

Amana Middle School Track & Field



2022 Season

Agenda (we'll keep it brief, but we love Track, so...)

- Meet the Coaches
- Our Coaching Philosophy
- Safety (including Covid)
- Track & Field - The Unique Events
- Track & Field - Meet Structure & Scoring
- Schedule of Meets
- Practices
- Events & Parent Support
- Gear

Meet the Coaches



Amr Omar
Distance, Throws

Amr competed in XC & Track while in high school and has been an avid distance runner for the past 15 years. He is a USATF Level 1 Certified Coach, Atlanta Track Club Member and regularly runs with Big Peach Running & AMRC clubs. Amr has run 2 full marathons, over a dozen half marathons and current PR's are 3:42 (Marathon), 1:36 (Half Marathon), 20:06 (5K) and is looking to qualify for the Boston Marathon by 2023. Amr lives in Chamblee with his wife Sameera (Mrs. Omar @ Amana).



Noni Rice
Sprints, Relays

Noni is originally from Kahnawake, Quebec but spent her high school years competing in track and field here in Georgia. Noni was also ranked 6th in state for long jump for the GHSA. In college, Noni competed in the 4x400m, 4x100m, 200m, and long jump for NCAA Division II and III Universities in the US and CCAA Universities in Canada. In addition to her collegiate experience, Noni was an assistant coach for her children's AAU and USATF Track Teams for 3 consecutive years. Noni lives in Roswell with her husband Rob and their 5 children. Three of her youngest children have attended Amana Academy for the past 3 years.



Richard Everett
Hurdles, Jumps

Richard competed in Track & Field in high school and specialized in hurdles. Richard currently serves as the School Resource Officer at Amana and is an incredible human being. When Coach Omar was out for a week last year for Cross Country, Coach Everett stepped in & 9/10 students preferred him over Coach Omar. Richard did not send in his bio, so I'm painting the picture. He lives in Georgia with his wife & children, who are students at Amana Academy.

Our Coaching Philosophy

1. **Create a radically positive & fun environment.** Students should enjoy coming to practice, develop a love for the sport & want to come back next year (or join Track & Field in High School).
2. **Develop a sense of confidence for each athlete.** Highlight small wins, improvements throughout the season and celebrate when students try hard and give it their all. Students should start to feel inspired and more confident because of their improvements and seeing the fruits of their labor.
3. **Create a culture of sportsmanship & healthy competition.** Regardless of win or lose, students should develop a competitive spirit and want to do their best in order to support the team. Throughout the season & especially at meets, the team supports & cheers each other on for everyone's respective events.

Safety

1. **Covid.** Masks on during team huddles & when not running.
2. **Warm-up & Stretching.** High injury risk if muscles aren't ready before explosive movements in Track & Field.
3. **Throws Safety.** Throwing the discus (2.2 lbs) & shot put (6 lbs girls, 8.8 lbs boys) is dangerous. Athletes in the throws need to show maturity & readiness before actual implements will be thrown. Awareness at all times of anyone in the area and throws only to be made with coach's signal.
4. **Team Awareness.** With 3 different events taking place at any given time, students need to constantly be aware of their surroundings and where other teammates & pedestrians are.

Track & Field - The Unique Events

Sprints

100m, 200m, 400m



Hurdles

100m Hurdles, 400m Hurdles



Throws

Shot Put, Discus



Sprint Relays

4 x 100m, 4 x 400m



Jumps

Triple Jump, Long Jump



Distance

800m, 1600m (1M), 3200 (2M)



Track & Field - Meet Structure & Scoring

Sample Schedule (Titan Challenge on 3/18):

- 4:15 Discuss Boys / Shot Put Girls
- 4:15 High Jump Girls
- 4:15 Pole Vault
- 4:15 Long Jump
- 5:15 3200M (2 mile)
- 5:15 High Jump Boys
- 5:15 Discuss Girls / Shot Put Boys
- 5:15 Triple Jump
- 6:15 4 x 100m Relay
- 6:30 1600M (1 mile)
- 6:45 400m
- 6:55 100m
- 7:05 100m Hurdles
- 7:20 800m
- 7:30 200m
- 7:40 Break
- 7:45 4 x 400m Relay
- 8:00 Awards

Key Rules:

- Each athlete can compete in a maximum of 4 events
- Each team can have a maximum of 2 - 4 athletes per event

Scoring: Points are scored based on ranking in each event:

- 1st Place: 10 Points
- 2nd Place: 8 Points
- 3rd Place: 6 Points
- 4th Place: 5 Points
- 5th Place: 4 Points
- 6th Place: 3 Points
- 7th Place: 2 Points
- 8th Place: 1 Point

The team with the most combined points wins the event.

