

PSA EAGLES
TRACK AND FIELD
SUMMER PROGRAM 2018

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Welcome to the PSA Summer Track Program

What is PSA Track and Field all about?

Overall Purpose:

- To develop a long term interest in personal fitness.

Goals for our 10 and under athletes:

- Improve fundamental movement patterns, motor development, general strength, and flexibility
 - Why? It is important for all youth, especially those planning to participate in sports, to develop the above to continue to develop as an athlete.
 - How? We will introduce open-ended multi joint movements to promote coordination, strength, power, balance, and endurance, as well as, exercises for core stability and the posterior chain. A strong core and limber posterior can help reduce the chance of injury.

Goals for our 12u-18u athletes:

- Develop a knowledge of complex training.
 - Why? Our older athletes are at an age where the body starts responding to strength training via muscle mass and motor skill refinement. They should have a basic knowledge of strength and cardio exercises that will target specific muscle groups when dealing with strength and the purpose of aerobic/anaerobic activity.
 - How? We will introduce more complex multi-joint movement, as well as, Olympic lift movements. We will also introduce more intense cardio and strength training..

All athletes:

- We will introduce all athletes to context-specific exercises for hurdles, throws, horizontal jumps, and vertical jumps based on interest.

Thank you for taking time to see what PSA Track and Field is about. I hope to work with your aspiring athlete this summer.

Coach Dotson

PSA TRACK AND FIELD

Practice Information

Days: Monday, Tuesday, Thursday

Times: Ages 8-12 (5:30pm-6:30pm) / Ages 13-18 (6:30pm-7:30pm)

Location: JP II School, 900 Coit Rd, Plano, TX, 75075

Necessities: Running shoes, Shorts, Shirts, Water, Sunscreen

Meet Information

Circuit Meet Cost: \$3 for all events.

Regional/State Meet Cost: \$7 per event

Necessities: Uniform, Track Spikes, Snacks, Water, Sunscreen

T.A.A.F Rules and Regulations: Articles 25.1 – 25.17

<http://www.taaf.com/proxy/files/documents/Cavalcade%20of%20Sports/2018/Sports%20Rules/Track%20and%20Field%20Rules%202018%20updates.pdf>

Meet Schedule/Location: (All circuit meets will begin around 9:00am)

Meet	Date	Location
Circuit Meet #1	May 19 th	Herman Furlough Jr. MS
Circuit Meet #2	May 26 th	Parish Episcopal School
Circuit Meet #3	June 2 nd	Allen HS
Circuit Meet #4	June 9 th	North Garland HS
Circuit Meet #5	June 16 th	North Garland HS
Circuit Meet #6	June 23 rd	Allen HS
Circuit Meet #7	June 30 th	Allen HS
District Qualifiers	July 12 th -14 th	TA Cotton Ford Stadium (Greenville)
State Meet	July 26 th -28 th	Texas A&M (College Stations)

Registration/Registration Fee:

This information can be found at <http://www.psaplano.org/Home/Sports/Track.aspx>

Registration Process:

New members to PSA will need to create a "My SAM" account at

<https://apps.dashplatform.com/dash/index.php?Action=register>. You can then register online by selecting Teams/Leagues, then Join a Team, then select PSA Track. Follow the prompts to complete the registration and pay online. If necessary, once you have your My SAM account set up, you can call the front desk to register and pay by phone, (972) 208-5437.

Customers that already have a My SAM account simply need to log in and register online or call PSA to register and pay by phone.

PSA TRACK AND FIELD

Practice Layout

Monday (Race Specific)

- 5:30-5:45 (Ins-Outs, Dynamic, Stretch)
- 5:45-5:50 (Form)
- 5:50-5:55 (Plyo/Bounding)
- 5:55-6:00 (Break)
- 6:00-6:25 (Race Specific)
- 6:25-6:30 (Team cool down/Stretch)

Tuesday (Field/Hurdles)

- 5:30-5:45 (Ins-Outs, Dynamic, Stretch)
- 5:45-5:55
 - Non-Field/Hurdles (Form)
 - Field/Hurdles (Event Specific Warm-Up)
- 5:55-6:00 (Break)
- 6:00-6:15
 - Non-Field (Race Specific)
 - Field/Hurdles (Vertical Jumps/Hurdles)
- 6:15-6:25
 - Non-Field (Race Specific)
 - Field/Hurdles (Horizontal Jumps/Hurdles)
- 6:25-6:30 (Team cool down/Stretch)

Thursday (Event Prep)

- 5:30-5:45 (Ins-Outs, Dynamic, Stretch)
- 5:45-5:55 (Race/Event Specific Warm-Up)
- 5:55-6:00 (Break)
- 6:00-6:10
 - Non-Field (Race/Meet Prep)
 - Field/Hurdles (Vertical Jump RTs/Blocks)
- 6:10-6:15 (Break)
- 6:15-6:25
 - Non-Field (Race/Meet Prep)
 - Field/Hurdles (Horizontal Jump RTs/Blocks)
- 6:25-6:30 (Team cool down/Stretch)

PSA TRACK AND FIELD

Meet Structure

- Order of Events
 - Field Events
 - 3200M/2400M
 - Hurdles
 - Running Events
- Team Logistics
 - Arrival Time/Departure
 - Tent/Flag
 - Hydration/Nutrition
- Event Procedures
 - Athlete Registration (Athletic.Net: Entries Due by Wednesday)
 - HJ/Hurdle entries require approval from Coaching Staff
 - Athlete Warm-Up (Coaches/Volunteer Parent)
 - Volunteers will have documents for warm-up procedures
 - Athlete Check-In (Coach/Volunteer Parent for age group)
 - Volunteers will have printout from Athletic.net to refer to
 - Record Events (Coaches/Volunteer Parents)
 - Video and Manual Times

PSA Eagles Track Uniform Form

If you would like to purchase a track uniform for your runner, Please bring the completed form along with payment to The Uniform Shop located at PSA 1. Our address is 6500 Preston Meadow Drive, Plano, Texas 75024

You may also scan & email the completed form to: uniforms@psaplano.org & call in to pay for your uniform at 972-208-3860.

The uniform package includes a running tank & shorts pictured below with the Eagles logo on it. The cost of the package is \$15 for the jersey \$13 for the shorts.



Participant Name: _____

Parent Name & Contact Phone Number:

Please circle jersey & short size:

(All youth sizes are youth, adult sizes are either men's or women's)

Jersey: YS YM YL AS/WS AM/WM AL/WL

Shorts: YS YM YL AS/WS AM/WM AL/WL

***** Sample sizes will be available at Parent Meeting *****

Please print form & turn in at Parent Meeting on May 2nd. Make checks payable to PSA. If you have any questions about the uniforms, please call the PSA Uniform Shop at 972-208-3860.