

Spartan Running Club Q&A (2017)

Who will be coaching the team?

The club will be guided by the trio of Jeff May, Scott Hammer, and Mike Kelley. Coach May is a USATF-approved coach with years of Track experience and is an active Triathlete. Coach Hammer is the Head Cross Country coach for the WBW Boys, and Mike Kelley has assisted the Track and CC programs for several years now. Additionally, the current Head Track coaches at WBW - Mike Vorpahl (boys) & Jerry Halopka (girls) - will also stop by practices occasionally. Many of the workouts will be assisted by other WBW Track Assistant coaches, and aided by high school student-athlete volunteers from both teams.

When and where will we be practicing? How long do practices last?

We'll practice primarily on Mondays and Wednesdays from 5:30 – 6:45 at the WBHS Track. We may occasionally practice on Fridays as well. The season begins Monday April 17th and runs through May 24th.

Can I be out for other sports and activities while being in the club?

Yes. Only you and your family know how much is “too much”. But our demands on your time will be relatively light (a few hours a week). So it is entirely possible to do other activities (track, soccer, baseball, etc) at the same time. We would prefer that you attend each Club practice, but understand there will be planned absences, particularly if they are for “competitions” in your other activities.

I'm a Badger student who plans to go out for middle school track. Can I do both? Will SRC interfere?

If you are at Badger and have an interest in Track, we highly encourage you to run for your school team and not the Spartan Running Club. We believe doing both would create too many conflicts, so we wouldn't encourage that. However, if Badger Track is too big of a daily time commitment, SRC Track could be a more casual alternative.

Will I only be running 2 days a week?

With the club, yes. If you are out for another sport, we know you are getting additional conditioning there as well. Either way, you will be given optional runs to do on your own during our “off” days.

This is a co-ed club. Do boys/girls practice and attend meets together?

Yes. Boys & girls will have the same coach(es) and the same practices and meets / events.

Will we be running practices with the High School Track teams?

No. Many of the club workouts will start just as the HS practices are finishing. But given the age and training differences, our workouts will typically be shorter and less intense than those run by the high school teams. However, many current and former athletes come to the club practices to volunteer.

What will the Competition Schedule look like? Do I HAVE to compete?

A tentative schedule is posted on the club home page. We have developed a relationship with the Merton Area Running Club. They run several “All Comers” meets at Arrowhead HS through early June. We plan to attend several of these meets. We also may put a team together for the B&G Club 5k, the Wisco Mile, and the USATF Regional Meet. Participation in these competitions is completely optional. If all you want from your membership is an opportunity to work out with the club members and coaches, that is just fine.

What do the Club Fees cover? What don't they cover?

Your fee covers a one-year membership into a National Organization called USA Track & Field (USATF). When you sign up for our club, WE will take care of registering you with USATF and covering that expense. In addition, your Spartan Running Club membership will cover all of your race entries for the “all comers” track meets (we hope to attend about 4 of these), a team T-Shirt, and of course the

practices which will be supervised by USATF-approved coaches. Club Fees will NOT cover entry into road races, fun runs, or any USATF sanctioned meets, which carry extra costs if you choose to attend. We can keep club costs manageable by having interested members pay for these types of events as they choose to enter in them. Club fees also do NOT cover transportation to and from practices or events/meets.

What are the benefits of our club being affiliated with the USATF?

The main benefits we reap by registering through USATF as a Club is structure, organization, and liability insurance. You'll also receive their periodical called "*Fast Forward*". There are a few other residual benefits you might enjoy individually if you choose to take advantage of them (discounted merchandise and race fees during the rest of the calendar year). Visit www.USATF.org for more information, but **do NOT** register yourself, as we will take care of that for you when you join the Spartan Running Club.

Do I need to be training during the winter/spring prior to the season starting?

While there is no requirement, we strongly encourage light running on your own in March & April before Club practices begin. Not only is an earlier start necessary if you want to race well at events, but a slower build-up of mileage is a key to injury prevention. Shin splints are a near certainty when young runners take on a sudden increase in training. They are also a near certainty with less-than-adequate shoes...which leads us to...

What type of shoes do I need?

Training shoes are far more important than "racing spikes", which are probably unnecessary at this age/level. A decent pair of "running shoes" for training is very important though. They do not need to cost a fortune. But you should NOT be running in tennis shoes, basketball shoes, or other athletic shoes that are not *specifically* made for running.

I'm interested in field events. Is this club only for runners?

We'll encourage every member to run during our workouts. But there will certainly be time for small groups of athletes and coaches to work in specialty areas if kids are interested in throws, jumps, etc. When our coaches get help from the HS Coaches and Athletes, these are days when we'll break out and spend time in some of the specialty areas.

I know the SRC has a Fall session that focuses on Cross Country. Will I be expected to run that, too?

No. You can run one session and not the other. Your first session of the calendar year will cost \$25, as it covers one-time expenses like your USATF Membership and a club shirt. If you choose to additionally do CC in the fall, there may be an additional fee depending on where club finances are running. Our club is run by volunteers and is non-profit. We will always endeavor to charge only enough in fees each year to cover our expenses.

Will I be expected to come out for HS Track when I'm a Spartan?

Everything about this club is geared towards giving young athletes the knowledge base, running base, and exposure to the sport so they can head towards a successful high school career later. If your reasons for joining are different (friends, healthy lifestyle, conditioning for another sport), that is fine too! As much as we'd like your Club experience to lead to a stellar career as a WBW Track/CC runner...neither is mandatory, presumed, or expected. They will simply be encouraged!

Will we have uniforms?

Yes. Depending on our numbers, we may be able to use WBW track or cross country uniforms. If not, we will use our club-issued T-Shirts when we run at meets.

Is there transportation to and from Meets?

No. While our club practices at the high school and is run by many of the same coaches, it is not sponsored or funded by the West Bend School District. You will be expected to find transportation to and from each meet on your own, but car pools can certainly be organized to assist.

I have a younger sibling interested. Can he/she join?

The workouts and lessons are designed to be appropriate for current 5th – 8th graders. Consideration for allowing a 4th grader into the club will be given on a case-by-case basis, and only if there is strong evidence of a high level of physical ability and maturity. Please call us to discuss.

I have a friend who will be attending WB East or another school in the future. Can he/she join the Club?

The Spartan Running Club is interested in building interest in Track & Cross Country for any youngsters in our area. We are happy to take memberships from future Spartans and non-Spartans alike.

Should I join the club?

Yes, we think you should!