



2018 Pre-Season Checklist

Do This Before the First Day of Practice: 2/26

1. **Preseason Conditioning**- Starts Tuesday January 9th, the first Tuesday after you get back from Winter Break. This is mandatory for those who want to be on the team. Will be held Monday, Tuesday, and Thursday after school from 3:20-4:30. Will go on until the official start of practice on February 26th. We will lift weights, and do some general conditioning and teambuilding that will prepare you for the upcoming season.
2. **Get a Physical**- If you have already played a sport at OW, you have this done.
3. **Get Your Concussion Form Signed**- Same as the physical, if you have played a sport at OW, you probably have this done already.
4. **First Day of Practice**- Starts on Monday 2/26. Unless you have communicated something with Coach Bell, you will be expected to be there every day until the season is over in May. Make sure you have athletic attire, including a sweat top and sweat bottom or you will start practice by lunging. Check your shoes
5. **Winter Sport Kids**- Talk to me individually. I typically give Winter Sport kids a week break or so to start the season. This will need to be discussed with me.
6. **Club Sport/Work Conflicts/etc.**- We try our best to work with your schedule. If you are missing multiple practices a week or can't compete in 3+ meets, find something else. Other than that, I will work with you if I know your conflicts AHEAD OF TIME. Take our schedule and start finding out any conflicts you may have. Let work managers know that you can't work before 5:30 at the earliest, preferably 6:00. Once again, if you have questions about this, talk to me individually.
7. **Follow Me for Updates:** Twitter- OWTracknField IG- OWestTF

Email- ddb@olatheschools.org, Phone (913)620-4949

8. **Get your friends out!** Our team gets stronger the more athletes we have out. Let me know if someone is wavering.

Championship Teams are never built exclusively with extraordinary players. They are built primarily with ordinary players doing extraordinary things together.