

BLUE THUNDER TRACK & FIELD SEASON BRIEF DESCRIPTION

Entering **spring practice** in reasonably good shape will be beneficial to all athletes. We're a track team and we run from day one. The first couple weeks of practice will be in Stephen's Lake Park, then we move to Hickman for the majority of the season. We also practice occasionally at Rock Bridge or Battle high schools, depending on track availability. Practice times and locations are posted on website schedule.

April is conditioning & evaluation month. Outside of conditioning the athletes' bodies to take training workouts, during April practices we attempt to determine in which track/field events each athlete will be most successful. In April and May, older BTTC athletes will be competing for their High School/Jr High/Middle School, and join us later when their season is over.

May is training and development month. In May younger athletes, in addition to training, have the opportunity to participate in developmental meets. April meets are called **developmental meets** because they are designed to develop and prepare young athletes for meet competition. Developmental meets are less formal; coaches are allowed on the track, events are limited, and young athletes are able to get used to the track/field experience in a lower pressure environment. We encourage all of our athletes to attend one or two developmental meets in May to prepare for AAU Qualifying meets in June. In May many older BTTC athletes will still be competing with their school teams since MSHSAA state championship meets are at the end of May.

June is competition & qualifying month. District and national **qualifying** meets are held in June. Athletes with hopes of advancing to the AAU National meet must qualify by participating in these June meets which includes districts and regionals.

July is time to get in **top condition** to compete in the AAU National meet at the end of the month. Show-Me state games are also held the last weekend in July.