

Saint Ignatius Boys' Track and Field Handbook



2018

To: Ignatius Track and Field Team Members and their parents
From: Your track coaches

Re: Welcome to the 2018 season!

The 2017 track season was a season of ups and downs for our Wolfpack boys. We will build on the ups for 2018! We had many new boys join our team last year, and with a year under their belts they will be stronger and more skilled track athletes.

Track season is the longest sports season at Saint Ignatius. We practice and compete in all kinds of weather and under many different circumstances. The length of our season allows us to do some special things. We have more time to become mentally and physically prepared for our major events in the spring.

The first step in your process of preparation is reading this handbook. The next step is to begin the off-season physical preparations that will make you ready to train at a high level in mid-January when the season begins.

Track and field competition is about hard work, diligence, and perseverance, but it is also about personal success, friendship, and fun. If you wish to have all of these things in your season, you will need to adhere closely to the guidelines and philosophy in this program. You will also need to trust your coaches and your teammates. At times, you will be entered in races that you are reluctant to run. At times, you might not agree with every aspect of your training. You must trust that your coaches have planned carefully for both your personal success and the success of the team. You must know that everyone on the team is expecting the best for each other. For these reasons, we'd like you to prepare yourself to go beyond the limitations that you think you have. Be willing to stretch yourself while you also support your teammates to go beyond their limits.

Getting the most out of each individual's talent—and sometimes discovering a talent that the athlete didn't know he possessed—is one goal of our team. Success for each athlete translates into success for the team. This year we expect championship success for our team—and for each of you.

We look forward to helping you to achieve your successes.

Philosophy:

Track and Field at Saint Ignatius is a team sport. The team supports the individuals who must push themselves to face their physical, mental, and emotional limits. Individually we have special talents and abilities. Through genuine exertions and efforts, we will learn to recognize and use these talents. Supported by coaches and teammates, individuals will grow through the process of training and development—and through their accomplishments. Though separated by training regimens and the geography of the pits and cages, we are one team with one identity and one goal: to put in our best efforts every day. Our best efforts will make each of us—and our team—winners.

Coach Ed Ernst
ed.ernst@ignatius.org
773-407-5220 (cell)

Asst Coaches:

Steve Bugarin
Mitchell George
Heraldo Morrison
Giovanni Sira
Kevin Pietruszka

Ethan Roeder

Follow our team on Twitter:
[@ernstracksicp](https://twitter.com/ernstracksicp).

You are all enrolled on our PlusPortals page, which has many team documents and week-by-week information about practice and meets including meet location information.

Finally, visit our great team google site, with results and all kinds of other information: <https://www.ignatiusxc.com>

Practice Schedule

First Day of Practice Tuesday, January 16

Daily: practice: Monday-Friday 3:10-5:15 Saturdays: As announced

From the start of the winter season until the state championship series in the spring, the track team practices every weekday after school, as well as on Saturdays and during vacations. **Daily attendance at practice is required for members of the team.** Athletes who miss practice without prior arrangement with the coaches must sit out the next track meet, but they must attend that meet. Injured athletes are expected to attend practices and meets.

Spring Track Practice Begins: Last day to join the team in 2018 is

Monday, March 19. This is an option only for athletes competing in a winter sport—or for freshmen and sophomores who are new to the team. If you want to be a member of the team, expect to start in January!

Spring Break and Easter weekend: We will offer an “excused” break from practice and competition for all our athletes from Thursday, March 29 until Tuesday, April 3, when we will hold required practice once again. However, we have competitions during this period. Any boys whose families are not going out of town should attend practice and compete.

What to wear and other matters

Serious stuff

It is a reality of our lives that we must address two matters: the use of steroids and performance drugs, and the use of other illegal drugs and alcohol. Simply put, don't use them. If you use them and your coaches and teammates know about it, you are subject to Ignatius disciplinary action. You are letting your teammates and your coaches down if you engage in illegal and unsafe behaviors. This is a serious matter and you should take it seriously if you intend to be a member of our team.

