

Storm Practice Schedule for February 11, 2017

Coaches do not dismiss athletes before 3 whistles

8:00 Warm up 4 laps

8:15 – 8:30 Dynamic Warm up drills All age groups / All coaches be in front of your age group

8:30 – 9:00 Age Groups Session #1

TAKE Attendance (send distance)

Bantams - lanes 5,6,7,8 – 300 Meter start line

Gremlins – 1,2,3,4 – 100 Meter Start Line

Midgets - Left Field

Youth/Intermediates - Right Field

Today is a good day to teach parts of the track (start, finish, 100 200, what a lane is ect.

9:05 – 9:30 Age Groups Session #2

Gremlins - Left Field- Gremlins will finish at 9:30

Bantams - Right Field

Midgets – lanes 1,2,3,4 – 300 Meter Start Line

Youth/Intermediates - lanes 6,7,8 – 100 Meter Start Line

Coaches please follow times and assignments on the above schedule. You may use any space on the field if there is room, however do not use lanes at other times than those scheduled for your age group.

9:30 – 9:45 All Athletes Cool Down Stretches.

Whistles

1 whistle blow - Start of practice begin warm up laps

2 whistle blows - change sessions

3 whistle blows - end of practice kids can get jelly beans.

(No athlete should be released to leave until the end of practice)

Suggestions:

1. Remind the kids they will be sore.
2. Keep the kids moving so they don't get cold
3. Make sure to stretch at 9:30, until the end of practice.
4. End your practice with a cheer!!

Have a great day

Coach Bingham