

Boys Indoor Track Rules and Regulations

- All practices will start at 2:45pm not 2:30pm. The reason for this is that we are giving all athletes time to meet with teachers to complete make up work that could not be done during the day. ****Coach and I also encourage all athletes to attempt to make work up before school****
- We understand that family matters, illness and injury will occur during the season and that each athlete may be absent from a practice for these reasons and that is completely acceptable.
- *******If an athlete is to miss more than 1 practice within a 1 week period he will not be eligible to compete in the next upcoming meet*******
- All athletes will be provided with a Barrington High School issued Jersey, Shorts and Jacket. These items are **NOT YOURS TO KEEP**. ***** Each athlete is asked to purchase a pair of solid navy blue nylon sweat pants to go with the uniform tops. If you show up to the bus in anything but your jacket and your sweat pants you will not compete in the meet that day. *****
- We understand that meets are late in the evening so feel free to bring homework with you. The coaches and I ask that if we are at the meets please try not to be doing homework while your teammates are competing. You should be cheering them on and helping to motivate them to perform at their best. Homework can be done before and after the meet on the bus or at the facility.
- All competing athletes are to travel to each and every meet on the bus unless otherwise advised by one of the coaches. **NO ONE IS TO LEAVE A MEET WITHOUT CONSENT OF A COACH.**
- Remember you are representing Barrington High, your teammates, coaches, and parents at all times. Please always act like adults at all times. Failure to do so will result in being asked to leave the team. **(Coach Gourley, Coach Barrass, and Myself are not babysitters we are not going to put up with immature behavior at meets or at practice)**
- We can guarantee that you will improve as a member of this team. You get what you put into it. Your objective should always be to better yourself as well as your teammates.
- THIS IS NOT AN AFTER SCHOOL PROGRAM. Any athlete that refuses to preform warm up drills, workout, or cool downs will be cut from the team no matter what point of the season we are in.
- If you are unable to attend a practice please e-mail one of the coaches.

- *******REVIEW THE MEET SCHEDULE!!! If you know you will be a varsity athlete and are unable to attend any of the invitational or championship meets let us know immediately both via e-mail and in person. All of these meets have costs for each athlete added into them and if we are not notified ahead of time and you cannot attend the meet you will need to reimburse the school for those costs.*******
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Pre-Season Training Goals:

- All athletes should be starting their pre-season training now.
- If you are a distance runner you need to be capable of running a minimum of 45 minutes 6 days a week at 8 minute pace or faster.
- If you are considering throwing you should be working on your strength conditioning and please meet with Coach Gourley following the meeting tonight.
- If you would like to be a jumper or sprinter you should be working on explosive strength. Examples: Box jumps, stadiums, jumping rope, burpies, weight room, 100-200 meter wind sprints. You should also be capable of running 20-25 minutes at one time at a 7:30 minute pace.

***** If you do not do any pre-season training you will be behind on the first day of practice and may struggle to catch up. We are going to have a large team and it would be much easier on each athlete if they attempt to work on the above recommendations.

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