

DMCS Junior High Track - Parent Informational Sheet

Parents of 7th and 8th graders at DMCS,

Hello,

Our Junior High Track and Field season is right around the corner. If your child(ren) have an interest in running or improving their performance in other sports, I strongly encourage them to come out and participate in track and field.

Our JH track and field teams have enjoyed some great success in the past couple of years as we have won many meets, placed many individuals, helped athletes improve run mechanics, improved the fitness of many kids and overall had fun competing in area track meets.

I could list of many names of student athletes who have come through the JH track and field program to go on and have successful track seasons in high school and other sports. It is a blessing to see them go on and excel, but it is also a blessing just to get to know them through out the season.

Below is some information about our season and coaches:

JH Track Informational Meeting: Wednesday, March 11 at 3:30pm in Ric Radcliffe's room. Duration is about 30 minutes. Parents are welcome to attend, listen in and ask questions.

Coach Chris Zepp, Email: zeppc3@nationwide.com, cleozepp@gmail.com, Phone: 515-238-8559
Coach Ric Radcliffe, Email: rradcliffe@dmcs.org, Phone: 630-815-1501

Track Practices

- Junior High Track practices officially begin on Monday, March 23.
- Practices will be Monday, Tuesday, Thursday and Friday from 3:35 –5:00pm.
- Practices will be held rain or shine. Please dress appropriately. Please look at the forecast.

Track Meets

- Below are the currently scheduled meets. Please be sure to check the school website up to the day of the event and school announcements in case of changes. It has been known to happen.
- I will send out meet specifics as we know them.

Junior High Track	
4/14	Panorama
4/23	Bondurant
4/25	Pella Christian
4/27	Nodaway Valley
5/4	Van Meter (WCAC Conference Meet)
5/7	Martensdale
5/9	JH State Track Meet – sites TBD

Throwing Events

We are blessed this year to have our high school shot put and discus coach able to work with our JH athletes. This allows them to have a coach focused on the throwing events, while Coach Radcliffe and Coach Zepp focus on the running and jumping events.

FAQs

Things to do before practice begins

- Physicals, concussion forms, insurance waiver – please work with the school to ensure all forms are up to date. The forms are on the school's athletic page: <http://www.dmcs.org/athletics.aspx>
- Practices - we will practice each day (Mon, Tues, Thurs, Fri):
 - If the weather is rainy and cold, we will still practice.
 - If school is dismissed due to weather, we will NOT practice.
 - If a track meet is cancelled due to weather, we will NOT practice that day.
 - Note: Coach Ric and I are at the school on Wednesday and often are available for long jump, high jump and hurdle specific work for any of those athletes to join us. This is optional.
- Please take time to make sure your child has running shoes. Injuries often occur if an athlete is using basketball shoes or other non-running shoes.
 - Many parents inquire about running shoes. My experience is that different shoes fit and work for different athletes depending on the individual. I am not partial to any particular brand. I would simply advise them to be running shoes.
 - Cleats – many parents and athletes ask about spikes. Certainly, it would not hurt for sprinters and hurdlers to have cleats for tracks that allow them, but they are not required. We will not use any in our practices since we run in the parking lot.
- Running and health
 - We will work as much with the track athletes on running form as we do any other aspect. It is a goal of ours to help the athletes become better in their mechanics to maximize their performance, keep them healthy and aid them in the other sports they participate in.
 - We do thorough warm up and cool downs. We will teach them good and proper stretching.
 - We will also work on their core strength each day.
- Clothing
 - Make sure your student has good indoor and outdoor running clothes. This winter has been cold. We will run outside if we can, but may need to stay inside if the weather is just too bad.
 - Many times we try to run outside and one or two athletes do not have cold weather running gear. It is not possible for our coaches to be inside with some and outside with others. Please watch the weather.

If you have any questions, please contact either Coach Zepp and/or Coach Radcliffe.

Thank you and God bless.