

Statement on the Impact to Track & Field Program due to School District Closure

As you are now aware, the Sweetwater Union School District closed schools effective March 16, 2020. District schools were already set to close for spring break (March 23rd – April 3rd); however, due to the coronavirus, the district moved to close schools to the earlier date. As such, spring coaches including all coaches conducting off season conditioning and practices were informed coach led practices are suspended for three (3) weeks. Consequently, all sports activities to include practices, meets, social functions and fundraising is suspended.

Albeit the action taken not only by our school district, but across the state and a growing number of states is necessary to curb exposure to this significant health issue, it will certainly have a profound impact on our program. Many of our students have often heard me say, 'It is hard to get in shape and easy to get out of shape.' Certainly, an absence of team practices will have an effect on our program in many areas (e.g. individual performances, participation at invitational meets, possible changes to the dual meet schedule, team goals and fundraising) upon return to school. Once team practices resume the program will reassess and make necessary adjustments.

While the coaches are prohibited from holding practices, we will offer a maintenance conditioning program that will enable our athletes to maintain their current level of fitness and lessen the need for remedial training once the program resumes. During this period of absence, I highly encourage athletes to continue doing some type of physical activity when and where possible. For some groups like our distance event group, this will be a much easier task as compared to our vertical jump (high jump and pole vault) event group. Look for workouts or conditioning plans to be posted on the website in the next 24 hours after consultation with our event coaches.

Finally, these are unprecedented times. Never in our lifetime have we been faced with such a health threatening event. While our normal sports related activities have been disrupted, we will get through this pause in action. Upon return to school, it remains unknown what our season will look like, but regardless, the coaching staff remains committed to each and every athlete to assist in meeting individual goals. Quite frankly in some cases goals may need to be re-evaluated. We will do our best to provide a program that allows each athlete to receive individual success. Please be on the lookout for workouts. Best regards. Stay healthy. Stay safe.

Michael Adkins
Olympian High School
Head Track & Field Coach
Girls & Boys Programs