WOODSTOCK ACADEMY

INDOOR TRACK & FIELD

2026–27 FAMILY INFORMATION

Team expectations, preparation, and meet participation

MON–FRI	SATURDAY	TRYOUTS
2:45–5:30 PM	10:00 AM–12:00 PM	ONE WEEK

WELCOME

Welcome to the 2026–27 indoor track season. Our goal is a healthy, productive season with meaningful competition and opportunities for every athlete to improve.

PRACTICE & PICKUP

Practices are held Monday–Friday, 2:45–5:30 PM, and Saturday, 10:00 AM–noon. Some event groups may finish earlier. We encourage athletes to help teammates or explore new events until pickup, which should be no later than 5:30 PM on weekdays. Individual schedules may take a couple of weeks to settle.

SHOES, CLOTHING & WEATHER

All athletes need good running shoes. A specialty running store, such as Marathon Sports, can assess fit and running gait. Event-specific spikes or shoes may be helpful later; coaches can advise, but they are not required. We regularly train outdoors: bring layers, a jacket or hoodie, sweatpants, a hat, and gloves.

HEALTH & SAFETY

Discuss asthma, allergies, or other health concerns with coaches. Bring prescribed rescue inhalers and tell a coach where to find them. Report pain or unusual soreness right away; check in before routine trainer visits. See page 3 for the full training safety and injury reporting process.

HOW MEET QUALIFICATION WORKS

ECC developmental meets provide opportunities to qualify for later invitationals and championships. Entry limits and qualifying standards are set by meet hosts, the ECC, or CIAC. Missing developmental meets can limit opportunities later in the season, even when the absence is excused.

TRYOUTS & CUTS

There will be a one-week tryout period. Decisions are based on effort, attendance, and a fitness check at the end of that week. Athletes will practice the plyometrics routine and build toward the workout below. **The workout is not timed**; the focus is effort and completing the task.

FITNESS CHECK • 4 ROUNDS

10 push-ups → 100 m jog → 20 crunches → 100 m jog → 10 squats → 200 m run

Plus: learn and perform the plyometrics routine

ATTENDANCE EXPECTATIONS

During tryouts: Athletes must attend every practice unless they have an excused absence. **After tryouts:** Missing a practice means sitting out meets that week; missing a meet means sitting out the next meet, unless the absence is excused. Communicate directly with coaches about absences. The attendance penalty is suspended during school vacation, but missed qualifying opportunities still matter.

MEET REQUESTS & REGISTRATION

Athletes will receive a link to request events. Coaches try to honor requests, but event limits, qualifying marks, and host rules may restrict entries. **Athletes must submit the request form to be registered.** There is no late registration or day-of entry.

NUTRITION & HYDRATION ESSENTIALS

Eat regular meals and snacks; bring water to practice. Fuel before workouts and recover with carbs and protein. Avoid underfueling. See page 2 for journal-backed guidance.

UP NEXT: Nutrition (2) | Training safety (3) | Meet our coaches (4) | Meet calendars (5–6)

WOODSTOCK ACADEMY

NUTRITION & HYDRATION

2026–27 INDOOR TRACK & FIELD | FUEL FOR PERFORMANCE AND GROWTH

Practical guidance for every event group, from sprinters and throwers to distance runners.

Fuel growth as well as training. Eat enough throughout the day; include regular meals and snacks. These are flexible guidelines, not calorie-counting or weight targets. Needs vary with growth, event and workload.

DAILY FUEL & MACRONUTRIENTS

- **Carbohydrates (about 50–60% of energy):** Main fuel for running and hard efforts. Choose whole grains, fruit, starchy vegetables, rice and oatmeal. The general youth range is 45–65%; training needs vary. [1, 2]
- **Lean protein (about 1.2–1.6 g/kg/day):** Supports muscle repair and growth. Include eggs, dairy, chicken, fish, beans, lentils or tofu. Around 1.5 g/kg is a useful starting point; some athletes may need more. [2, 3]
- **Healthy fats (25–35% of energy):** Support energy needs, hormones and vitamin absorption. Choose olive oil, avocados, nuts, seeds and omega-3-rich fish. [1, 2]
- **Key micronutrients:** Iron helps carry oxygen; calcium and vitamin D support bone health. Electrolytes replace sweat losses but do not reliably prevent cramps. [1, 2, 6]

FUELING TIMELINE & TIMING

- **Before easy runs:** If hungry or it has been a while since eating, try a light carb-rich snack 30–60 minutes beforehand: banana, toast or crackers. [1, 2]
- **Before hard workouts or races:** Eat a familiar carbohydrate-focused meal about 2–3 hours before; keep fat and fiber modest if they upset your stomach. [1, 2]
- **After running:** Within about 30–60 minutes, refuel with carbs and protein. A snack or meal with about 0.25–0.3 g/kg protein is a practical target (often 15–25 g). Try chocolate milk, a turkey sandwich or Greek yogurt and fruit. [2, 3]
- **Avoid running on empty:** Do not intentionally skip meals or use fasted workouts as a weight-loss strategy. Growing athletes need regular fuel for health and training. [2, 5]

HYDRATION

- **Drink throughout the day:** Bring a water bottle, drink with meals and use practice water breaks. Respond to thirst; do not force excessive fluids. [1, 4]
- **During long efforts:** Water is usually enough for short sessions. For sustained, vigorous exercise over about an hour, a sports drink may help provide carbs and electrolytes. [1, 4]
- **Warning signs:** Headache, dizziness or trouble concentrating can signal dehydration or another problem. Stop, tell a coach or athletic trainer, and get assessed if symptoms persist. [4]

HEALTH & SAFETY

- **Watch for underfueling (REDs):** Low energy availability in REDs disrupts hormones and reduces bone formation and repair, allowing repetitive loading to outpace bone recovery and increasing the risk of bone stress injuries and stress fractures. Fatigue or missed periods warrant medical attention. [5]
- **Real food first:** Use balanced meals and snacks rather than performance supplements or energy drinks. Discuss any iron, vitamin D or other supplements with a clinician or sports dietitian. [2, 5]

Pack for practice: water bottle, a pre-practice snack, and a recovery snack for the ride home. For early meet departures, bring breakfast and extra food for the day.

More practical reading: Sports Academy Track & Field Nutrition Guide and Sparks Distance Runner Nutrition Overview (not journal articles).

PEER-REVIEWED JOURNAL SOURCES

[1] Purcell (2013). Sport nutrition for young athletes. Paediatrics & Child Health.
https://pmc.ncbi.nlm.nih.gov/articles/PMC3805623/

[2] Optimizing Performance Nutrition for Adolescent Athletes (2025). Nutrients.
https://pmc.ncbi.nlm.nih.gov/articles/PMC12430154/

[3] Alcock et al. (2024). Youth and Adolescent Athlete Musculoskeletal Health. J. Funct. Morphol. Kinesiol.
https://pmc.ncbi.nlm.nih.gov/articles/PMC11587028/

[4] McDermott et al. (2017). Fluid Replacement for the Physically Active. Journal of Athletic Training.
https://pmc.ncbi.nlm.nih.gov/articles/PMC5634236/

[5] Mountjoy et al. (2023). IOC consensus on REDs. British Journal of Sports Medicine.
https://bjsm.bmj.com/content/57/17/1073

[6] Miller et al. (2022). Exercise-Associated Muscle Cramps. Journal of Athletic Training.
https://pmc.ncbi.nlm.nih.gov/articles/PMC8775277/

WOODSTOCK ACADEMY

TRAINING SAFETY & INJURY REPORTING

2026–27 INDOOR TRACK & FIELD | ATHLETE WELL-BEING

Speak up early. Communicate clearly. Train for long-term progress.

OUR APPROACH

We want athletes to stay healthy, improve consistently, and feel comfortable speaking up. **Do not wait until discomfort becomes a bigger problem.** Early communication helps us make better training decisions.

REPORTING PAIN & SORENESS: THE TEAM PROCESS

1 Tell a coach right away

Report new pain, unusual soreness, swelling, or discomfort that changes how you move. Do not try to push through sharp, worsening, or localized pain. Stop the activity and let a coach know.

2 Check in before a routine trainer visit

If the next step is the athletic trainer, notify a coach first. Athletes must keep a coach informed of routine trainer visits during the school day, during practice, or after practice. A coach can coordinate with the trainer and adjust the day's workout.

3 Follow up with a coach

If a coach could not speak with the trainer, check back in afterward to share the training recommendations, activity restrictions, and next steps. Follow the trainer's guidance; do not resume restricted activity until cleared.

INDIVIDUALIZED TRAINING & DAILY FEEDBACK

Our goal is to adapt training to the individual athlete, not force every athlete through the same workload. Tell your coach how you are feeling each day: soreness, pain, fatigue, sleep, and recovery. Based on that feedback and any medical guidance, we may adjust workout intensity, volume, event work, or recovery. Normal muscle soreness is common, but worsening, persistent, or movement-altering pain deserves attention.

