2022 Track and Field Season

Edie Henry, Head Coach
Erin Russo, Assistant Coach
## Practices

<table>
<thead>
<tr>
<th>Dates</th>
<th>Location</th>
<th>Time</th>
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<tbody>
<tr>
<td>THURSDAYS</td>
<td>Bee Cave Middle School track 5400 Vail Divide</td>
<td>6:00 - 7:00 p.m.</td>
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<td>February 10</td>
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<td>February 17</td>
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<td>February 24</td>
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<td>March 3</td>
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<td>March 31</td>
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<td>April 7</td>
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No practice March 17
Competition

Saturday April 9, 2022

Location - To be determined

Uniforms

At competition, athletes should wear:

- Track singlet provided by LTISD
- Black LT shorts provided by LTISD
- Properly fitting athletic shoes
Assisted walk: 10m, 25m, or 50m
  - Assistive devices include canes, crutches, and walkers

Race Walking: 25, 50, 100, or 400m
  - One foot in touch with the ground at all times

Wheelchair Race: 10m, 25m, or 100m

Dash: 50, 100, 200, 400, 800, 1500, or 3000m

Motorized Wheelchair Slalom: 30 or 50m

Motorized Wheelchair Obstacle Course: 25m
Individual Field Events

- Running Long Jump
- Standing long jump
- Tennis ball throw
- Softball throw
- Shot put
- Mini-javelin 300g (all females & males <16)
- Mini-javelin 400g (males 16+)
Team Events

4 x 100m relay
4 x 400m relay
4 x 25m Wheelchair Shuttle Relay
Competition Uniforms

Athletes should wear:

- Track singlet provided by LTISD
- Black LT shorts provided by LTISD
- Properly fitting athletic shoes
Mandatory Participation Forms

Special Olympics Medical Form
completed by parent and signed by physician

SOTX online COVID waiver

LTISD Online Athlete Participation Permission Form

SOTX Athlete Code of Conduct

All forms are due prior to participation
Expectations

Be there for practice - attend at least 5 for competition
Be dressed appropriately for working out
Try your best
Represent Lake Travis ISD
Treat all volunteers kindly

Have fun!
Final Reminders

Only athletes and approved volunteers are allowed on the track.

Service animals specifically trained to aid a person with a disability are welcome.
Call for Pictures

Photos from practices and competitions are used with your permission for:

- LTISD Special Olympics social media
- End of the year banquet slideshow

Forward photos to Marisa at the end of each sports’ season. Please be aware that not every parent wants their child’s picture taken.
Contact Information

Head Coach and Head of Delegation

Marisa Sodders
512-533-7928 (office)
512-518-1199 (cell)
soddersm@ltisdschools.org

Coach Marisa’s Remind

Remind is how the most current information regarding practices and competition will be distributed.
See you on February 10th!