

To: Ignatius Track and Field Team Members and their parents
From: Your track coaches

Re: Welcome to the 2011 season!

Track season is the longest sports season at Saint Ignatius. We practice and compete in all kinds of weather and under many different circumstances. The length of our season allows us to do some special things. We have more time to become mentally and physically prepared for our major events in the spring: the Chicago Catholic League Championships (May 6 for freshmen and sophomores, May 14 for varsity) and the IHSA state series (sectional meet on May 19 and state meet on May 27).

The first step in your process of preparation is reading this handbook. The next step is to begin the physical preparations that will make you ready to train at a high level in January when the season begins.

Track and field competition is about hard work, diligence, and perseverance, but it is also about personal success, friendship, and fun. If you wish to have all of these things in your season, you will need to adhere closely to the guidelines and philosophy in this program. You will also need to trust your coaches and your teammates. At times, you will be entered in races that you are reluctant to run. At times, you might not agree with every aspect of your training. You must trust that your coaches have planned carefully for both your personal success and the success of the team. You must know that everyone on the team is expecting the best for each other. For these reasons, we'd like you to prepare yourself to go beyond the limitations that you think you have. Be willing to stretch yourself while you also support your teammates to go beyond their limits.

Getting the most out of each individual's talent—and sometimes discovering a talent that the athlete didn't know he possessed—is one goal of our team. Success for each athlete translates into success for the team. This year we expect championship success for our team—and for each of you.

We look forward to helping you to achieve your successes.

Head Coach Ed Ernst

Assistant coaches:

Steve Bugarin
Pat Jennings
Dave Chocola
Drew Orsinger

First day of practice notes

Practice begins the first day of second semester, Tuesday, Jan. 18. Dress for practice immediately after school and then meet at 3:10 in room 241-243. Practice will be over at 5:15.

What to wear:

Dress to run outdoors. Wear shorts and a shirt. Wear a warm-up sweatshirt and pants. Wear running shoes. Bring a hat and gloves.

What to expect:

You will run at least a mile outdoors. You will do other running activities—stretching, drills, sprinting, stair climbing. You will lift weights and do abdominal exercises. Generally, long distance runners can expect to practice outdoors, but sprinters, jumpers, and throwers will be indoors after a warm up run.

Running shoes:

Basketball shoes are not good shoes for track. Shoes that you wear everyday for school as walking shoes are not good for track.

If you feel you have a shoe you can use for the first couple weeks of practice, wait until you can talk to your coach before you buy a new shoe.

If you need buy new shoes before the first practice, go to a specialty store—Dick Pond, Vertel's, Fleet Feet, etc—and tell the sales person you are running track; you might get a discount. Have them help you buy the right size and the right type of shoe for your foot type. A good general purpose training shoe in the \$60 to \$80 dollar range should get you through the season.

Once you get a new pair of shoes, wear them only when you are running. Don't wear them as your everyday shoes.