



MUSTANG
T R A C K

March 1st , 2016

Dear Parents & Athletes,

It is time to start our track and field season! Welcome back to those of you who were on the team last year and welcome to the new athletes and parents joining us this year. Last year, Mustang track had a fun season while beating personal bests throughout the entire season. This year, we are going to continue building on that success.

Below you will find a set of dates for training along with any event information I have at this time. Your athlete is expected to attend all practices and meets. If for any reason they are not able to attend please notify me as soon as possible. We have two championship meets; one is at Messiah College and the other at Memorial Park in Bangor. They are all day long and provide a true test for our student athlete. These championship meets will bring anywhere from 30 to 40 middle schools to compete; they come from all across Pennsylvania and several neighboring states. In addition to our championship meets, we also are invited to participate in 6 local meets that occur on Saturdays in Quakertown. These are low-key, 6-8 school competitions where we can build on our achievements and see where we might need to make a few adjustments, both as coaches and athletes.

We typically train at the Endeavor Community Church field about 2 blocks away from LCA. In addition, we have rented the Salisbury High School track for 4 practices. Training on an actual track is a huge benefit for our athletes to get the feel of the track and an opportunity to work on long jump and high jump techniques. We will also be using the gymnasium early in the season and days when we cannot train outside due to weather. So, between all these areas there will be plenty of opportunity to develop skills and concentrate on the basic aspects of the sport.

Track season means warmer weather is on the way. The average temp for March is usually in the mid 40's and as you know spring weather is unstable so it's best to have your athlete prepared for all weather conditions. The following are a few suggestions.

- Track is an outdoor sport and it's where we will be spending most of our time. We recommend all athletes dress in layers for when the weather is cool so those items can be removed as they warm up.
- For practices, T- shirts and either shorts or some type of running pants should be worn.
- LCA will provide a team uniform. They consist of a tank top and track shorts.
- All athletes should wear good running shoes and double knot the laces. We don't require specialty shoes such as track spikes. However, if you wish to purchase a pair of spikes they usually cost about \$40-\$75. The

maximum spike length for middle school track is $\frac{1}{4}$ " and these should only be used on a cork or sponge track, not on grass, asphalt or concrete.

- All female athletes must have their hair pulled back in a ponytail and away from their face. It is also preferred that no jewelry is worn.
- Nutrition will also be emphasized, it's important to correctly nourish your body with the correct foods before and after training or a track meet.
- Each athlete should have a sports bag with a water bottle, nutrition bars, extra socks, T-shirt and shorts along with some type of rain gear such as a water proof jacket, hat, gloves and a towel.

Parents, the track team needs your help. There is a lot of work that goes into a track meet. The Quakertown track meets are run with volunteers where all participating schools will be asked to help. You can volunteer to be a timer, judge or simply handing out water after a race. Mostly, we ask for your prayers for all the student athletes, coaches and everyone else who will make this season possible.

If you have any questions or concerns throughout the season please feel free to contact us.

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2016 LCA Mustang Track & Field Schedule

March - Please take note that practices during the week will end at 5pm with the exception of our Easter Olympics and practice at Salisbury track. Practices held at the Salisbury will mean you need to pick up your athlete at the Salisbury Track. The address is 500 East Montgomery Street Allentown, PA 18103.

- Tuesday, 1st @ 3:30 pm to 5:00 pm
- Thursday, 3rd @ 3:30 pm to 5:00 pm
- Friday, 4th @ 3:30 pm to 5:00 pm
- Monday 7th @ 3:30 pm to 5:00 pm
- Tuesday 8 @ 3:30 pm to 5:00 pm
- Thursday 10th @ 3:30 pm to 5:00 pm
- Tuesday 15th @ 3:30 pm to 5:00 pm
- Thursday 17 @ 3:30 pm to 5:00 pm
- Friday 18th @ 3:30 pm to 5:00 pm
- Monday 21st @ 3:30 pm to 5:00 pm
- Tuesday 22nd @ 3:30 pm to 5:30pm – Easter Olympics
- Tuesday 29th @ 3:30 pm to 5:00 pm

April - Please take note that practices during the week will end at 5:30pm not 5:00pm as they did in March.

- Friday, 1st @ 3:30 pm to 5:30pm
- **Saturday, 2nd - Track Meet at the Quakertown Freshmen Center – 1pm – 6pm** – Trying to Change to Morning
- Monday, 4th @ 3:30 pm to 5:30 pm
- Tuesday, 5th @ 3:30 pm to 5:30 pm
- Thursday, 7th @ 3:30 pm to 5:30 pm – Salisbury Track
- Friday, 8th @ 3:30 pm to 5:30 pm
- **Saturday, 9th - Track Meet in Quakertown at the Milford Track – 8am – 1pm**
- Monday, 11th @ 3:30 pm to 5:30 pm
- Tuesday, 12th @ 3:30 pm to 5:30 pm – Salisbury Track
- Thursday, 14 @ 3:30 pm to 5:30 pm
- Friday 15 @ 3:30 pm to 5:30 pm
- **Saturday, 16th - Track Meet at the Quakertown Freshmen Center – 1pm – 6pm** – Trying to Change to Morning
- Monday, 18th @ 3:30 pm to 5:30 pm
- Tuesday, 19th @ 3:30 pm to 5:30 pm – Salisbury Track
- Thursday, 21st @ 3:30 pm to 5:30 pm
- Friday, 22nd @ 3:30 pm to 5:30 pm
- **Saturday, 23rd - Track Meet at the Quakertown Freshmen Center – 1pm – 6pm** – Trying to Change to Morning
- Monday 25th @ 3:30 pm to 5:30 pm
- **Tuesday, 26 - MACSA Junior High Track Meet at Messiah College (6am – 6pm)**
- Thursday, 28th @ 3:30 pm to 5:30 pm
- **Saturday, 30th - Track Meet at the Quakertown Freshmen Center – 8am – 1pm**

May -

- Monday, 2nd @ 3:30 pm to 5:30 pm
- Tuesday, 3rd @ 3:30 pm to 5:30 pm
- Thursday, 5th @ 3:30 pm to 5:30 pm
- Friday, 6th @ 3:30 pm to 5:30 pm
- **Saturday, 7th - Track Meet at the Quakertown Freshmen Center – 8am – 1pm**
- Monday, 9th @ 3:30 pm to 5:30 pm
- Tuesday, 10th @ 3:30 pm to 5:30 pm
- Thursday, 12th @ 3:30 pm to 5:30 pm
- **Saturday, 14th – ACSI Regional Meet At Bangor (6am – 6pm)**
- Monday, May 16th – Season Celebration - 3:30 pm to 5:30 pm