

# YMCA Team Idaho Indoor Track Information

Welcome to YMCA Team Idaho Indoor Track and Field program! We are excited to have the opportunity to help you reach your goals. We have a few rules and regulations we would ask you to adhere to.

## **Check In!**

You will need to check in at the check in table each time you come in! If you end up getting there prior to the check in starting, you will need to come over to the table and check in once someone is there to check you in. You must have a USATF card in addition to your registration with the YMCA. Please get there early so we aren't tying up our coaches who are checking athletes in. Please wait in the stands until we announce that practice is starting. We cannot mix in with the BSU athletes so we need to wait until they are done. You will also need to check-out when leaving after practice.

## **Facility Respect!**

We are using Boise State University's facility. We need to respect the facility, and equipment at all times. No spitting on the concrete or rubberized track. Please use the garbage cans or toilets for this purpose. Any equipment that is broken please let your coach know so we can replace it. Please put all equipment back where you found it. No Christmas tree spikes are allowed.  $\frac{1}{4}$  in Pyramid only. Please do not use spikes on the indoor facilities without consulting a coach. There are spike limitations.

## **Track Etiquette!**

Since we have a very large group please make sure you share the track. If you are crossing any runways or the track, look both ways. Jogging should be done outside the track area in a 'U' shape, no running should be done along the north wall behind throws area. Please follow the instructions of your coach!

This year we will not be allowing any bags, electronic devices, or personal items on the track or infield, other than Spike Bags, so they should be placed under the south side or east side of the track upon entering. We also ask that you keep valuable items in your vehicle

and label your gear; this is due to our large number of participants, limited space and items that have gone missing in the past.

### **Practices**

Practice will begin on January 3<sup>rd</sup> from 6 pm to 8:30 pm. Subsequent practices, starting on the 5<sup>th</sup>, will be split into two sessions: 5:30-7:30 pm and 6:30-8:30 pm. If you want to come early we will have some coaches there to work with you. Pole Vaulters you will need to talk with your specific coach as we have 3 groups which will need time and space. We may do an earlier start for some if numbers require that, if possible. We will probably do this with Pole Vaulters as they need more time on the runway.

### **Practice Plans!**

All Sprinters, Jumpers, and Long distance runners will follow this protocol. Pole Vaulters and throwers will meet with your coaches for specific drills. **PLEASE BE ON TIME SO WE CAN GET STARTED.**

**Warm-up runs 5 minutes. One of our coaches will start the team.**

#### **Drills**

**Break into specific areas**

**Cool down jog 5-15min**

**~15 min. core Strength work**

**~15 min. Stretch**

**Be out of the building by 8pm or 9pm depending on session!**

### **Pole Vaulters Expectations!**

We do have some pole vault poles available for you to use. If you can bring a pole of your size from your school, that will help enhance the poles we have. Please use the proper poles for your weight. If you break a pole when vaulting on the wrong size pole you will be expected to pay for that pole. We do help pay for poles we break if it is your school's pole.

**All Participants must have a USATF Card.** Please go to [usatf.org](http://usatf.org) and go to membership and sign up online. You will not be allowed in the facility without your USATF #. YMCA Team Idaho is a registered Club and our Club # is 54-0007 and the Association is Snake River. You will then receive USATF # at the point of registration, so please print that out and bring it to the Indoor Facility.

As this program is only two days a week we will encourage you to do other activities to help you get prepared for the upcoming season. Coaches are willing to give you ideas on strength training and other activities that will compliment your training.

**Track Meets:** We as a coaching staff will be establishing inter squad meets that will be free to all our program participants. The inter-squad meets will be held Dec 29<sup>th</sup> & Jan 26<sup>th</sup>. The two high school meets that are available are New Balance West Indoor Classic on Feb 3<sup>rd</sup> & 4<sup>th</sup> and the Simplot Games which will be held on Feb 16-18<sup>th</sup>.

**Team Idaho Swag:** Everyone will have the option of purchasing Team Idaho apparel. Order forms will be available at check in; and orders and money will be due on January 12<sup>th</sup>. Orders generally take about 2 weeks to come in.

### **Coaches for the Indoor Program!**

Tim Severa	Middle Distance/ Long Distance / HJ (Director)
Jack Ward	Middle Distance/ Long Distance (Crd/Admin)
Amy Norris	Middle Distance/ Long Distance
Rick Bergesen	Middle Distance/ Long Distance
Bryan Stith	Long Jump and Triple Jump (Asst. Hd. Coach)
Kasen Covington	Long Jump and Triple Jump
Pat Sewall	Sprints & Relays
Jamie Blandford	Sprints & Relays (Head Sprint Coach)
Marc Lannon	Sprints & Relays
Brad Abbott	Sprints & Relays
JW Hardy	Sprints & Relays
Damian Reynolds	Sprints & Hurdles
Amanda Long	Hurdles (Head Hurdle Coach)
Chris Doxtator	Hurdles
Craig Morton	Hurdles
Darrin Harris	Jumps, Hurdles and Sprints
Cliff Dillard	High Jump
Shaylon Black	High Jump
Sleib Greeley	Pole Vault (Head PV Coach)
Troy Sullivan	Pole Vault
Bill Barr	Pole Vault
Shane McCall	Throws (Head Throws Coach)
Sarah Chism	Throws
Steve Kilgore	Throws
Oscar Duncan	Throws
John Knight	Throws