

2018 Midgets Parent Information

Parents and athletes,

Welcome to the Tigres 2018 Season. We have an amazing group of athletes and coaches and this is going to be an awesome season!

2018 Midget Coaching staff:

- Carol Leandro- Head Coach
- Chris Mendez -Assistant Coach
- Jeremy Patelzick - Assistant Coach
- Mary Jones- Assistant Coach
- Parker Guilin - Assistant Coach
- Michael Jekogian- Assistant Coach
- Ashley Ramirez -Assistant Coach
- Sara Wilhelmi - Assistant Coach
- Carly Leandro - Assistant Coach
- Mikayla Erlenborn- Assistant Coach
- Gretchen Scherrei - Assistant Coach

Goals for the 2018 season:

1. To create a respectful, positive, healthy environment where athletes can find joy in athletics and competition.
2. To foster a love for running /exercise that can serve as a foundation for athletes to build upon for the rest of their lives.
3. To foster the development of a positive mental attitude and good sportsmanship
4. To improve each athlete's understanding and appreciation of being a member of a team.

Communication:

The most effective form of communication will be through the website. Questions can be directed to coaches after practice depending on coach's availability. I will do my best to keep you updated via the website for all Midget group information. While it is not necessary to let me know in advance of every missed practice, if your athlete is ill for an extended period of time, this information is useful to allow the coaching staff to help them return to practice at an appropriate pace.

Practices:

- Monday and Wednesday for Midgets as a group 4:30-6:00 at Buena track
- Parents are always welcome to stay and watch; at Buena only athletes/coaches inside the track
- Athletes will work with specialty coaches on Tuesdays, Thursdays, and Fridays as discussed at the parent meeting.

- Please pay attention to website/e-mail for any changes/cancellations.
- Please be on time for pick up. Coaches cannot leave until all athletes are picked up:)
- Participation: Attendance is optional, but participation is mandatory. If your athlete is sick, injured, or they really don't want to participate that day, we prefer they stay home rather than show up and not participate. We also understand athletes may be participating in other sports and that they will participate as they are able.
- Notice will be given by 3:00pm if practice will be cancelled due to weather and communicated via the website.

Behavior:

We have 70+ athletes in Bantams. We want to practices to be enjoyable for all. If there are behavior issues, we will address it with the athlete first. If issues continue, we will speak to parents to find solutions.

If your child expresses frustration or unhappiness regarding Tigres, please let me or another member of the coaching staff know so that we can address it. Our goal is for every athlete to have an enjoyable season, work hard, make friends, and take pride in their accomplishments.

Midget Events

- Field - long jump, high jump, shot put, and 80m hurdles
- Sprints - 100, 200, 400, and both relays (4X100, 4X400)
- Distance - 800 1600, 3200
- If you athlete is new to Tigres encourage them to try at little of everything and together we can help them to discover what they like and where they are strongest.
- Athletes may compete in 4 events at each meet (with a few exceptions), with a maximum of 3 running events.
- The 4X100 counts toward a running event, but the 4X400 is a 'free' event (does not count towards event total or as a running event)
- Event signups will be on Mondays and Wednesdays prior to that week's meet. Signup sheets will be on the field and athletes will be signing themselves up for their events.

Nutrition and Rest

- Please understand your athlete may need more water, food and sleep during the season. If you have any questions, please speak with a coach directly.
- Pre snack practice- something easy to digest i.e. low in fat and protein, examples include fruit, small smoothie, a simple bar. Think about what you would want to eat before running hard:) Keep it simple.

Meets and Results

- Meet schedule and directions to locations are listed on website.
- Meets usually go from 8:30 to ~3:30. Your time will depend on the events your athlete decides to participate in.

- Please have your athlete meet on the field where we will distribute meet stickers.
- Please pay attention to the event calls. Order of events listed on the website. Remind your athlete listening for calls.
- Results usually take a day or two to finalize. Please contact coaches with any questions/concerns about results

Coach Carol's three big take-homes:

1. Please label jackets, water bottles, bags, etc- They get left behind and they all look the same.

2. If your athlete signs up for a relay event, remember that there are other athletes that are counting on your son/daughter.

One of the hardest things to do as a coach is tell 3 athletes that they cannot compete because a teammate did not show up. Life happens, kids get sick, conflicts arise, we ask that you communicate any last minute changes regarding meets to the head coach as soon as you are able. I check email every 15 minutes on meet morning leading up to the meet start.

3. The 4x400 relay rocks! Yes, it is the last event of the day and it is a blast. Encourage and support your athlete to come and try it out:)

I am looking forward to a great season.

Gooooo Midgets!

Warmly,

Coach Carol