

TFS Middle School T&F Meet Warm-Up

3-1-23

Night Before: Check your bag for uniform top/shorts, black sweats, event shoes, extra socks, tee, hoodie, other clothing needed

Before getting on the bus, check your bag for all items again. Do NOT wait until right before the competition.

Electronic devices (phones, iPods, etc) are not allowed in the event area!

✓ SIP WATER!

1. General - group lines same as practice

✓ Core Multi-Movements: 2 x 20m of forwarding/backward of each with exaggerated arms

Jog w/ arm circles > Easy Skip w/ long arms fwd/bk > Side Shuffle w/ wide arms > Gallop R w/ push out pull in arms > Crossover side punch > Gallop L w/ push overhead, pull down arms > Carioka >

2. Specific - As a team. 5 lines

Neural Movements 2 x 20yd

Neural Jumps x 3-5 each

Acc.& Sprint Mechanics 2 x 20 yd

✓ Skips for Height 2 x 20yd

✓ Toe Pops

✓ Egg Cycles A's (Toe under knee)

✓ Skip for Distance 2 x 20yd

✓ Touch jumps

✓ Accelerations (4pt or stand)

✓ Rhythm A Skips 2 x 20m

✓ RRR-LLL w/ quick arms

✓ Tribe Dances (3)

Dynamic Flexibility 1 x 5 each Spread out 5 yds apart

1. Iron Cross and Rev. Iron Cross

2. Hip circles fwd/bk each leg

3. 5 knee tucks alternating each leg

4. skipping toe touches (combine same leg and alt) in place

5. alternating scale each leg x 3 in place

6. alternating reverse lunge reach each leg x 3 in place

✓ SIP WATER as you go to your event area!

THROWERS:

Equipment needed: shot, disc, towel

Throws x 3 each

✓ Release Drill (DT or SP)

✓ If Space allows-field standing throws DT only

✓ If Space and surface allows-practice glide technique

✓ Stand Throws

✓ Glide/Rotational Drill as space allows

Practice Throws - Take 2 discs in the ring for 2 warm up throws a couple of times

WIPE OFF FEET BEFORE YOU GET INTO THE RING

“Up” = It’s your time to throw. You have one minute to get your throw in.

“On Deck” = You are up next.

“In the Hole” or “On hold” = Take off extra clothes and do 1-2 touch jumps

✓ SIP WATER!

Pick up personal belongings, warm ups, markers, tape measurers, implements, etc. immediately after your competition.

IT’S TIME TO ACHIEVE YOUR DREAMS!

AFTER COMPETING

Make sure your marks/place are listed w/ Coach; this is the only way we can keep results, class records, etc.

Sprints/Hurdles/Relays/Jumps

Equipment needed: baton, shoes and/or spikes, tape measurer, tape, relay markers (tape, chalk)

MARK ALL APPROACH MEASUREMENTS

As soon as Warm up is over!!

Jumps (make sure you have your marker or tape or chalk)

Go through 2-3 approaches w/ teammate or Coach observing where takeoff foot is in relation to the board. Remember, this is NOT for you to figure out. Do NOT make changes until consulting w/ Coach.

Relays Standing handoffs > jogging > full approaches

Lead runner have a baton. Work with each member a few times before the relay

Distance

Make sure you know when the distance races will be run. If it’s been a while since the team warm up, do a portion of it again