

**Training, Competition Schedules & Logistics Plan**

*09/25 – 07/26*

Each season, we will provide a detailed training and competition calendar to all athletes, parents, and assistant coaches– often posted on our website via TRACKIE, shared via Google Drive, or attached to our VOLT app.

This includes:
a) Weekly breakdown of training sessions on a shared Google Document (location, focus, times)
b) Competition dates, key travel details, and timelines
c) Periodized structure outlining general prep, specific prep, competition phases
d) Notes on recovery weeks and transition periods

This schedule is emailed out pre-season, updated as needed, and shared verbally at practices to ensure clarity across the group – this is accessible at any time. If you are experiencing any technical difficulties, please let me know immediately.

For all away competitions, we take responsibility for a detailed logistics plan shared with athletes, parents, and coaches.

The plan covers:
a) Transportation (departure/arrival times, travel method)
b) Accommodation details (hotel information, room assignments)
c) Nutrition (planned meals, athlete fueling recommendations)
d) Chaperone assignments and athlete supervision protocol
e) Emergency contacts and contingency planning when necessary

This document will be sent via email at least three times; 1 month, 2 weeks & one week before departure, with final reminders given at practice and via email for last-minute updates.

Regards,

Lakehead Track & Field Coaching Staff