

TRACK PRACTICE

How to Prepare and What Is Expected of You

1. Practices begin promptly at 5:30 p.m. If you are late for practice, you will warm up alone. NEVER begin a workout without warming up as directed by your coaches.
2. Always bring a water bottle, even on cooler days. Avoid eating a lot before practice. Light afternoon snacks work well.
3. Announcements and handouts are given at the beginning of practice. **ATHLETES ARE RESPONSIBLE FOR OBTAINING ANY INFORMATION MISSED.**
4. Meet entries for athletes will be posted before every meet at the CAIR center entrance by the track as well as posted on our website (www.illiniheat.com)
5. Absolutely no bad language or whining is tolerated. We have a widespread reputation as a club with class. Encouraging your teammates during workouts is wonderful.
6. Most practices will be held at the Mahomet-Seymour High School track but may occasionally go to the cross country course north of the high school. Please let your coaches know when you are going to a field event or leaving. Those that don't do technique events will be finished earlier than those who do.
7. After workouts, cool down as directed by your coaches before leaving.
8. **RAIN:** Practice will be cancelled in inclement weather. If it is raining at 5:30 or if rain is inevitable, practice is cancelled. If it begins to rain during practice, parents need to pick up their athletes, as we have no access to indoor protection. If it is raining earlier but clears up by 5:30, practice will be held.
9. Be prepared for hot summer days. You may get wet at practice, perhaps by a water balloon during a running game. The sprinklers may also be available to run through, but only at the conclusion of practice and when ok'ed by the coaches. Remove your shoes before running through the water or they will get waterlogged. It might be a good idea to have a towel in your bag or car to dry off or protect your car seat.
10. **BE CAREFUL AROUND THROWING AREAS!!** Never walk through a shot, discus or javelin practice area that is being used. It is as much your responsibility to watch for danger as it is the throwers. The shot put, discus, and javelin are not toys and should only be used by athletes trained in these events and only when a coach is present to supervise proper technique. Never, under any circumstances, toss a throwing implement at another person. This includes the turbo "mini" javelin.
11. Athletes must be picked up by 7:00 p.m.