FOOTWEAR: FIT, SUPPORT & MAINTENANCE

Fit: Visit a specialty running store (such as Marathon Sports) for a proper fitting. A trained fitter can assess foot shape and gait, using a foot scan when available, to help identify comfortable shoes. Consider inserts if recommended after a fitting; consult the athletic trainer or a healthcare professional for ongoing pain or medical orthotic needs.

Maintain: Check shoes regularly for worn tread, compressed cushioning, uneven wear, or damaged uppers. Replace worn-out shoes as needed. Bring appropriate training shoes to practice; event-specific spikes are optional and should be used as directed by coaches.

MULTI-SPORT PARTICIPATION — NON-NEGOTIABLE POLICY

We discourage athletes from participating in multiple sports during the same season because of the increased training load and reduced opportunity for recovery. However, we are willing to work with athletes who manage these commitments effectively and communicate openly with their coaches.

If an athlete is being rested or treated for an injury by the athletic trainer, or if a coach has reduced or restricted their training, the athlete must stop all training and competition in their secondary sport(s) until all restrictions have been lifted. This is non-negotiable.

This policy protects athlete health, supports recovery, and helps prevent further injury.

MEET OUR COACHES

2026–27 INDOOR TRACK & FIELD | STAFF & CONTACT INFORMATION

JW Joshua Welch

Head Coach · XC, Indoor & Outdoor Track

18 years coaching in NEPSTA and CIAC programs; experience across most event groups. Physics teacher at Woodstock Academy.

NATIONAL CREDENTIALS

USATF Level 1 Certified · USATF Level 2 Certification — In Progress · NFHS Coaching Certified

STATE & ASSOCIATION

CIAC Certified Coach · MIAA Pole Vault Safety Certified

COACHING ACCOMPLISHMENTS

Coached ECC and NEPSTA record holders and four Nike All-American athletes at Woodstock Academy. His athletes have surpassed numerous school records, including some Welch set while competing for Coach Michael Lunt.

CONTACT

jwelch@woodstockacademy.org
(860) 617-7301

TEAM LORE (JUST FOR FUN)

Legend has it that Coach Welch teamed up with Emeril Lagasse, Gordon Ramsay, and sports nutrition expert Nancy Clark to create his famous bison chili recipe.

GL Gerald LaMontagne

Throws Coach · Boys Outdoor Head Coach

Longtime Woodstock Academy throws coach who has developed Connecticut state champions, All-New England athletes, and national meet qualifiers.

COACHING CREDENTIAL

CIAC Certified Coach

COACHING ACCOMPLISHMENTS

Multiple Connecticut state champions in throwing events; athletes earning All-New England honors and national qualification.

His athletes hold nearly every current Woodstock Academy throwing record, with the exceptions of the boys' hammer throw and boys' javelin. One of his athletes also holds the Connecticut state record in the girls' discus.

2025–26 SEASON HIGHLIGHT

Woodstock Academy girls won every throwing event at their state class championship meet.

CONTACT

glamontagne@woodstockacademy.org

TEAM LORE (JUST FOR FUN)

Legend has it that Indiana Jones was actually inspired by Coach L's hat.

ML Michael Lunt

Track & Field Coach

High school and college coaching experience. He coached Head Coach Joshua Welch when Welch was a Woodstock Academy athlete.

COACHING CREDENTIAL

CIAC Certified Coach

ATHLETE ACHIEVEMENTS

Coached state record holders and numerous All-State, All-New England, and All-American athletes.

A LASTING RECORD-BOARD LEGACY

Athletes he coached set nearly all Woodstock Academy track and field records during the 1990s and early 2000s. The program has gone on to break many of those, with a goal of setting new standards in the ones that remain.

TEAM LORE (JUST FOR FUN)

Legend has it that Coach Lunt's first workout plans were written in Sanskrit.

KB Kenneth Birlin

Volunteer Track & Field Coach

A former athlete coached by Joshua Welch, Coach Birlin returned to support the next generation of Centaurs.

COACHING CREDENTIAL

CIAC Certified Coach (recently completed)

WITH THE PROGRAM

The 2026–27 season is his second year volunteering with Woodstock Academy's track and field programs.

TEAM LORE (JUST FOR FUN)

Coach Birlin may hold the unofficial program record for vomiting after races.

TEAM COMMUNICATION

Questions about schedules, meet entries or team expectations can be sent to Coach Welch.

