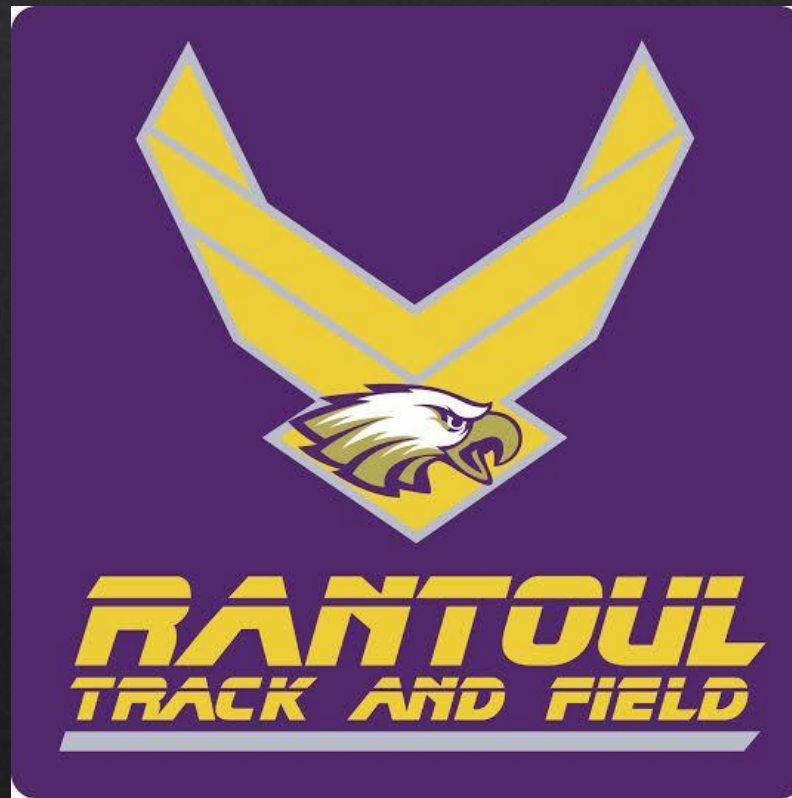


2019-2020 RTHS TRACK AND FIELD



HIGH SCHOOL TRACK

IS DIFFERENT THAN

JUNIOR HIGH TRACK,

AND HIGH SCHOOL IS

DIFFERENT THAN COLLEGE TRACK.

EDUCATION

- ❖ ONLY 3% OF HS ATHLETES GET D1 SCHOLARSHIPS TO PLAY COLLEGE SPORTS.
- ❖ ALL TRACK ATHLETES AT RTHS MUST BE ENROLLED IN STRENGTH AND CONDITIONING PE.
- ❖ GRADUATE HIGH SCHOOL IS #1 PRIORITY!

COMMITMENT

“THE EASIEST WAY TO MOTIVATE OTHERS IS TO
ELIMINATE THOSE WHO ARE NOT
MOTIVATED.”

-LOU HOLTZ

DON'T BE HALF IN AND HALF OUT!

*IF YOU HAVE FRIENDS IN A WINTER SPORT
INVITE THEM TO BE ON THE TEAM WHEN
THEIR SPORT FINISHES. ATHLETES WHO PLAY
OTHER SPORTS USUALLY STAY COMMITTED.

PRESEASON WORKOUTS

*OUR WORKOUTS WERE ONLY 4 DAYS A WEEK (MON, TUES, WED, THURS). 6 HOURS A WEEK.

*THERE ARE GUYS WHO SHOWED UP TO VERY FEW IF ANY PRESEASON WORKOUTS.

*THEY MAY NOT GET TO COMPETE AS MUCH AS SOMEONE WHO WAS HERE ALL THE TIME.

*ATHLETES THAT ATTEND 25 OUT OF THE 28 WORKOUTS GET TO ATTEND A TRACK MEET AT INDIANA UNIVERSITY.

DON'T BLAME ANYONE ELSE BUT
YOURSELF!