Awards: Trophies for the top 2 or 3 teams; Medals for the top 2 or 3 individuals in each specific event

Schedule of Meets

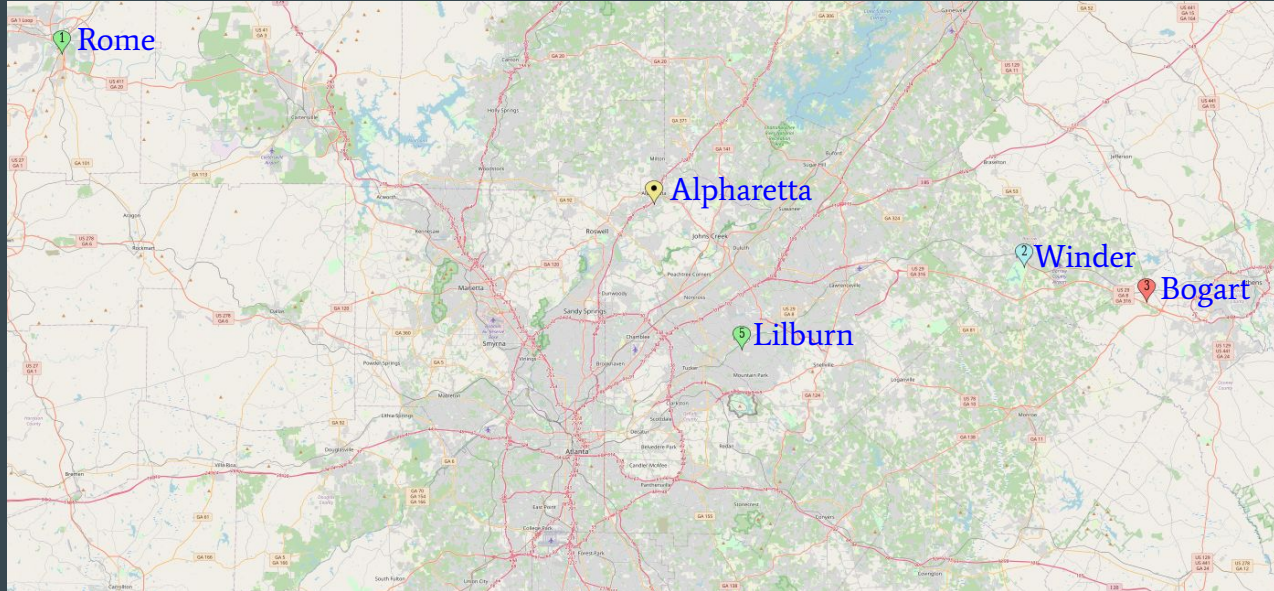
Thursday, 02/17 - Intersquad Meet - Rome, GA

Friday, 03/04 - Little Caesars Pizza Apalachee Middle School Invitational - Winder, GA

Friday, 03/18 - Titan Challenge Middle School Invitational - Bogart, GA

Wednesday, 03/30 - Middle School Invitational - Winder, GA

Friday, 04/15 - Georgia Middle School State Championships - Lilburn, GA



Schedule subject to change as new meets are listed and opened

Practices

- Mondays through Thursdays @ 3:45pm @ Wills Park (right behind Amana)
- Students should be outside & dressed by 3:45pm and we'll head to Wills Park as a team.
- Pickup will be @ 5:00pm at the front of Amana
- We'll have 3 different event practices taking place each day with a few guidelines that students will need to follow:
 1. Students pick 1 event and stick to it each day
 2. Students have to join at least 3 practices in 3 different events by the first meet
 3. During the week of the 1st meet, coaches will help with guidance on events & specialties

	Monday	Tuesday	Wednesday	Thursday	Coach
Option 1	Sprint	Sprint	Relays	Sprint	Rice
Option 2	Hurdles	Jumps	Hurdles	Jumps	Everett
Option 3	Distance	Throws	Distance	Throws	Omar

Events & Parent Support

- When covid cases are back under control, we'd like to have a team get together and would need parents support to organize.
- Additionally, in the event that we can't secure a bus for team travel to our meets, we may also look for parents support with carpooling students.

Gear

Students Keep!



Students Return @ End of Season



- Students keep warm-ups! Meet Uniforms must be returned (in good condition) by the end of the season.
- For uniforms, only cold wash so that they don't shrink & when drying, don't add fabric softeners.

Questions?