2026–27 INDOOR TRACK & FIELD

DECEMBER 2026 – JANUARY 2027

OPEN / DEVELOPMENTAL · QUALIFIERS ONLY · TEAM REQUIRED · DETAILS TBD

DECEMBER 2026

PRELIMINARY MEET CALENDAR

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	**19** Beantown · Boys Bus 6:30 AM	**20** Beantown · Girls Bus 6:30 AM
21	22	23	24	25	**26** ECC Dev 2 Bus 10 AM / Start 12 PM	27
28 Throwhawks	29	30	31			

MEET DETAILS

DEC 19: Beantown Winter Classic (Sat · Boys)
The TRACK at New Balance, Boston · All may enter
BUS DEPARTS 6:30 AM

DEC 20: Beantown Winter Classic (Sun · Girls)
The TRACK at New Balance, Boston · All may enter
BUS DEPARTS 6:30 AM

DEC 26: ECC Developmental 2
Coast Guard Academy · All may enter • No spectators
BUS DEPARTS 10:00 AM · MEET STARTS 12:00 PM

DEC 28: Throwhawks Holiday Classic #3
Bloomfield High School · Entry details to be confirmed

JANUARY 2027

PRELIMINARY MEET CALENDAR

MON	TUE	WED	THU	FRI	SAT	SUN
				1	**2** ECC Dev 3 Bus 2 PM / Start 4 PM	3
4	5	6	7	8	**9** Nor'Easter Bus 6:30 AM	**10** Nor'Easter Bus 6:30 AM
11	12	13	14	15	**16** Bethel bus 10 AM East Coast bus 7:30 AM	17
18	19	20	21	22	23	**24** Providence Career and Technical Time & bus TBD
25	26	27	28	29	30	31

MEET DETAILS

JAN 2: ECC Developmental 3
Coast Guard Academy · All may enter • No spectators
BUS DEPARTS 2:00 PM · MEET STARTS 4:00 PM

JAN 9–10: The Nor'Easter
The TRACK at New Balance, Boston · Qualifiers only
Boys & girls BOTH days · BUS DEPARTS 6:30 AM EACH DAY

JAN 16: Bethel Pentathlon / PV / Distance Invite
Bethel High School · Qualifiers only
BUS DEPARTS 10:00 AM

JAN 16: East Coast Invitational
Location to be confirmed · Qualifiers only
BUS DEPARTS 7:30 AM

JAN 24: Providence Career and Technical
BUS DEPARTURE TBD / MEET TIME TBD

2026–27 INDOOR TRACK & FIELD

FEBRUARY 2027 – MARCH 2027

OPEN / DEVELOPMENTAL · QUALIFIERS ONLY · TEAM REQUIRED · DETAILS TBD

FEBRUARY 2027

PRELIMINARY MEET CALENDAR

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	**6** ECC Champs Bus 1 / Start 4	7
8	9	10	11	12	**13** CIAC Class M Bus 11:30 AM	14
15	16	17	18	19	**20** State Open Bus 8 AM	21
22	23	24	25	26	**27** New Englands Carpool	28

MEET DETAILS

FEB 6: ECC Championship
Coast Guard Academy · ALL athletes required • Tickets TBA
BUS 1:00 PM · MEET 4:00 PM (TENTATIVE)

FEB 20: CIAC State Open
Floyd Little Athletic Center, New Haven · Qualifiers only • Tickets TBA
BUS DEPARTS 8:00 AM

FEB 13: CIAC Class M Championship · 3 PM
Floyd Little Athletic Center, New Haven · Qualifiers only • Tickets TBA
BUS DEPARTS 11:30 AM

FEB 27: New England Championship · 1 PM
Reggie Lewis Center, Boston · Qualifiers only
CARPOOL TRANSPORTATION

ECC spectator tickets are limited and may sell out quickly; the team will share the ticket link when released.

MARCH 2027

PRELIMINARY MEET CALENDAR

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	**11** New Balance Nat. Nike Indoor Nat.	**12** New Balance Nat. Nike Indoor Nat.	**13** New Balance Nat. Nike Indoor Nat.	**14** New Balance Nat. Nike Indoor Nat.
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MEET DETAILS

MAR 11–14: New Balance Nationals Indoor
The TRACK at New Balance, Boston · Qualifiers only

MAR 11–14: Nike Indoor Nationals
The Armory, New York City · Qualifiers only

Dates, entries, and qualifying standards are preliminary and subject to official confirmation.