



Boys and Girls Track Philosophy

To make each athlete better at what they do through coaching techniques and understanding of events.

Middle School:

Distance/Sprint:

Correct Form
Endurance
Development of training (mental and physical stamina)

Exposure to different events

Field Event:

Exposure to Field Events and Hurdles

Jr. High:

Distance/Sprint:

Correct Form
Endurance
Development of training (mental and physical stamina)
Exposure to different events
Good race starts and hard finishes
Competes to the best of your ability

Field Event:

Technique development in Field Events and Hurdles

High School:

Distance/Sprint:

Correct Form
Endurance
Development of training (mental and physical stamina)
Exposure to different events
Good race starts and hard finishes
Competes to the best of your ability
Increase mental strategy
Understand that every point matters

Field Event:

Refine techniques in Field Events and Hurdles