

“More Powerful Than Sports.”

Providing a Continuum of Developing a Para Track and Field Program for the Developmental to Elite Athlete

Presenters:

Amie Day, Paralympian and GLASA Wheelchair Head Track Coach

Cindy Housner, Sr. Program Officer and Founder and GLASA Para Track and Field Coach



A Journey: Developmental to Elite

Can We Do It All...and Do It Well?



Yes – with resources, collaboration and a plan...but a flexible plan.

- Variety of Talent
- Desire
- Work Ethic
- Support



Evaluate Your Players/Team

- Age
- Transportation
- Work Ethic
- Goals
- Current Performance
- Motivation
- Talent
- Available Resources



Annual Goal Setting

- Include Coach
- Minimal Involvement of parents
- Season and long-term goals
 - 1 to 4 years
- Develop workouts and season plan based on goals



Sample Goal Setting Forms

GLASA Athlete Goal Setting: Track & Field

Name _____ Birthdate _____

Phone _____ Email _____

Why did you choose to participate in track & field this season?

- _____ for recreation
- _____ to improve physical fitness &/or lose weight
- _____ training to complete at Regional &/or National level
- _____ training to compete on high school or club team
- _____ training to become a Paralympian

In which events would you like to train during practice?

- | | |
|-------------------------|-----------------|
| _____ 60 meter sprints | _____ shot put |
| _____ 100 meter sprints | _____ discus |
| _____ 200 meter sprints | _____ javelin |
| _____ 400 meter run | _____ long jump |
| _____ 800 meter run | |
| _____ 1500 meter run | |

How would you like GLASA to help you reach your goals?

- _____ provide workouts at practice
- _____ provide suggestions for workouts between practices
- _____ provide nutritional information to improve performance
- _____ provide data to monitor my progress toward goals
- _____ other

What will you do to obtain these goals?

Developmental Athlete

- More simple
- Learn basic rules and sports techniques
- Emphasize skill development
- Socialization
- Practice less frequently – once a week
- Competition – scrimmages, local, keep fun
- Equipment - basic

Ethan's Workout

Hard

1. 10 minute warm-up
2. 15x 30 seconds sprint, 30 sec. jog
3. Rest 1 minute after every 3rd set
4. 5-8 minute cool-down

Medium

1. 10 minute warm-up
2. Try to hit max speed 3x
3. 10x 20 second sprint, 40 second jog
4. 5-8 minute cool-down

Easy

1. 10 minute warm-up
2. 20 minute solid pushing
3. 5 minute cool-down (mainly focus on your stroke and bringing your elbows high and hitting the rim 2-7)

Competitive Athlete

May need more resources than your program or coach is able to provide.



Programming

Incorporate School-Based Programming

- PE Program
- Weight Program
- Sport Specific – High School Inclusion
 - Track, Field



Youth Non School-Based Programming

- Cross-training with Youth Club such as USATF Club Team
- Health Club – Yoga, Pilates, Lifting, Swim
- Other Sport Programming
- Personal Trainer and Individual Coaches

Adult Athletes

College:

- Train with their school team, able-bodied or para
- Train on a collegiate para track/field team
- Find a USATF Club
- If no team sport, encourage your athletes to start a club sport at their University.



Adult Athletes

Non-College:

- Calendar
- Trainer/Individual Coach
- Health Club – Reduced Fees
- Additional Resources, i.e. virtual programs
- Introduction to facilities for on-going practices



Success = Support + Collaboration

Who in your community
can you partner with to
strengthen your
programming?



Para Track and Field Clubs Can Provide Training and Support Such As:



- Equipment
- Competitions
- Classification
- Goal Setting
- Travel
- Calendars
- Team Camaraderie
- Coaching
- Statistics
- Provide options for the developmental to the more competitive athlete
- Sponsorship
- Grant support

