



# Ely Track & Field 2024

## Head Coaches

### **Will Helms**

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### **Jill Ellerbroek**

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## Season

First practice = Monday, March 18

Subsections = Thursday, May 23

Sections = Thursday, May 30

State Meet = June 6<sup>th</sup> and 7<sup>th</sup>

## Communication

### **Team Website:**

elywolvestrackandfield.org

### **App:**

TeamReach (download app)

## Required Forms

- MSHSL form
- Parent form
- Physical on file

## Required Fees

- \$150 9-12 grades
- \$75 7<sup>th</sup> and 8<sup>th</sup> grade
- Free 6<sup>th</sup> grade

## Practices

Begin after school at 3:10/2:10 on Wednesday.

Report to the new gym for drills and stretching.

Sixth grade boys—practice M/W

Sixth grade girls—practice M/W

## Equipment

- Running shoes (trainers, spikes)
- Sports socks
- Shorts, t-shirt
- Long-sleeve t-shirt, sweatshirt
- Sweats, tights, running pants
- Gloves, hats
- Water bottle
- Watch (distance runners)

## Rules

- Show up to practice on time.
- No smoking, no drinking, no drugs.
- Athletes must be academically eligible.
- Get adequate rest (10 p.m. weekdays)
- Have a good attitude/travel well.
- Use social media platforms positively.
- Eat nutritional food and stay hydrated.
- Show respect for teammates, coaches, meet officials, fellow competitors.
- Give your best effort. Never give up.

## Injury Prevention

- Purchase proper footwear.
- Use proper form in weight room.
- Warm-up and stretch properly.
- Tell a coach immediately if you are injured.
- Visit your doctor, physical therapists, or chiropractor for treatment and keep the coaches up-to-date on your progress.