Outdoor running in the winter

In the cold of winter there is a minimum of cold outdoor running for sprinters, jumpers and throwers—usually just a 1-mile jog for warm-up. Distance runners practice outdoors almost every day. All athletes, therefore, need warm outdoor training clothes—tee shirt and shorts, with additional layers of shirts and pants (a water-repelling top layer is best), along with hats and gloves. Athletes need something more than their Ignatius gym clothes.

Outdoor running in the spring

Spring weather in Chicago can sometimes be as bad as winter weather. Athletes must be prepared for running in the rain. Water-repellent layers on top are recommended. Heavy cotton sweat pants and shirts are not! You should wear shorts and tee shirts under your sweat clothes.

Your uniform

You are responsible for the uniform that you are assigned. If it is lost, you must pay to replace it. When the season is over, return it washed and clean. If you do not return it, you are really committing a theft. Please remove adhesive lane numbers and safety pins before you wash your uniform.

Shoes

Runners should expect to buy one new pair of training shoes during the track season. It just seems logical to do that at the beginning of the season. For a first pair of shoes, it is generally a good idea to visit a specialty store—Fleet Feet on North Avenue or Roosevelt, Running Away on Damen, Dick Pond in Lisle and Park Ridge, or Run Chicago in Forest Park. Sales people there can help pick out an appropriate pair of shoes in terms of sizes and type. Then for a future pair you can buy the same shoe online or at Sports Authority. Many of the specialty stores will give you a discount if you tell them you are running on a high school team. Shoes in the \$60-90 range are probably appropriate.

Sometimes our runners like their new shoes so much that they wear them during the day. They shouldn't. If they insist on wearing gym shoes, they should not wear their cross country training shoes; those should be just for running—in part so that they last longer. Our boys don't like to hear it sometimes, but during the day they should probably wear old-fashioned school dress shoes. They provide the most support and protection for feet and ankles that take a pounding during practice.

Many runners also buy racing spikes. You can find these spikes on sale for as little as \$20, or you can buy the newest models for as much as \$100.

If an athlete is on financial aid and the purchase of training shoes or spikes will be a difficult purchase, please talk to your coach.

Injuries

Track runners do get injured. But this isn't really because it is a dangerous sport. The main injury is going to be to your legs—and if you have a leg injury, you are going to miss time.

We try to build our runners up slowly in terms of their mileage and work. Because track is a long season, those who begin the season in January have the longest time to prepare.

When runners are injured, we recommend ibuprofen (supplied by parents with their consent) and ice in the evening after practice for chronic problems—shin splints, sore muscles, sore knees and ankles. If the trainer or doctor recommends taking time off from practice, we try to find alternative activities—pool running if a runner has access, weight training or exercise machines here in the school. We try to keep runners training even when they are injured. Injured runners are still expected to visit practice and attend meets as members of the team.

Eating and drinking

Runners should eat three or more meals a day—including breakfast. They should be careful to hydrate during the day—drinking water and sports drinks where possible.

Even in severe heat, the running we do is not so strenuous that it should cause heat or dehydration problems for our runners. Dehydration and heat problems really result from what happens during the day before and after running.

The Annual Program

Summer and the Off Season

We encourage our boys to attend event camps and to compete in summer track programs. Ignatius has begun building its own summer camp and training program, and you are welcome to come to a summer camp; there are also camps at colleges and universities. “Open conditioning,” also known as “Winter Running Club,” meets in the weeks before the season begins. These are supervised runs organized by the boys themselves. As our team attempts to meet higher goals, this off season training becomes more important to the success of our team and for individual athletes.

What we do in Winter Track

In the winter we emphasize 1) learning techniques and drills that teach the principles of your event and 2) developing a fitness base of strength and endurance. You will build on that base in the spring when we train to peak with the year’s best performances in the most important meets of the year—Chicago Catholic League Championships (May 3 for freshmen and sophomores, May 12 for varsity) and the Sectional and State meets (May 17 and 25-26).

We tell our athletes that every minute of practice in the winter counts toward better performances at the end of the spring. You can’t go back in time to make up what you missed, and practice is a cumulative activity. You get better with time and consistent effort. Avoiding injuries, therefore, is especially important in the winter. Winter training emphasizes volume and general strength and endurance. This training provides the building base for speed and explosiveness training in the spring.

