





## Lakers Middle School Track Pre-Season Meeting:

We are SO excited for the weather to warm up and to be able to get outside to RUN, JUMP and do all the things we do in our track season!

Here are a few “need to know” things before our season starts up:

1. Make sure your **SPORTS PHYSICAL** is up to date. If you have not participated in a school sport yet, schedule a “SPORTS PHYSICAL” with your family physician ASAP. **Students may NOT participate (or register) until the physical form is completed & turned in to the office.** If you need help with this, our school secretary can assist you:  
Stefanie Eidenschink 218-847-9228  
Bring a copy of physical or email to Stefanie at [steidenschink@detlakes.k12.mn.us](mailto:steidenschink@detlakes.k12.mn.us)
2. Get registered! Our activities registration is on our website:  
 <https://www.dllakers.com/>
3. **Parents**, please sign up for the app REMIND:  
 Please join our group on REMIND for the most up-to-date information from coaches! This is where we will post weather-related info, updates, directions and bus arrival times. <https://www.remind.com/join/dlmstrac>  
Or you can Text this message: **@dlmstrac** to 81010
4. **Communication:** Schedule changes/meet dates and daily practice info will be posted:
  - On the bulletin board near the lunch line in the commons of the Middle School
  - On the daily announcements (shared with students during Prime Time)
  - On Remind (see #3 above) for parents
5. **Track Clothing Order:** This is OPTIONAL. Orders are due to coaches ASAP.
6. **Start date:** (weather pending) is **April 7th at 3:45pm-5:15pm at the Middle School.**  
(We will be practicing at the HS track throughout the season once we get going).
  - When we practice at the HS, students need to take the “Activities Bus” (#98 is the very first bus in the bus line). The bus leaves promptly at **3:35** for the HS.
  - Practices will be M-Th most weeks. Any changes will be communicated.
7. **Practice Expectations for Students:** We really want our student athletes to have a fun season! We hope they learn a lot about track as well as develop life-long “people skills” by being part of a team. We typically have great numbers of athletes participating in track, which means we have many students to keep track of! In order to keep things running smoothly...students, please:
  - Be ready! Warm-ups start at 3:45pm when at DLMS. (The sooner we get warmed-up, the sooner we can get to the fun stuff!)
  - Communicate! Tell a coach ahead of time if you’ll miss practice.
  - Participate! We’ll do lots of fun work-outs to get ready for the season...and how ready YOU’LL be will depend on what you put into things.
  - Encourage each other! Track is both a team and individual sport. Each athlete will have their own events to focus on, and we hope every athlete takes the chance to try new events. We will do better as a team when we ALL cheer each other on!

- Dress for the weather! Running shoes are needed every day. Jackets or leggings or maybe hats & mittens might be needed sometimes too. We'll be outside as soon as possible!

8. **First meet:** tentatively scheduled for **Thursday, April 23**. Stay tuned! We can't wait to get started!

9. **Meet Schedule:** We will make sure students have the most up-to-date information as we move through the season. Parents can always check our schedule on-line at:

- Middle School Activities Calendar on the DLMS website (choose MS Track)

### 2025 Laker Track Coaches

Head Varsity Boys Coach: Mr. Zunich                      Head Varsity Girls Coach: Mrs. Doll

Middle School Activities Director: Mr. Hegg

Middle School Coaches: Mrs. Stuewe, Mr. Francis, Mr. Ylinimi & Mrs. Stattelmann

### Getting Ready for the Season:

Since we have some time to get ready, start thinking about getting your body in shape for track.

Here are some ideas to get you started:)

<b>Mondays:</b> Start jogging	<b>Tuesdays:</b> Legs & Abs	<b>Wednesdays:</b> Jog again	<b>Thursdays:</b> Legs & Abs	<b>Fridays:</b> Do something <b>active &amp; fun</b> with friends!
<p>Try jogging for 3 minutes, walk for 1 minute. Repeat as many times as you can!</p> <p>Or</p> <p>Jog one length of a block, then walk the next. Jog the third side of the block then walk back to start. Repeat as many times as you can. (Try to increase how long you jog or try adding some speed the next time you do this).</p> <p>Or</p> <p>Jog in place for a minute. Then try to jog with "high knees" for a minute. Repeat as many times as you can.</p>	<p>Legs</p> <ul style="list-style-type: none"> <li>• Squats</li> <li>• Squat Jumps</li> <li>• Lunges</li> </ul> <p>Abs</p> <ul style="list-style-type: none"> <li>• Plank Hold</li> <li>• Bridges</li> </ul>	<p>Try jogging a little more each round. Make a game of it...(we call that a "Fartlek" or fun with running).</p> <p>Jog to the first light post, then walk to the next. Jog past the next 2 light posts, then walk. Jog past 3 light posts, then walk. Repeat as many times as you can!</p> <p>Or</p> <p>Jog around your yard. Walk around your yard. Then Jog 2x around before you walk. Then 3x...</p>	<p>Legs</p> <ul style="list-style-type: none"> <li>• Calf Raises</li> <li>• Lateral (side) Lunges</li> <li>• R.D.L.'s</li> </ul> <p>Abs</p> <ul style="list-style-type: none"> <li>• Push-ups</li> <li>• Crunches</li> </ul>	<p>Here are some ideas:</p> <ul style="list-style-type: none"> <li>• If there is still snow, go sledding! (<b>RUN</b> up the hill 🛷)</li> <li>• Play TAG with your neighbors or siblings</li> <li>• Play catch</li> <li>• Jump rope</li> <li>• Skip around your yard</li> <li>• How many leaps to cross your driveway?</li> <li>• Hop on one foot for as long as you can, then switch feet &amp; repeat</li> <li>• Meet with a friend to do some backyard races</li> <li>• Meet at the DLCCC and jog around the gym</li> </ul>

