



INDOOR 2010-11

THE SEASON OFFICIALLY BEGINS NOV. 9TH

VOLUNTARY PRACTICES WILL START OCT. 25TH

EXPECTATION:

1. COMMITMENT-

YOU NEED TO HAVE AN "*ALL IN*" MENTALITY.

2. ATTENDANCE-

PART OF THE COMMITMENT, IS BEING HERE ON A REGULAR BASIS. IF YOU ARE ABSENT, YOU NEED A NOTE. IF YOU ARE LATE YOU NEED A PASS FROM A TEACHER. IF IT BECOMES A PATTERN- YOU WILL NOT COMPETE.

3. HARD WORK-

WORK TO YOUR POTENTIAL.

A) STAY FOCUSED

B) TREAT EVERY REPETITION AS YOUR LAST.

C) *NO EXCUSES-* IF YOU ARE CONFUSED ABOUT SOMETHING *ASK.*

GOALS:

YEAR ONE-

A) TEAM-

FINISH TOP 12 EVERY MEET

B) RELAYS-

4X200M BOYS BREAK 1:35 (24SEC); GIRLS BREAK 1:55 (29SEC)

4X400M GIRLS BREAK 4:40 (70SEC); BOYS BREAK 3:40 (55SEC)

4X800M BOYS BREAK 9:45 (2:26); GIRLS BREAK 11:45 (2:56)

C) SPRINTERS-

55M DASH 2 GIRLS BREAK 8.0; 2 BOYS BREAK 7.0

300M DASH 2 BOYS BREAK 40.0; 2 GIRLS BREAK 51.0

D) DISTANCE-

600M 2 BOYS BREAK 1:35; 2 GIRLS BREAK 2:07

1000M BOY BREAK 2:50; GIRL BREAK 3:46

1500M GIRL BREAK 5:50; 1600M BOY BREAK 4:50

3200M BOY BREAK 11:00; 3000M GIRL BREAK 12:00

E) HURDLES-

55M HURDLE GIRL BREAK ; BOY BREAK 9.0

F) JUMPS-

2 BOYS BREAK 17.0 FEET (LJ); 2 GIRLS BREAK 14.0 FEET

2 BOYS BREAK 37.0 FEET (TJ); 2 GIRLS BREAK 29.0 FEET

GIRL CLEAR 9.0 FEET (PV); BOY CLEAR 10.0 FEET

G) THROWS-

2 BOYS BREAK 37.0 FEET(SP); GIRL BREAK 30.0 FEET