CALENDAR AND PARENT INFO

- ❖ YOU WILL BE RECEIVING A NEW CALENDAR WITH PRACTICES AND MEETS ON IT ALL THE WAY THROUGH JUNE. THE PARENT INFO NEEDS TO BE SIGNED AND RETURNED BY FRIDAY FEBRUARY 7TH.
- ❖ SOMETIMES PRACTICE MAY CHANGE DEPENDING ON THE WEATHER.
- ❖ STARTING ON JANUARY 28th WE WILL BE GOING TO THE U OF I ARMORY FROM 8-9:45PM ON TUESDAYS ONLY. THE SCHOOL WILL PROVIDE A BUS FOR US THIS YEAR AND WE WILL BE LEAVING THE SCHOOL AT 7:30PM. WE WILL NOT PRACTICE AFTER SCHOOL ON THESE DAYS.

PHILOSOPHY

- ❖ APPROACH EVERY TRACK MEET WITH THE ATTITUDE THAT YOU ARE GOING TO WIN EVERY EVENT YOU ARE ENTERED IN AND THAT OUR TEAM WILL WIN EVERY MEET WE GO TO. WHEN WE STEP ON THE TRACK OTHER ATHLETES ARE GOING TO HAVE TO RUN THE RACE OF THEIR LIFE TO BEAT US!!
- ❖ I WANT TO PEAK IN MAY, WHICH IS CHAMPIONSHIP MONTH, NOT IN MARCH. TRACK MEETS ARE WORKOUTS IN OUR SYSTEM. “ANY FOOL CAN GET ANOTHER FOOL TIRED.”
- ❖ “FOR EVERY SUBSTANCE, SMALL DOSES STIMULATE, MODERATE DOSES INHIBIT, LARGE DOSES KILL.”
- ❖ I WANT TO CREATE A TEAM ENVIRONMENT WHERE EVERYONE CHEERS FOR EACH OTHER, A POSITIVE ENVIRONMENT WHERE ATHLETES ENJOY COMING EVERYDAY, AND I WANT HAPPY HEALTHY ATHLETES, NOT WORN OUT PLOW HORSES!!
- ❖ YOU WILL STEADILY IMPROVE YOUR PR’S OVER THE COURSE OF THE SEASON. YOU MIGHT NOT PR EVERY MEET AND THAT’S OK. MICHAEL JORDAN DID NOT SCORE 40 POINTS EVERY GAME BUT HE WENT OUT AND COMPETED.
- ❖ IN ORDER FOR THIS PHILOSOPHY TO WORK YOU MUST STAY ELIGIBLE THROUGHOUT THE SEASON. BEING INELIGIBLE WILL CAUSE YOU TO MISS A MEET OR TWO AND THEREFORE CAUSE YOU TO MISS A WORKOUT.

Cats sleep 20 hours



We train at 100 mph
80 mph feels comfortable
compared to those who train
at 60 mph and wobble at 80
mph.

We build a
SPEED RESERVE



KAHMARI'S HARDEST WORKOUT:
BROKEN 400
8 MIN RECOVERY
BROKEN 400



10.50 20.96 46.24

RRG

Rest
Recovery
Growth

*The most under-rated
aspect of sprint training.*

RESULTS

- ◆ ALL OF OUR RESULTS FOR EACH MEET WILL BE POSTED ON OUR TRACK WEBSITE. PHOTOS AND VIDEOS OF THE MEET WILL BE ADDED TO OUR FACEBOOK PAGE.
- ◆ THIS MEANS THAT BILLIONS OF PEOPLE WILL SEE HOW SLOW OR FAST YOU RAN THAT DAY!!
- ◆ ALL-STATE ATHLETES WILL RECEIVE A FREE PAIR OF SPIKES FOR THE NEXT SEASON. WE WILL DISCUSS INDIVIDUALLY WHAT SENIORS WILL RECEIVE!!

FACEBOOK/TWITTER

- ◆ LIKE US ON FACEBOOK/TWITTER IF YOU HAVE NOT DONE SO ALREADY

RANTOUL TRACK-FIELD

@RantoulTrack

OUR TEAM WEBSITE <http://rthstrack.wix.com/rantoul-track>

*I WILL POST IMPORTANT ANNOUNCEMENTS ON THERE FROM TIME TO TIME AND I WILL ALSO POST PICS FROM DIFFERENT MEETS WE GO TO ON THERE AS WELL FOR YOU TO USE ON YOUR OWN FACEBOOK PAGE.

