

Meet Protocol

- I. Find a “strategic” location to set up camp.
(Take into account variables of wind, precipitation, and team support accessibility)
- II. EVERYONE helps set up the tent (if necessary) and takes it down.
(On a rotation basis, freshmen haul the tent to and from camp)

***** **NO MEDICINE FROM ANY COACH!*******

III. TEAM Warm-Up (EVERYONE)

1. 800 Meters jogging
2. Find a location on the backstretch in outer lanes. Split into groups.
 1. Knee-To-Chest (50 meters)
 2. Quad Stretch (50 meters)
 3. High Knees (50 meters)
 4. Kick Butts (50 meters)
 5. Side-Shuffle (50 meters) – Reverse back.
 6. Carioca (50 meters) – Reverse back.

IV. Meet Protocol

1. Throwers, Hurdlers, & Jumpers
 - Be punctual and do not hesitate to continue with pre-event preparation.
(Drills, Run-Thrus, Measure Marks, etc.)
2. Support your teammates during competition.
 - Hold blocks & warm-ups
 - Cheer them on
 - Be prepared to fill in if needed
 - DO NOT PACE WITH RUNNERS!!!!
3. Be alert and check in on time!!
 - I have rarely seen this not happen, and it makes me VERY upset!!!!
4. Warm up prior to every event.
 - 15 – 25 minutes prior to your next event
 - Incorporate our practice routine
(Use the infield & backstretch for accelerator sprints and exchanges)
 - Have a moderate sweat going prior to competition
 - *Jog a slow, low-intensity cool-down after competition (400 meter minimum)*
5. Meet with coaches after every event. (We will want to tell you something!)

V. Ambassadorship

- Represent yourself, your team, your school, and community well.
 - Behave like a ladies at ALL times.
 - Compete at the highest level possible
 - Graciously accept success (Humbly use losses as learning experiences)
- Be a fan of the sport!!
 - Cheer on your teammates on the sidelines or in the stands.
 - Study the sport and know your competition.
 - Recognize great teams, great runners, and great competitions – ENJOY THEM!!