

# Middle School Practice Organization

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TOPIC/RESOURCES	NOTES
<b>Coaches</b> <ul style="list-style-type: none"><li>• Have a plan</li><li>• Simple practice schedule</li><li>• Post it</li></ul>	
<b>Coaches:</b> <ul style="list-style-type: none"><li>• Talk with high school coaches</li><li>• What do athletes need?</li></ul>	
<b>Coaches:</b> <ul style="list-style-type: none"><li>• How many?</li><li>• Who leads / who assists?</li></ul>	
<b>Coaches:</b> <ul style="list-style-type: none"><li>• K.I.S.S.</li><li>• Season Schedule</li><li>• Meets &gt; Intensity &gt; Recovery</li></ul>	
<b>Coaches:</b> <ul style="list-style-type: none"><li>• The Start</li><li>• Break-out event groups</li><li>• Re-Group</li></ul>	
<b>Students:</b> <ul style="list-style-type: none"><li>• Teach the basics</li><li>• Be exact</li></ul>	
<b>Students:</b> <ul style="list-style-type: none"><li>• Teach real confidence</li><li>• Wants</li><li>• Needs</li></ul>	

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TOPIC/RESOURCES	NOTES
<b>Students:</b> <ul style="list-style-type: none"><li>• Draw out leadership</li><li>• Observe</li><li>• Reward with responsibility</li></ul>	
<b>Students:</b> <ul style="list-style-type: none"><li>• Track &amp; Field is unique</li><li>• Hard Work &gt; Talent</li></ul>	
<b>Students:</b> <ul style="list-style-type: none"><li>• Recognizing Success = Fun</li><li>• School announcements</li><li>• Golden spike/field event award</li><li>• Local paper</li></ul>	
<b>Family Members:</b> <ul style="list-style-type: none"><li>• Supply</li><li>• Pick-up/drop-off</li><li>• You're 12 year old is not an Olympian</li><li>• Love your kid ♥</li></ul>	
<b>Family Members:</b> <ul style="list-style-type: none"><li>• Inform them</li><li>• School website</li><li>• <a href="https://www.teamapp.com">TeamApp.com</a></li><li>• Google Classroom</li></ul>	

Other notes: