



March 7, 2011



Dear Parents:

I'm happy to inform you that I've volunteered to be your athlete's track and field coach for the 2011 season. It was such a great experience to work with your student athletes last year that I couldn't pass up the opportunity this year. Welcome back to all the "tracksters" from last year's team and a warm welcome to the new athletes and parents joining us this year.

My employer has allowed me to arrange a schedule to share time with your athlete so we can have reasonable practice times as not to disrupt their academic schedules. Once again, we have the great honor of Mrs. Green to assist with the coaching responsibilities, as she also has a background in track and field. We are very excited to share our experiences with your athlete and introduce the sport of track and field, as they will see for themselves that it's like no other sport.

Attached is a set of dates for training along with any event information I have at this time. Please keep in mind, these are not set in stone but I will provide the best commitment possible to follow the schedule, as I would expect the athletes to respect as well. The two major events at Messiah and Bangor are all day long and guarantee a great time. I will follow with more details as they develop, but as you can see we have less than 1 ½ months to prepare. We have also been invited to participate in "training meets" that occur on Saturdays in Quakertown. Again, I'm not sure of the specifics at this time but I will give you as much detail as I can when things become clear.

As you are aware, LCA does not have a track for the athletes to train, but we do have a soccer field about 2 blocks away. The field is not quite large enough for an entire 400-meter track layout but there is plenty of area for us to develop skills and concentrate on some important aspects of the sport. I've have been in touch with several school's that do have a track and I'm working to negotiate the use of their facilities once in a while. In addition, on days when we cannot use the field, there is a beautiful new gymnasium recently built on campus that I hope to coordinate with the church's schedule.

Our top priorities as their coaches are to provide the athletes with a safe and enjoyable environment; one that will reduce injury and allow our athletes to develop their character along with a competitive spirit. They are teammates as well as competitors and yes they will compete against each other. Conditioning and fitness are essential to this sport and it's the best way to prevent injury. I will focus on these two aspects early in our training as your athlete and I begin to develop a respectful relationship. I plan to coach with game like activities that will develop their skills as athletes and we will focus on technical issues to further develop skills in their respective fields. There will not be any type of weight training program at this stage in their development but we may use equipment for resistance training. I'm going to try to make use of video this year as a training tool, I've discovered from my own development in other sports that this is a great way to see yourself and focus on technical issues.



One nice thing about the track season is that it means warmer weather is on the way but Spring can be unstable and its best to have your athlete prepared for all weather conditions. The following are a few suggestions we have for track and field apparel:

- 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. As coaches, we observe joint and muscle movement and our preference is for the athlete to wear shorts or apparel that fits snug. This will allow us to see and advise with better technical instruction.
- LCA will provide a team uniform for the meets consisting of a tank top and track shorts. We recommend, the athlete's wear a T-shirt under the top as the material is loose and somewhat transparent, but we can discuss this in more detail as the events approach.
- All athletes should wear good running shoes and double knot the laces (basketball high tops are not running shoes). At this time, we don't require specialty shoes such as spikes and in some case they are not permitted for some events. Perhaps later on as the athlete becomes more skilled, they may be ready for competition type shoes.
- We recommend all female athlete should have their hair pulled back and off their face with a headband or some type of ponytail holder. All boys must have a buzz cut. (just kidding). Also it is preferred if no jewelry is worn.
- Finally, I would like each athlete to have some type of bag that can hold athletic tape, water bottle, nutrition bars, extra socks, sun-screen, extra T-shirt and shorts along with some type of rain gear such as a water proof jacket, hat and a towel.

Parents are as much of the team as the rest of us. We will certainly need your participation in support of your athlete both physically, mentally and most of all spiritually. The Lord God blessed all of us with different abililtes and talents so giving our thanks and praise to Him will not be lost in our development. I am very excited, anxious and nervous to start the season, this is a wonderful opportunity for us. Please keep the coaching staff, athletes in your prayers along with all those who will make this possible.

Peace of Christ be with you always,


Gavin T. McManaman