

Lions Track

Tips for a Better Practice

1. GET MENTALLY PREPARED

Practice is not easy! If you don't push yourself you won't improve. Improve yourself everyday!

2. PUSH YOURSELF

Try to stay with someone who is faster/stronger/better than you. You will find yourself getting better! Before you know it, that person will be trying to stay with you!

3. SET REALISTIC GOALS

Everyone wants to run a 4:20 (1600M) or a 9.9 (100M)! Set a goal that is within reach if you work hard. Remember, a goal may be a long term or short term. Don't be discouraged if a long term goal doesn't come EASY... it should NOT! Some goals take time & patience and lots of hard work!

4. DRESS FOR SUCCESS

If it's cold outside, dress in layers. If it is hot wear less. Always drink plenty of fluids. Wear the proper footwear! When you are in uniform get the job done!

5. PREPARE FOR THE EVENT

Warm-up, stretch, get into the race/event. Concentrate! Are you FOCUSED? Are you thinking about the event or are you thinking about losing, your homework, going home, etc.?