Team Statistics

GLASA Track and Field Athletes

First Name	Event	Classification	Performance	% from A	Emerging Standard	Age/Birthdate	Additional Info
Annalise	100m	T36	15.38	94.08%	16.64	8/28/2001	Grad Student
	200m	T36	32.67	92.32%	34.68		
Max	HJ	T46	1.88	94.00%	1.70	9/25/2007	HS Senior
	100m	T46	12.12	89.44%	12.47		
	400m	T46	54.61	89.27%	56.06		
	LJ	T46	6.14	86.24%	6.28		
Austin	100m	T35	13.07	93.11%	14.00	10/4/2005	Sophomore at SDSU
	200m	T35	27.03	90.12%	28.01		
Timothy (TJ)	200m	T44	26.22	91.93%	26.48	6/28/2006	Freshman at SDSU
	100m	T44	13.22	88.58%	13.47		
Sam	100m	T36	13.27	91.11%	13.90	4/4/2005	
	400m		1.01.71	87.88%	62.36		
	LJ		4.7m	82.02%	4.87		
Jordy	200m	T36	34.54	87.32%	34.68	11/1/1999	
	100m	T36	16.82	86.03%	16.64		
John	100m	T37	13.05	87.99%	13.19	1/30/2007	Freshman at Iowa State
	200m	T37	27.08	85.83%	26.74		
Ben	Shot	F37	12.62	83.98%	11.30	4/19/2002	Just passed CPA exams and working for ?
	discus	F37	38.72	73.99%	39.25		
Kaleb	Javelin	F38	38.32	75.51%	38.06	1/23/1995	Professor at University of Chicago
Kaidhyn	Shot	F37	11.99	79.56%	11.30	3/10/2005	Junior in college
	discus	F37	41.08	78.58%	39.25		
Lily	100m	T62	15.58	82.73%	14.82	1/4/2007	College Freshman
	LJ	T62	3.71	69.48%	4.54		
Elizabeth	T64	200m	33.2	82.00%	31.31	11/6/2004	College Sophomore
	T64	100m	16.09	80.11%	14.82		
Madison	T37	LJ	3.82	83.04%	3.91		High School Senior
	T37	400m	123.32	77.65%	1.14.41		
	T37	200m	35.66	76.25%	31.27		
Gianni	T54	100m	18.11	76.00%	15.97	3/2/2008	High School Senior
	T54	400m	58.01	79.00%	52.76		
	T54	800m	1.53.72	85.00%	1.45.79		

OTHER

- Code of Conduct: Coaches, Parents, Athletes (Youth & Adult)
- USATF Tier and Talent Protection Program Criteria – to include U. S. Paralympic Standards
- Mental Health
- Media and Sponsorship
- Train the Trainer
- Peer Mentoring
- Season Sports Meeting
- Athlete Stats
- Remote Athletes
- Weather
- Travel
- ATFUSA Track and Field Standards
- USATF Para All Town Meetings



Resources

- Challenged Athletes Foundation <https://www.youtube.com/challengedathletes>
- US Paralympics Track and Field <https://www.usparatf.org/coaches-education>
- Adaptive Track and Field USA <https://www.atfusa.org/>
- [Track & Field Videos](#)
- **Throws**
 - [Throwing Chair Diagram I](#)
 - [Throwing Chair Design](#)
 - [Beginner Shot Put](#)
 - [IPC Athletics Updated Seated Throws Rules](#)
- **Wheelchair Racing**
 - [Wheelchair Racing Technique](#)
 - [Tire Coating Racing Handrims](#)
 - [How-to Build Hard Gloves](#)
 - [Wheelchair Track Racing Equipment Overview](#)
 - [Preparing for Competition](#)
 - [Glove Making-Materials Needed](#)
 - [Trigger Glove](#)
 - [Flat Glove](#)



Resources (con't.)

- [Shoulder Strength: W Position](#)
- [Shoulder Strength: Y Position](#)
- [Shoulder Strength: T Position](#)
- [Shoulder Strength: L Position](#)
- **Visually Impaired**
 - [Guide Running](#)
 - [Guide Running example](#)
- **Track Events**
 - [How to Use a Split Time Chart](#)
 - [Split Time Chart](#)
 - [How to write a training plan](#)

Forms

- **Periodization Forms**
 - [Daily Training Planner](#)
 - [Weekly Training Planner](#)
 - [Mesocycle Training Planner](#)
 - [Microcycle Training Planner](#)
- **Training Forms**
 - [Athlete Attendance Form](#)
 - [Athlete Emergency Contact Information Sheet](#)
 - [Injury Report](#)
 - [Training Session Planning Sheet](#)



Resources (con't.)

- **Injury Forms**

- [Injury Report](#)

- **High School Inclusion**

A number of states now have inclusion rules which will allow athletes with a physical disability to participate and score points for their team at high school regional and state finals/championships. The states include Alabama, Arizona, California, Colorado, Florida, Georgia, Idaho, Illinois, Iowa, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Minnesota, Missouri, New Jersey, North Carolina, Ohio, Oregon, South Dakota, Texas, Washington and Wisconsin. Scoring events are offered for certain track events and field events.

