



Welcome to Track Tryouts

Feb. 16 (Tues): All BOYS & GIRLS, 3:10-5:00
Feb. 17 (Wed): 7th-8th Grade **BOYS**, 3:10-4:30 (Time Trials)
Feb. 18 (Thurs): 7th-8th Grade **GIRLS**, 3:10-4:30 (Time Trials)
Feb. 19 (Fri): Rain Date
Feb. 19 (Fri): Final Cut will be posted at 8:05am

Burnout - perform activity to exhaustion

Sprint - Run at FULL SPEED

Jog - Run at a steady, gentle pace

Students must be picked up from all tryout days ON TIME.

Students need to change clothes and meet us on the football bleachers at **3:10**. **You need to dress according to weather. DO NOT BE LATE** for tryouts!! Tardiness will mean additional workouts. We **WILL** cancel due to rain but rarely cancel due to cold.

We will make cuts based on **time trials, attitude, and effort during tryouts**. We plan on keeping between 20-25 athletes on each team (boys & girls).

If you play another sport and would still like to try running Track, we can usually work out a fair schedule that will allow you to do both. **If this applies to you, see Coach Miller or Coach Francese ASAP.**

BEFORE TRYOUTS START, You **must** have a current physical and concussion forms turned in to us or have turned one in this year to another coach in order to **tryout**.

Track is about running. Expect to run every day. It would be wise for you to prepare for tryouts by starting to run as much as you can NOW.

Warm-up – Slow jog for 7-10 minutes. 10 high kicks (each leg), 10 lunges (each leg).

Strength Workout – 5 sets of push-ups to 'burnout.' 3 sets of pull-ups to 'burnout.' 5 sets of planks for at least 1 minute. 5 sets of 20 lunges.

-Burnout – Do as many repetitions of the exercise as you can (Don't save energy for the next set).

Speed Workout – Sprint for 60 seconds. Walk for 2 minutes. (Do this 3 times). Sprint for 30 seconds. Walk for 2 minutes. (Do this 3 times). Sprint for 15 seconds. Walk for one minute. (Do this 3 times). ***If this is easy, add this to the beginning of the workout (Sprint for 90 seconds. Walk for 2 minutes.) (3 times).

Endurance Workout - Jog 10 minutes. Walk for 2. (repeat this 3 times). ***If this is easy, try jogging faster or extending the jogging periods (for example, try jogging for 15, 20 or even 30 minutes at a time).

3 in 1 Workout – 3 sets of push-ups to 'burnout.' Sprint for 30 seconds. Walk for 2 minutes. Sprint for 15 seconds. Walk for 1 minute. Jog for 5 minutes. 2 sets of pull-ups to 'burnout.' Sprint for 60 seconds. Walk for 2 minutes. Sprint for 30 seconds. Walk for 2 minutes. Jog for 10 minutes. 2 sets of planks for 1 minute each

Cool Down – Slow jog for 5 minutes. Hamstring Stretch (hold for 30 seconds). Quadriceps Stretch (hold for 30 seconds). Calf Stretch (hold for 30 seconds)

We look forward to seeing all of you on Feb. 16th!

The following is a list of track and field events for middle school track; Mile Run, 800 meter run, 400 meter run, 200 meter run, 100 meter dash, 4x100m relay, 4x400m relay, long jump, high jump and shot put. Each event is run separately for boys and girls.

Thanks,

Coach Miller, amiller6@wcpss.net

Coach Francese, jfrancese@wcpss.net