or any other information will be on the website in a timely manner and will not be posted or handed-out otherwise. We also have a Twitter account for updates on team news and information: @nhsgirlstrack. There is a team calendar for the season included in your packet and on the website on the schedule page. **MAKE SURE YOU FOLLOW THIS CALENDAR, AS IT MAY GET UPDATED, FOR ALL TEAM EVENTS-IT'S YOUR RESPONSIBILITY TO BE AWARE OF THE CALENDAR AND TIMES!!!!!!!** You can also find out more about the sport of track and field on our website.

Make sure that you have proper running shoes and workout clothes for practice every day! If you have not bought new running shoes in the last few months or wore them for another sports season then make sure that you get new shoes for the start of practice. Wearing worn out or ill-fitting shoes will cause injuries. Also make sure that your shoes are **good running shoes** with enough support and cushioning and not cheap shoes from a discount store. Bad shoes are one of the major reasons for injuries in runners. You will also need spikes/throw shoes in addition to your training shoes to compete in. You are much better off buying your running shoes at a running store as they have people that can help you and know what they are talking about, as opposed to a regular shoe warehouse or Sports Authority. We have a team night scheduled at Big River Running store on Manchester Rd. on Thu, March 1 at 5:30 pm and you will be able to get discounts on shoes and apparel-see the attached flyer in your packet. I recommend getting workout gear that is not simple cotton, as cotton does not breathe well, does not wick moisture, and is heavy, especially when wet. Moisture wicking materials are the best as they are lightweight and keep you as dry as possible. This material is made by all of the major running apparel/shoe companies: Adidas, Nike, Asics, New Balance, Brooks, Reebok, etc. You will also want to have gear to wear when it is cold and/or rainy outside as we will be outside in these conditions! Again all of the major running companies make tights and outerwear. Remember that running gear is specifically made to move with you and to be lightweight and moisture wicking. Our team uniforms and warm-ups are **NOT** to be worn at practice. All athletes are required to have a bag to put their warm-ups and belongings in when at meets, so they are not left on the ground or lost! Be responsible for your team stuff!

Local running stores:

Fleet Feet Sports-12494 Tesson Ferry Rd, St. Louis, MO 63128/855-588-2786 x3///11731 Manchester Rd, Des Peres, MO 63131/855-588-2786 x4///278 THF Boulevard, Chesterfield, MO 63005/855-588-2786 x2

Big River Running-13969 Manchester Rd, Town & Country, MO 63011/636-394-5500

Swim Bike Run- 14830 Clayton Rd, Chesterfield, MO 63017/636-220-7781

Coaches:

Head Coach-Glen House-NHS-243-Distance, Javelin
Asst. Coach-CJ Guilford -NHS-244- Sprints, Hurdles

Asst. Coach-Brad Crocker-Northwest Valley-Horiz. Jumps, Throws
Asst. Coach-Lauren Kilbourne-NHS-Pole Vault, High Jump

School Phone: (636) 274-0555 (Ext. 18243) E-Mail: ghouse@northwestschools.net Website: <http://northwesttrack.org> Twitter: @nhsgirlstrack