We do race in the winter, but we treat these meets almost as practice events for athletes to develop competitiveness, fitness, and experience in their events. These events should be fun. Athletes should try not to feel any undue pressure or worry—and they should have fun! (Perhaps later in the spring they can feel more pressure—and still have fun!)

The transition event from winter development to spring competition is the indoor Catholic League meet, Saturday, March 17, the year’s final indoor meet, where you can evaluate progress before outdoor competition begins.

What we do in Spring Track

Spring is the serious competition season for track and field. We compete regularly, sometimes twice weekly, through April and May.

Training regimens change during this period. The emphasis shifts from general strength and endurance training to specific speed and explosiveness training. Volumes decrease, and intensity increases.

Athletes should improve through these competitions, and they should perform at their best at the end of season. For varsity athletes, these events are the Catholic League Championships and the State Series. For freshmen and sophomores who do not compete at the varsity level, their season ends at the Catholic League Frosh/Soph meet.

Workouts and groups

We generally warm up together as a team, in order to build team unity. Then we break up into smaller groups by event: distance runners, sprinters, jumpers, and throwers. Each group trains differently. We don't force shot-putters to go out on 5-mile runs! (We do sometimes ask them to do a 1-mile warm-up jog.)

Distance Runners 3:15-5:15 PM (800m to 3200 m)

Monday

2 mile warm up jog outdoors
Stretching
Dynamic drills
Interval workout (for example: 10 x 400m at race pace, with 1 minute rest between)
2 mile jog
Stretching and abdominal exercises

Tuesday

Easy 5-10 mile run outdoors
Stretching and abdominal exercises
Weightlifting

Wednesday

2 mile warm up jog outdoors
Stretching
Dynamic drills
Interval workout (for example: 10 x 400m at race pace, with 1 minute rest between)
2 mile jog
Stretching and abdominal exercises

Thursday

Easy 5-8 mile run
Stretch

Friday E

asy pre-meet day or track meet
1 mile warm up outdoors
Stretching
Easy 3 mile run
Stretching and abdominal exercises

Saturday Meet or easy post-meet day

1 mile warm up outdoors
Stretching
Easy 5-6 mile run
Stretching and abdominal exercises

Sunday

Day off or short easy run—or for our varsity athletes a long run of 8-12 miles

Throwers shotput and discus

Monday

1/2-1 mile warm up outdoors
stretching with team
Heavy lifting
Stretching and abdominal work

Tuesday

1/2-1 mile warm up outdoors
Stretching
Sprinter drills
Throws (40) and drills
Plyos/hops
Weightlifting
Stretching and abdominal work

Wednesday

1/2-1 mile warm up outdoors
Stretching
Throws (40) and drills
Medicine ball throws (50)
weightlifting
Stretching and abdominal work

Thursday

1/2-1 mile warm up outdoors
Stretching
Throw discus (10 throws)
Throw shot (10 throws)
Stretching and abdominal work

Friday

Meet or work out similar to Tuesday

Saturday

Easy exercise or weightlifting on your own

Sunday

Day off, active rest

Sprinters, hurdlers, vaulters, and jumpers

Monday

1 mile outdoor jog warm up, stretch with team
Sprinter drills
Sprinters: Interval workout (example: 200m-rest-150m-rest-100m each interval should be at a full effort).
Jumpers: Jumping and drills.
Weightlifting
Stretching and abdominal exercises

Tuesday

1 mile outdoor jog warm up, stretch with team
Jumpers: technique and jump drills
Sprinters: Drills and plyos
Hurlers: Technique and Drills
Stretching and abdominal exercises

Wednesday

1 mile outdoor jog warm up, stretch with team
Sprinter drills
Sprinters: 30 meter flys
Jumpers: Jumping and drills.
Stretching and abdominal exercises

Thursday

1 mile outdoor jog warm up, stretch with team
Jumpers: technique and jump drills
Sprinters: Drills and plyos
Hurlers: Drills
Stretching and abdominal exercises

Friday Easy pre-meet day or track meet

Saturday Meet or post-meet day

1 mile outdoor jog warm up
stretching with team
Jumpers: technique and jump drills
Sprinters: Drills and plyos
Hurlers: Drills
Stretching and abdominal exercises

Sunday

Day off or easy run, active rest

Workout principles

Warm-up and Stretching: We begin practice with a short 1-mile jog to warm your muscles. Then we move to static stretching and then more dynamic stretching.

