

Re: Preseason Updates  
Date: 03/08/2018

Good afternoon ~

We are very excited to get started with our third DCG Track Club season.

This email is a means to share information with you as to what to expect for the Spring 2018 track season. We want this experience to be a positive one for you and your athlete. We had a wonderful experience with our previous two seasons and are very excited about what is to come.

If you have any questions or anything we can help with along the way, please do not hesitate to ask. We do plan to host a parent meeting at the start of our first practice (Wednesday, April 4). We will talk about the season, expectations, structure and have a brief Q&A session. We will meet in the bleachers at 6:30 p.m. The meeting will take approx. 15 minutes. Two coaches will lead the meeting while the other coaches facilitate the start of practice.

As for coaches, we are excited to announce we have added an additional coach this year: Wes Little. We are pleased to have added him to our list of current coaches, which include Shane and Heather Every, Jim and Kirstin Isenhardt, Kari Lachacz, John and Keri McDermott and John Schmitz.

Our first practice will be Wednesday, April 4, 2018 at 6:30 p.m. Wednesday practices will begin each week at 6:30; we will conclude at 7:30 p.m. We will also practice Sunday afternoons from 4 - 5 p.m. Athletes interested in field events or working with starting blocks can stay a bit later on Sundays to practice the long jump, starting blocks, shot put and/or disc. Coaches will be available until 5:30 p.m. on Sundays.

All practices will be held at the Dallas Center Grimes High School track.

At each practice, we will begin with a team huddle in the center of the track; we will then give the kids a chance to warm up and do some dynamic stretching. We will then break the athletes into groups (by age/distance preference) and have them complete the workout.

If your athlete is not sure he/she is a 'shorter distance' or 'longer distance' runner, we can help them with that. They can certainly try both and see which is a better fit; or offer a cross between the two. Each athlete will eventually identify which races/events they prefer to participate and where they will experience the most satisfaction and success.

Uniforms will be arriving in the next few weeks; if you selected 'coach pick-up' for the delivery option, we will distribute at practice once we receive them.

We recently updated our Web site with dates/information about local meets. Unfortunately, some clubs have not set their meet date yet. We have tentatively scheduled our first [inaugural] DCG Track Club Meet for Friday, April 20. We are still working to confirm details, but for now – mark your calendars!

If your child is interested in running the Drake Relays Grand Blue Mile on Tuesday, April 24, 2018, you can register via the Web site below. Several of the runners competed in the past and loved it.

<http://www.grandbluemile.com/>

If you have any questions or need additional information, please visit our Web site: [www.dcgtrackclub.com](http://www.dcgtrackclub.com).

We really look forward to getting started and working with your athletes this season. Please don't hesitate to ask questions or let us know if there is anything we can assist with.

Thanks,

DCG Track Club Coaches