

COLLIERVILLE

DRAGONS

CHS TRACK AND FIELD

SUMMER 2021



Summer Workout Dates

June 14-17 (8:00am-10:00am)

July 19-22 (8:00am-10:00am)

Who can attend: Rising 9th graders and returning 10-12th graders.

What to expect:

- warmup exercises and running drills
- strength & conditioning sessions

Event-specific training focused on proper technique and form

*Start and acceleration techniques and maximum velocity sprint mechanics

*Proper running mechanics, reprogramming of the nervous system, reduced oxygen consumption, and injury prevention

* High Jump and Long Jump: Sprint mechanics, preparation, take off, flight phase and landing

*Throws: Developing the relationship between the athlete and the implement; improving technical throwing efficiency (July Dates only)

Check-In: Make sure you arrive by 7:45am daily to begin warmup activities.

What to wear/bring: comfortable sports clothes, running shoes, water bottle, spikes (optional).

Inclement weather policy: unless there is a lightning warning, we will practice in the rain.

In order to participate in either week, you MUST have a current sports physical uploaded to the DragonFly Max system and complete all registration sections.



DragonFly MAX is an electronic health record designed to save you time & ensure the athlete is healthy and ready to participate in athletic competition. We focus on the details so you can focus on what matters . . . safe and healthy athletes within Collierville Schools.

Follow the easy steps below to get started using DragonFly MAX.

PARENT INSTRUCTIONS

1. Visit www.dragonflymax.com, click "LOG IN / SIGN UP" and follow prompts
2. On the sign-up page, click "Sign Up for Free".
3. Follow the prompts to create your Parent Account with your name and e-mail.
4. Enter your child's School Code (see below) when prompted and confirm that is the correct school.
5. Click "Add A Child" in the DragonFly MAX website, then follow the prompts to create your child's profile and complete his/her participation forms, including uploading any necessary documents.
6. Please complete ALL FORMS. Once complete, you can review his/her profile OR add another child's profile.
7. Now that you're done, it's encouraged to download DragonFly MAX from the App Store.

School Name: Collierville High School
School Code: PO9ADR

Email Coach Clare Bowman cbowman@colliervilleschools.org when your registration is complete.