Drills: Our sprint drills teach the mechanics of good running form. These drills, we hope, retrain your nervous and muscular system.

Interval training: Track workouts build strength and endurance by overloading your muscles and cardio systems so that they can handle progressively greater workloads.

Weightlifting: You can only run so much. Weightlifting is an alternative way to build strength.

Abdominals: Pillar or abdominal strengthening activities build strength in the runner's "core"—from the armpits to thighs.

Workout #1

Crunchies x 20
Good mornings x 20 (alternate leg toe touches)
Low-level bikes x 20 (each leg)
Twisting crunchies x 20 (each leg)
Leg lifts x 20 (each leg)
Back hypers x 20 (Skydivers)
V-sits or V-ups x 20

Workout #2

3-way roll up x20
Twisting v-sits x 20 (each side)
Twisting back hypers x 20 (each side)
Low-level bikes x 20 (each leg)
Side crunchies x 20 (each side)
Double leg lifts x 20
Scissors in v position x 40

Boys Track Schedule 2018

Tues	1/16/2018	First practice			
Sat	2/3/2018	Evanston Invite	Evanston	All	ACT
Sat	2/17/2018	OPRF Quad	OPRF	All	
Fri	2/23/2018	UHigh, others	U of Chicago	FS	
Sun	2/25/2018	ICOPS Invite	Lewis U	V	
Fri	3/2/2018	UHigh, others	U of Chicago	All	
Mon	3/5/2018	Mustang Relays	North Central	V	
Fri	3/9/2018	UHigh, others	U of Chicago	V JV	
Sat	3/10/2018	Richards FS Invite	Evanston	F/S	SAT
Sat	3/17/2018	CCL Indoor Champs	U of Chicago	All	
Mon	3/19/2018	Spring Practice Begins			
Thu	3/29/2018	Vacation Begins			
Tues	4/2/2018	Practice Resumes			
Wed	4/4/2018	Lane Tech Coed Dual	Lane Tech	All	
Sat	4/7/2018	Argo Invite	Argo	V	
Wed	4/11/2018	Boys Home	Home	All	
Sat	4/14/2018	Homewood Flossmoor	HF	V	ACT
Fri	4/20/2018	Glenbard So Invite	Glenbard So	All	
Sat	4/21/2018	Palatine Distance	Palatine	V	
Wed	4/25/2018	Home	Home	All	Senior Night
Sat	4/28/2018	Palatine Relays	Palatine	All	
Thu	5/3/2018	F/S CCL Champs	TBA	F/S	
Sat	5/5/2018	Nalley Invitational	TBA	V	SAT
Sat	5/12/2018	CCL Champs	Loyola	V	
Thu	5/17/2018	Sectional	TBA	V	Tentative
Fri	5/25/2018	State	Charleston	V	Qualifiers
Fri	6/1/2018	Magis Miles	Home		

Meet days

Your coaches will give you an information sheet before each meet with travel times, directions, event schedule, and other instructions.

Track meets are often day-long events, from 8 AM until 4 PM. You are expected to arrive with the team at the assigned time. You are expected to stay at the meet until the last event, even if your events are complete.

Because it is a long day, you should eat a good breakfast—at least a power bar or breakfast bar. You should bring a lunch and snacks—including a bottle of water or a sports drink. Be careful to time your eating and drinking with your event schedule.

You should bring extra clothes, and when we are outdoors, you should be prepared for bad weather—rain, cold, and even April snow flurries. Layers work best because you can add them or take them off depending on the weather. The school will supply a uniform and warm-ups, but you can supplement these with your own clothes.

There is time to study, and many disciplined students do get work done during the long day.