

## 2025 FHSA Track & Field Spring Interest Meeting

**Coaching Philosophy:** As a team, we are a community that is committed to spurring one another on to grow in our athletic abilities, as well as in our personal, and spiritual lives. This requires hard work, consistency and endurance. Our coaching staff is fully committed to fostering an environment that encourages growth in ALL areas of our athlete's lives. Coaches and athletes will extend both support and accountability to each other as we seek to honor God through the development of our athletic abilities as well as our spiritual lives.

**Spiritual Focus:** Coaches have check ins to see how they are as a *whole* person, team memory verse(s), devotions led by staff or athletes and shout outs.

**Staff:** Manager- Erin Barriclow, Head Coach- Heather Alexander, Assistant Coaches- Andy Swiston (Distance), Greg Ridlington (Distance), Micaela Stickelmaier (Distance/Throws), Drew White (Throws), Becky Eckholm (Throws), plus an additional 11 skilled trainers!

**Other Staff Volunteers:** Adult volunteers are welcome to help administratively, accompany the team on workouts, or give instruction in a specific track or field event (trainer or assistant coach). All volunteers must complete abuse awareness training and a screening process prior to involvement with the athletes. Let me know if you are interested in finding out more.

*We are currently seeking additional volunteers to help with data entry, team tents, team parent, photographer. Also, if you have any experience with hurdles, high jump or sprints let us know!*

**Conditioning:** Pre-season conditioning begins mid January and into February. Our goals during this time are to build an aerobic base and increase strength & flexibility. We will be learning the dynamic stretches, running drills and core work used during the regular season and gradually increase weekly mileage.

**Practice Times and Locations** (*check SportsEngine for up-to-date information*):

Athletes are expected to run on their own in addition to scheduled practice times. Pre-season practice is Tue & Thur 3-5pm at RGC and Sat 12-2pm at WHS. Regular Season is Tue 3:30-5:30pm at Loisdale Park, Thur 7-8:30pm at GMU and Sat 9-11am at WHS.

**Tryouts:** Pre-season conditioning includes a series of timed trials and concludes with a two week tryout period. Timed trials will give us a baseline to track progress throughout the season and are used to gauge intensity of workouts. Most meets limit the number of athletes in each even to the top 2-4 runners. The key determining factor for being offered a spot on the team is a commitment to working hard and contributing to positive team dynamics. Each athlete must attend at least one pre-season session to be

considered for the team. *New this year:* to be offered a spot on a field team (long jump, high jump, shot put, discus) athletes must try-out and meet minimum standards.

**Meets:** There are generally 10-15 meets on weekday afternoons or Saturdays. Locations will vary from the local area to 1-2 hour drive. Nationals are further away and are optional per family. Meets are by coach invitation only and mainly based upon timed trials. To be considered for a meet, athletes must declare their availability at least one week in advance via a google form.

**Events:**

Sprint: 100m, 200m, 100 and 300m Hurdles, 4x100, 4x200 Relay

Middle distance: 400m, 800m, 4x400, 4x800 Relay

Long distance: 1 Mile, 2 Mile

Field events: Long jump, triple jump, high jump, shot put, discus

**Costs:** Registration fee: \$50, must be paid before an athlete can participate in conditioning or tryouts. Season fee: The season fee is approximately \$300 and covers all meet costs (except nationals) and uniform. Once a spot on the team is offered, the athlete has 48 hours to accept by paying the season fee.

**Uniform:** The uniform is on loan to the athlete during the season and must be returned at the conclusion to avoid a large fee. The uniform **MUST** be worn (both top and bottom) at meets. Black short or long sleeves and black compression shorts or pants may be worn under the uniform. *New this year:* a track warm up will be added to the uniform that athletes get to keep!

**Shoes:** All athletes should obtain (and wear to practice!) a running shoe. Fashion sneakers are not acceptable. High School students running sprint events will need to purchase a set of track spikes as well as running shoes. PR Running in Burke is hosting a Shoe Night on Jan 23rd at 7pm where athletes and families get a 15% discount. New Balance representatives will be giving out free merchandise.

**Varsity Letter :** High School athletes who are in good standing with FHS, have consistently participated in practice, competed in 75% of the meets and scored team points in a meet are eligible to receive a varsity letter.