- High School Inclusion Models

- [Model 1](#)

- [Model 2](#)

- [Model 3](#)



Community Partners

- Associations i.e. Illinois Spinal Cord Association
- Hospitals/VAs
- Schools and Universities
- PT/OT Clinics
- Gyms/Health Clubs
- Veteran Organizations
- United States of America Track and Field (USATF)
- World Para Athletics (WPA)
- Running Clubs

Sports Plan: Track and Field

Season: Year-round

Collaborators/Partners

USATF

Illinois State High School Athletic Association

Wisconsin State High School Athletic Association

Wisconsin Lutheran College

Jenny Spengler's Olympic Running Club

Wisconsin Track/Field Coaches Clinic

Coaches

Amie D. – Head Wheelchair Track Coach

Randy H. – Ambulatory Long Jump and Sprints

Brea P. – Field Coach

Kari C., Brock M. – Wheelchair Track Coaches

Tami Z., Jen B. – Beginner Ambulatory Track Support

Steve S. – Wheelchair Track Equipment/Marathon and Roadracing Strategy

Sports Plan: Track and Field (con't.)

Training – In Person and/or Virtual

Competition Season: *Two to three indoor meets during winter**

- ❖ Move United Sanctioned Competitions
- ❖ Fast Cow
- ❖ USATF Local and Regional Meets
- ❖ The Hartford Nationals
- ❖ USATF Para Track & Field National Championships
- ❖ World Para Athletics/Grand Prix
- ❖ Additional 5K, 10K and Half Marathons
- ❖ Chicago Marathon
- ❖ World Ability Sport

Conducting Practices

Diversify Your Coaches – Plan.
What does the season look like?

- Youth vs. Adult
- Developmental vs. Elite
- Remote vs. Local
- Field vs. Track: Sprinters, Jumps, Wheelchair, Throws
- Seated vs. Ambulatory
- Keep your “star” coach free to wander.
- Need someone to coordinate all necessary paperwork, logistics, travel, facilities, statistics, recruitment, goal setting, etc.
- Certifications?
- Level of Expertise?



Sample Practice Schedule

Team GLASA – Track & Field Time Slots

Saturday, June 4th @ Lake Forest Academy

8:00-9:00am			Seated Field – Tom	Seated Field - Nicole	
			Gabi	Aly	
9:00-10:00am	Ambulatory Track	Long Jump – Randy	Seated Field – Tom		Wheelchair Track–Cindy, Eileen, & Katie
	Mike - Dave	Mackenzie	Ethan		Gabi
	Ciera - Nicole	Giovanni			Maria
	Andrea - Tami				Danielle
	Aaron - Gail				
10:00-11:00am	Ambulatory Track–Dave, Gail, Tami & Katie	Long Jump – Randy	Seated Field – Tom	Seated Field - Eileen	Wheelchair Track–Cindy
	Josh – Katie	Mike	Stella	Maria	Ethan
	Giovanni	Ciera			Aaron
	Mackenzie				Steven
	David				Juan
	Michael				
	Sam				
Observe	Robin				
11:00am-12:00pm	Ambulatory Track–Gail & Tami	Ambulatory Field - Dave	Ambulatory Field– Tom & Randy	Ambulatory Field – Nicole	Wheelchair Track–Cindy, Eileen, & Katie
	Dana	Mike Assefa	Brian	David	Serena
	Veronica		Giovanni	Sam	Stella
	Dani		Amanda	Michael	Daniela
			Mackenzie		Ahalya
			Jacob		

Sample Season Calendar

2026 Team GLASA Para Track Field

Schedule (Subject to Change) ****Times are all Central Time Zone****

Date	Event	Location	Time	Who Should Attend	Registration Link	Notes
Thursday 2/5/2026	Wisconsin Track and Field Coaches Conference	Madison, WI		HS Coaches confirmed		Randy, Cindy and Amie to present
Sunday 2/8/2026	Carthage Meet	Carthage College		Seated throwers and ambulatory sprinters, jumpers and throwers		This is an invitation only event.
Sunday 2/15/2026	Ambulatory Conditioning Drills	Lake Forest High School	2:00-4:00 pm	Beginner and Advanced Ambulatory Track athletes		
Saturday 2/21/2026	Michigan Para Track and Field Clinic	UP of Michigan				Amie Day to present
Sunday 2/22/2026	Ambulatory Conditioning Drills	Lake Forest High School	2:00-4:00 pm	Beginner and Advanced Ambulatory Track athletes		
Sunday 3/1/2026	Ambulatory Conditioning Drills	Lake Forest High School	2:00-4:00 pm	Beginner and Advanced Ambulatory Track athletes		
Saturday 3/7/2026	Roller Workout and Fitting	GLASA Garage	11-Noon (Roller), Noon-2:00 seating, 2:00-4:00 pm			
Sunday 3/8/2026	Ambulatory Conditioning Drills	Lake Forest High School	2:00-4:00 pm	Beginner and Advanced Ambulatory Track athletes		
Sunday 3/15/2026	Ambulatory Conditioning Drills	Lake Forest High School	2:00-4:00 pm	Beginner and Advanced Ambulatory Track athletes		Cindy and Randy out
Sunday 3/22/2026	Ambulatory Conditioning Drills	Lake Forest High School	2:00-4:00 pm	Beginner and Advanced Ambulatory Track athletes		
Sunday 3/29/2026	Ambulatory Conditioning Drills	Lake Forest High School	2:00-4:00 pm	Beginner and Advanced Ambulatory Track athletes		

Please note: You only need to register one time in SportPlus for weekly practices.

