

What to expect at PRACTICE?

Normal practice days:

Monday, Tuesday & Thursday

- Field event and specialization practice maybe held on non-standard practice days.

Normal practice times:

Starting at 6p to 8p

- Practice start times may be staggered by age group.
- Athletes must be on-time for practice to ensure proper warm-up.
- Parents **should not** drop athletes off at practice without notifying a coach. If it is necessary for you to drop your athlete off, be back before the end of practice. Practice dismissal times may vary.
 - Athletes must be picked up from practice on-time.
- Athletes must be prepared to practice: running shoes, spikes, athletic apparel and water/sports drink.

Basic flow of practice:

- Athletes to run 2 warm-up laps immediately upon arrival
- Stretch as group on black top
- Drills as a group
- Break into groups for workout

Breaks: Adequate scheduled breaks will be provided.

- Parents should not disturb practice to provide his/her athlete with an unscheduled break.
- Athletes should bring their own water/Gatorade.

Communication: Information meeting on the blacktop after practice—typically held each Thursday after practice.

- Be present for the info meeting or get a track buddy to fill you in on what you may have missed.

Expectations:

- The DSTC coaching staff will run organized practice sessions and push your athlete to his/her full potential.
- Athletes and parents are expected to adhere to the DSTC Athlete and Parent Code of Conduct during practice and during meets.
- Parents should allow coaches to give instruction (COACH) athletes. Please feel free to express any concerns to Head Coach, Kevin Dozier after practice.
- Parents are not permitted on the in-field during practice.
- Parents utilizing the track to workout should do so before/after practice and use dedicated outside lanes.
- Athletes are not permitted to use cell phones during practice.
- If injured during practice, see a coach before leaving.