

TRACK & FIELD



**RICHMOND
GUARDIANS**

Meeting Agenda:

- Devotion / prayer
- Registration / payment questions
- Track Practices
- Track Meets
- Communication
- Questions?

Coaches

Aaron Batey

(352) 318-8269

Randy Calico

(859) 200-8636

Kristin Ramsay

(859) 979-5726

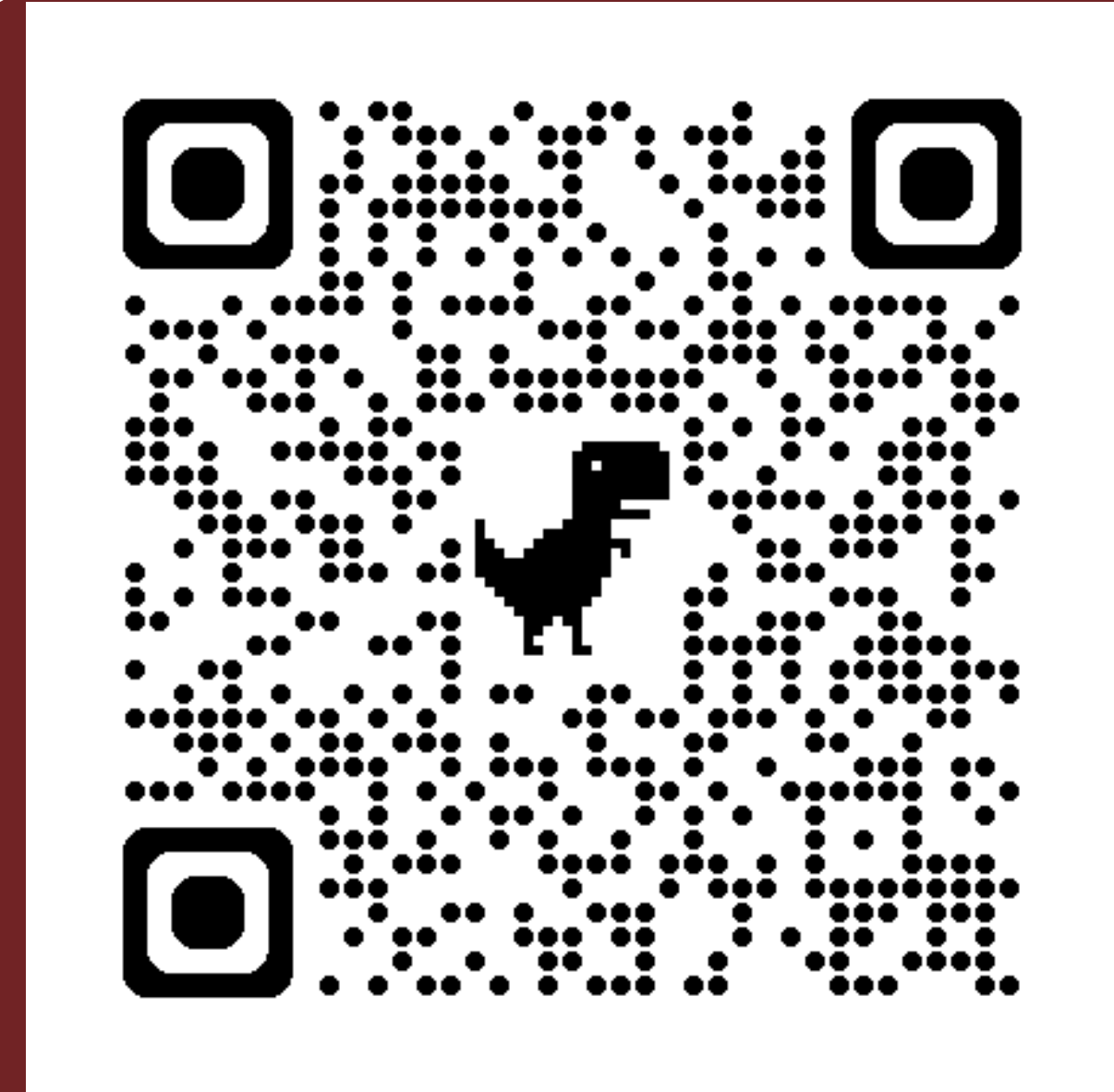
1 Corinthians 9:24-27

24 Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. 25 Everyone who competes in the games exercises self-control in all things. They then do it to receive a perishable wreath, but we an imperishable. 26 Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; 27 but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.

Registration / Payment

Registration link →

Cost: \$75 / student plus cost of meets



← Link to Guardians Handbook

Track Practices

Where: Farristown Middle School Track
751 Farristown Industrial Berea, KY 40403

When: 5:30 pm on Tuesdays and Thursdays

Practices will last about 1-1.5 hours

Practices will start March 10th

Please arrive no later than 6:45 to pick up students.

Track Practices

- **Warm up** - jog 1-2 laps - devotional and prayer during stretches - agility / strength training / form work
- **Work out** - will divide out by events
 - (distance / mid distance / sprints)
- **Cool down**

Track Practices

- Wear running shoes
 - Track shoes (spikes) are optional
- Wear appropriate shorts and shirt
 - layers work well especially early in the season when weather may be cooler.
- Please bring a water bottle

Track Meets

Schedule

Cost

Location / Distance

Events

Length of meets

What to expect

Track Meets

- Wear team jersey and black shorts
 - (Black shorts must be purchased on your own and need to be appropriate length - finger tip length when hands are at side)
- Wear your running shoes (track spikes optional)
- Bring water / sports drinks / snacks
- Wear layers (warm up / sweat suit over uniform)
- Bring chair or blanket to sit on

Communication

We will be using GroupMe for team communication.



If you have an urgent need or question for the coaches, you can text or call Aaron or Randy.

Questions?