



On The Track With Lions Track & Field

Head Coach: Glen House

Assistant Coaches: Brad Crocker

CJ Guilford

Lauren Kilbourne

Northwest Girls Track & Field First Day Information

Practice begins on Monday, February 25. On the first two days of practice the team will meet in the cafeteria. Come dressed out and ready to practice after a meeting. Have your physicals completed and your paperwork filled out before the start of practice. When you have this completed you can turn in your physical to the activities office next to the gym. You will be given a blue card to turn in to the coaches on the first day of practice. Make sure that you have this completed BEFORE the first day of practice or you will NOT be allowed to practice with the team until your physical and paperwork are completed. This can prevent you from being in our first meet, as you are required by the state to have 14 practice days before competition.

Practice begins everyday at 2:40pm and will last until about 4:45-5:00. 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 listed above for the entire practice. **You can find a team calendar of all team events on the calendar page on the website: <http://northwesttrack.org/schedule.html>.** As long as the weather is above 35° and not raining we will meet outside on the track. When the conditions are worse, we will meet in the lower hallway in front of the blue hallway. As soon as practice starts at 2:40, be ready to warm-up and get started. **The season schedule is included with your paperwork 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 this will be your main source of team information. You can also follow the team on social media:**

Twitter: @nhsgirlstrack

Instagram: nhsgirlstrack

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, 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. 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. I recommend getting workout gear that is not simple cotton, as it 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, Saucony, 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 are NOT to be worn at practice. These will be handed out before the first meet. All athletes are required to have a bag to put their warm-ups and belongings in when at meets, so they are not lying around on the ground.

Local running stores:

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

Fleet Feet Sports-Des Peres: 11731 Manchester Rd, Des Peres, MO 63131/855-588-2786 x4

Chesterfield: 278 THF Blvd, Chesterfield, MO 63005/855-588-2786 x2

South County: 12494 Tesson Ferry Rd, St. Louis, MO 63128/855-588-2786 x3

Coaches:

Head Coach-Glen House-NHS (Room 243)-Middle and long distance, javelin/ ghouse@northwestschools.net

Asst. Coach-Brad Crocker-Northwest Valley-Horizontal jumps and throws/ bcrocker@northwestschools.net

Asst. Coach-CJ Guilford -NHS (Room 244)- Sprints and hurdles/ cguilford@northwestschools.net

Asst. Coach-Lauren Kilbourne-NHS-Pole vault and high jump/ lkilbourne@northwestschools.net

<http://northwesttrack.org/coaches.html>

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



Sprints

Relays

Horiz. Jumps

Hurdles

Distance

Throws

Pole Vault

High Jump