

Lyons Township Track and Field

Paperwork

- Must have a physical within last year
- Must turn in athletic eligibility/insurance/concussion form- available at lths.net – athletic forms

Practice schedule

- See attached schedule, practice will begin Tue Jan 17th. Practice is from 3:30-5:30PM. Practice will be held every day we have school at South Campus. Saturday practices will be held on Saturday mornings if we don't have a Friday/Saturday meet. The activity buses will take you from North to South. Be on time (before 3:10PM) so you don't miss the bus.
- Practice and meets are mandatory. You will be removed from the team/suspended with unexcused absences. It is the athletes responsibility to discuss any absences with his event coach.
- Spring break will have optional morning practices.

Coaches

Danner- Head Coach/Middle and Long Distance

Harris- Varsity Sprints/LJ TJ

Taylor- 400m/Hurdles

Trompeter- Throws

Szudarski- PV

Meet Schedule

- Go to www.lths.net, click on athletics, then game schedules
- Directions to meets are also available on the website

Equipment

- Shorts, Shirt, Sweats, Running Shoes, Spikes or Throwing Shoes. Practice sweats can be purchased. Meet sweats, and uniform will be provided.

Code of Conduct

- We will treat opponents/officials/teammates/coaches with respect at all times.
- We will acquire a desire to win, but not at all costs.
- We will enjoy the opportunity to participate in sport no matter the outcome.
- We will become students of the sport looking for opportunities to improve ourself.
- We will support teammates during the good times and the bad times.
- We will maintain self control with our personal behavior on and off the field.
- We will focus on longterm development, not looking for short cuts to achieve success(cheating, drugs, etc.).

- We will have a purpose with our daily training and maintain focus on individual and team goals.
- We will give our best effort in meets to help improve team outcomes.
- We will maintain our focus on our academic development.
- We will complete the assigned training from the coach without deviation.
- We will learn to model appropriate practice habits to newcomers to the sport.
- We will attend all practices and meets.

Failure to meet the code of conduct may result in any of the following:

- Removal from practice or meets
- Suspension from the team
- Removal from the team

We are a limited cut sport in 2016. We will have a team meeting on Thursday the week we get back from break.

Day 1 they will need to hit a standard in the 55 or 400. Distance kids the 1600. Throwers in the shot.

Day 2 if they didn't make it in something in day 1 then try another event. Also, field event tryouts and hurdles.

Kids that come from another sport have 1 week. They will need to meet the standard also.

Standards to make team

55- Frosh 8.0, Soph 7.7, Juniors 7.5, Seniors 7.3
 400- 66, 63, 60, 58
 1600- 6:20, 6:00, 5:50, 5:40

LJ- 14'6", 15'9", 17'0", 18'0"
 HJ- 4'10", 5'0", 5'2", 5'4"
 Shot- 28', 32', 36', 40'
 55LH- 11.5, 10.9, 10.4, 9.9