For all exercises, start easy and once you are able to perform with good form with no fatigue for full sets/reps, progress to next level

## Squat Jumps: 5 reps x 3 sets

### Easy: Squat Jump

1. Start in standing, feet shoulder width apart
2. Lower down into a squat
3. Push through heels and jump straight up into the air
4. Upon landing, drop directly back into a squat, preparing to jump again



<https://www.youtube.com/watch?v=CVaEhXotL7M>

### Hard: Split Squat Jumps

1. Start in standing
2. Drop down into a lunge position, with front foot flat on ground, knee over toe, and back leg knee bent with heel propped up, lightly touching the knee to the ground and keeping trunk upright
3. Push into the ground with both feet and jump into the air
4. While in the air, switch stance, bringing the front leg to the back and bringing back leg to the front
5. Drop down into same lunge position with new leg in front



<https://www.youtube.com/watch?v=iJMsF7zrOM>

## Squats: 15 reps x 2-3 sets

### Easy: Elevated Squat

1. Place feet shoulder width apart, standing in front of elevated surface such as a bed
2. Bend at hips and knees, as if you were going to sit in a chair, and tap bottom to the surface, immediately return to standing



<https://www.youtube.com/watch?v=TiIQZhxHM>

### Medium: Body Weight Squat

1. Place feet shoulder width apart
2. Bend at hips and knees, as if you were going to sit in a chair, lower to a comfortable depth without heels coming off ground, stand back up



<https://www.youtube.com/watch?v=ckvHymGK3s0>

### Hard: Body Weight Squat with Hold

1. Place feet shoulder width apart
2. Bend at hips and knees, as if you were going to sit in a chair, lower to a comfortable depth
3. Hold for 3-5 sec then stand back up



<https://www.youtube.com/watch?v=bah1Cl10ac0>

For all exercises, start easy and once you are able to perform with good form with no fatigue for full sets/reps, progress to next level

## Lunges: 8 reps each leg x 2-3 sets

### Easy: Split Squat/Static Lunges

1. Start in a split stance position, with most of your weight on the front leg and the heel of the rear leg elevated
2. Bend your front knee to lower your body to a comfortable depth, stand back up



<https://www.youtube.com/watch?v=hXpGSa5HYqY>

### Medium: Forward Lunge

1. Start in standing position, feet together
2. Step forward with one foot and bend at knees to lower body to comfortable depth
3. Drive up with the front leg and return to standing



<https://www.youtube.com/watch?v=4JEsjeTA9M8>

### Hard: Walking Lunges

1. Start in standing position, feet together
2. Step forward with one foot and bend at knees to lower body to comfortable depth
3. Drive up with front leg and step forward with opposite leg to go straight into another lunge



<https://www.youtube.com/watch?v=LROsqkvpj10>

## Calf Raises: 15 reps x 2-3 sets

### Easy: Double Leg Calf Raise

1. Stand on a step with heels hanging off the edge, feet shoulder width apart, and toes pointing forward
2. Raise up onto toes, keeping weight equal between all toes, lower back down so heel ends slightly below level of step



<https://www.youtube.com/watch?v=TGDjboQ4L2k>

### Medium: Calf Raise 1 up, 2 down

1. Stand with feet shoulder width apart, toes pointing forward
2. Raise up onto both toes, keeping weight equal between all toes
3. At the top, shift all weight onto one foot and lower back down



[https://www.youtube.com/watch?v=NzITBQ\\_BoKI](https://www.youtube.com/watch?v=NzITBQ_BoKI)

### Hard: Single Leg Calf Raise

1. Stand on 1 foot on step with heel hanging off edge, toes pointing forward (hold onto railing for balance as needed)
2. Raise up onto toes, keeping weight equal between all toes, lower back down so heel ends slightly below level of step



