



## **Middle School Athletics 2014**

### **Middle School Track**

#### **Track Program Information**

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The Middle School Track Program is designed to introduce the students in the areas of track and running. Students will learn to interact, make suggestions, work with others and address dynamic situations, which occur during competitive situations.

#### **Goals and Objectives**

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Upon completion of the season, the students will be able to:

- Acquire knowledge of correct running form
- Learn race specific conditioning and techniques
- Develop teamwork during relay drills
- Learn to appreciate the spirit and enthusiasm for the sport
- Improve personal habits of exercise, as well as overall fitness

#### **Scope and Sequence**

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- Dynamic exercises
- Running form drills
- Strength and conditioning
- Timed running events
- Teamwork exercises including relays

#### **Sample Practice Format**

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- 15-minute warm-up and stretching, which includes jogging to dynamic exercises
- 20-minute fundamental track conditioning drills, bounding and plyometric starts or long run
- Specific track workouts - sprints, distance work, long jumps, relays