EQUIPMENT ISSUE

- ❖ YOU ARE RESPONSIBLE FOR YOUR EQUIPMENT AND UNIFORM. IF IT GETS LOST, STOLEN, OR DAMAGED YOU WILL HAVE TO PAY FOR IT.
- ❖ WE WILL GET UNIFORMS THE DAY BEFORE OUR 1ST MEET.
- ❖ YOU NEED TO BRING YOUR OWN TRACK SPIKES. IF YOU CANNOT AFFORD THEM WE HAVE SOME YOU MAY BORROW FOR THE SEASON. THERE ARE ALSO WEBSITES ON OUR TRACK WEBSITE THAT YOU CAN GO TO AND ORDER NEW TRACK SPIKES/GEAR.

PHYSICALS

- ◆ YOU NEED A CURRENT PHYSICAL ON FILE WITH THE NURSE.
- ◆ IF YOU HAVE NOT PLAYED A SPORT YET THIS YEAR YOU WILL NEED TO GO TO YOUR DOCTOR AND GET AN UPDATED PHYSICAL.
- ◆ AFTER YOU UPDATE YOUR PHYSICAL TURN IT IN TO EITHER THE ATHLETIC DIRECTOR OR THE SCHOOL NURSE.

ONLINE REGISTRATION

- ◆ Parents please login or create a new account to sign your athlete up for track and field ASAP!
- ◆ Website: <http://il.8to18.com/rantoulhs>
- ◆ Click on the REGISTRATION Tab in the middle of the page and follow the steps from there.

NUTRITION

- ◆ AT THE USATF CLINIC I WENT TO THEY SUGGESTED THAT TRACK ATHLETES SHOULD DRINK AT LEAST A GALLON OF WATER A DAY.
- ◆ DO NOT PASS A WATER FOUNTAIN IN THE HALLWAY WITHOUT TAKING A DRINK DURING SCHOOL DAYS.
- ◆ ALWAYS EAT BREAKFAST, DON'T PILE UP ON GREASY MCDONALDS FOOD BEFORE PRACTICE OR BEFORE A MEET.
- ◆ BRING SNACKS TO SCHOOL LIKE FRUIT OR GRANOLLA BARS NOT SPICY CHIPS AND SODA.
- ◆ IF YOU PURCHASE SUPPLEMENTS FROM THE STORE (WALMART. GNC, VITAMIN SHOPPE). MAKE SURE YOU KNOW WHAT YOU ARE TAKING. ASK YOURSELF TWO QUESTIONS IS IT SAFE AND IS IT LEGAL.

VOLUNTEER OPPORTUNITIES

- ◆ We have a few opportunities for parents or members of the community to help the track program.
- ◆ HERE IS WHAT WE WILL NEED VOLUNTEERS FOR:
 - TEAM BREAKFAST AT HOME MEET
 - WORKERS FOR OUR HOME TRACK MEETS
 - TAKE PICTURES AND VIDEOS OF ATHLETES AT OUR MEETS AND THEN EITHER SEND THEM TO ME OR UPLOAD THEM ON TO FACEBOOK TO SHARE WITH THE TEAM.

2019-2020 COACHING STAFF

◇ MITCH WILSON – SPRINTS/RELAYS COACH

rantoultrack1@gmail.com or mitchwilson@rths193.org

CELL: 618-606-0163

◇ NICK COLE – MIDDLE/LONG DISTANCE COACH

◇ DREW SHARICK– THROWS

◇ JEREMY ALLEN-DIXON – JUMPS

*If you have any questions for the coaches or about the coaches please contact Coach Wilson first.

*Parents are welcome to attend practices and definitely encouraged to attend our track meets to cheer the guys on. Please remember though we still coach at track meets. I love to hear words of encouragement, but please allow the coaches to do the coaching.

GOING TO COLLEGE??

Top 5 things to get done if you want to go to college.

- ◆ Sign up to take the ACT or SAT. All juniors will take the SAT this year in April 14th.
- ◆ Fill out or update your FAFSA information ASAP. (with your guidance counselor)
- ◆ Sign up for the NCAA Clearinghouse. (Division 1 and 2)
- ◆ Have your counselor send your transcripts to the college of your choice.
- ◆ Fill out an application for the college of your choice. Many colleges have cutoff dates and limits for applications, so get this done as soon as you can.

DECIDE, COMMIT, SUCCEED!!!