<https://www.youtube.com/watch?v=Ovzq9hIKOSK>

For all exercises, start easy and once you are able to perform with good form with no fatigue for full sets/reps, progress to next level

## Bridges: 15 reps x 2-3 sets

### Easy: Double Leg Bridge

1. Lie on back, knees and hips bent, and feet hip width apart
2. Engage your core, squeeze your butt, and lift your butt off the ground, creating a straight line from chest to hip to knee
3. Lower butt back down to the ground



<https://www.youtube.com/watch?v=dihMNQysRU0>

### Medium: Double Leg Bridge with March

1. Lie on back, knees and hips bent, and feet hip width apart
2. Engage your core, squeeze your butt, and lift your butt off the ground, creating a straight line from chest to hip to knee
3. Slowly march one leg up and down, keeping hips level; repeat on other side
4. Lower butt back down to the ground



<https://www.youtube.com/watch?v=-3dYf4vbqXk>

### Hard: Single Leg Bridge

1. Lay on back, knees and hips bent, and feet hip width apart
2. Lift up one leg, hold it up the entire time
3. Engage your core, squeeze your butt, and lift your butt off the ground without letting the opposite hip drop
4. Lower back down to the ground



<https://www.youtube.com/watch?v=b1zTCyGJXCQ>

## Romanian Deadlifts/RDLs: 8 reps x 2-3 sets

### Easy: Double Leg RDL

1. Stand with hips shoulder width apart, slight bend in knees, with dowel in hands
2. Lower dowel rod down thighs, keeping back neutral and hinging at hips/pushing your butt backwards
3. Once you feel a slight stretch in the hamstrings, stand back up



<https://www.youtube.com/watch?v=28jq1vWiDtQ>

### Medium: B Stance RDL

1. Stand with hips shoulder width apart, slight bend in knees
2. Place one foot slightly behind the other, with toe right at the heel of the other foot
3. Keeping back neutral, hinge at hips/push butt backwards and reach towards floor
4. Once you feel a slight stretch in the hamstrings, stand back up



<https://www.youtube.com/watch?v=14CoYv0peBA>

### Hard: Single Leg RDL

1. Stand on one leg, slight bend in knee, other leg straight
2. Keeping back neutral, hinge at hip, kick other leg back in line with neutral back, and reach towards the floor
3. Once you feel a slight stretch in the hamstrings, stand back up



<https://www.youtube.com/watch?v=FujJkRLG1Fg>

For all exercises, start easy and once you are able to perform with good form with no fatigue for full sets/reps, progress to next level

## Lateral Lunge: 8 reps each leg x 2-3 sets

### Easy: Static Lunge

1. Stand with feet in wide stance position, equal weight between legs
2. Lunging towards one side, sit back into one leg, pushing butt back on the one side and shifting weight over that leg, keeping other leg straight and leaning torso forward with neutral spine
3. Push back up to starting position



<https://www.youtube.com/watch?v=e-f7Jj6wzZg>

### Medium: Lateral Lunge Step

1. Stand with feet together
2. Take a large step to one side and sit back into that leg, pushing butt back and shifting weight over that leg, keeping other leg straight and leaning torso forward with neutral spine
3. Push through the heel of the lunging leg to stand back up with feet together



<https://www.youtube.com/watch?v=tUg1DXhHm8>

### Hard: Walking Lateral Lunge

1. Stand with feet together
2. Take a large step to one side and sit back into that leg, pushing butt back and shifting weight over that leg, keeping other leg straight and leaning torso forward with neutral spine
3. Press lead foot into the floor and stand up, bringing the other foot beside the lead



<https://www.youtube.com/watch?v=6ux5g9pGDiw>

## Planks: 30 seconds x 2-3 sets

### Easy: Incline Plank

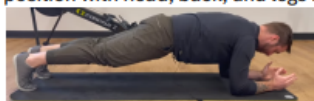
1. Place either hands or elbows about shoulder distance apart on elevated surface, such as a bed or chair
2. Straighten out legs with feet about hip width apart and hold body in neutral position with head, back, and legs in line



<https://www.youtube.com/watch?v=mf6x119YTOM>

### Medium: Plank From Ground

1. Place either hands or elbows about shoulder distance apart on cushioned ground surface
2. Straighten out legs with feet about hip width apart and hold body in neutral position with head, back, and legs in line



<https://www.youtube.com/watch?v=qmw7-IFVZPo>

### Hard: Plank Alternating Shoulder Tap

1. Place hands about shoulder distance apart on cushioned ground surface
2. Straighten out legs with feet about hip width apart and hold body in neutral position with head, back, and legs in line
3. Lifting one arm off the ground at a time, tap the opposite shoulder while maintaining level hips and neutral spine



<https://www.youtube.com/watch?v=8rgurWd-PB8>