Season Calendar p2

2026 Team GLASA Para Track Field Schedule (Subject to Change) **Times are all Central Time Zone**

Date	Event	Location	Time	Who Should Attend	Registration Link	Notes
Sunday 4/5/2026	NO PROGRAMS					EASTER SUNDAY
Sunday 4/12/2026	Outdoor Practice	Lake Forest High School	Noon-4:00 pm **Donuts and Bagels to follow practice.	All levels welcome		*Arrival times will be assigned a week prior depending on coach/athletes availability.
Sunday 4/19/2026	Outdoor Practice	Lake Forest High School	Noon-4:00 pm	All levels welcome		*Arrival times will be assigned a week prior depending on coach/athletes availability.
Sunday 4/26/2026	Outdoor Practice	Lake Forest High School	Noon-4:00 pm	All levels welcome		*Arrival times will be assigned a week prior depending on coach/athletes availability.
Sunday 5/3/2026	Dairyland Games	Madison, WI	See Schedule on event's website	All levels welcome	https://www.dairylandsports.org/dairylandgames	GLASA Coaches to support based on athletes attending.
Sunday 5/10/2026	Outdoor Practice	Lake Forest High School	Noon-4:00 pm	All levels welcome		*Arrival times will be assigned a week prior depending on coach/athletes availability.
Sunday 5/17/2026	Outdoor Practice	Lake Forest High School	Noon-4:00 pm	All levels welcome		*Arrival times will be assigned a week prior depending on coach/athletes availability.

Please note: You only need to register one time in SportPlus for weekly practices.

Season Calendar p3

2026 Team GLASA Para Track Field

Schedule (Subject to Change) **Times are all Central Time Zone**

Date	Event	Location	Time	Who Should Attend	Registration Link	Notes
Sunday 5/24/2026	Outdoor Practice *Could be canceled due to Memorial Day holiday*	Lake Forest High School	Noon-4:00 pm	All levels welcome		*Arrival times will be assigned a week prior depending on coach/athletes availability.
May 27-31, 2026	Desert Challenge Games	Mesa AZ	See Schedule on event's website		https://www.arizonadisabledsports.com/dcgame	GLASA Coaches to support based on athletes attending.
Sunday 5/31/2026	Outdoor Practice (for those not at Desert Challenge)	Lake Forest High School	Noon-4:00 pm	All levels welcome		*Arrival times will be assigned a week prior depending on coach/athletes availability.
June 6-7, 2026	GLASA Great Lakes Games	Loyola Academy (Field TBD)	Field events - Saturday, Track events - Sunday	All levels welcome	https://glasa.org/great-lakes-games/	
Sunday 6/14/2026	Outdoor Practice	TBD	Noon-4:00 pm	All levels welcome		*Arrival times will be assigned a week prior depending on coach/athletes availability.
Sunday 6/21/2026	Outdoor Practice	TBD	Noon-4:00 pm	All levels welcome		*Arrival times will be assigned a week prior depending on coach/athletes availability.
Saturday 6/27/2026	Miller Family Open	Ann Arbor, MI		Ages 14+	https://www.umadaptive sports.com/	

Please note: You only need to register one time in SportPlus for weekly practices.

Season Calendar p4

2026 Team GLASA Para Track Field

Schedule (Subject to Change) ****Times are all Central Time Zone****

Date	Event	Location	Time	Who Should Attend	Registration Link	Notes
Sunday 6/28/2026	Outdoor Practice	TBD	Noon-4:00 pm	All levels welcome		*Arrival times will be assigned a week prior depending on coach/athletes availability.
Last Week of June (Date TBD)	Fast Cow	Champaign, IL	TBD			
Sunday 7/5/2026	TBD					July 4th Weekend
July 10-16, 2026	The Hartford Nationals	Grand Rapids, MI		Athletes who qualified at a prior competition	https://moveunitedsport.org/events/nationals/	
Sunday 7/19/2026	Para Nationals Practice*	TBD	Noon-4:00 pm	*Athletes competing at Para Nationals*		*Arrival times will be assigned a week prior depending on coach/athletes availability.
Sunday 7/26/2026	Para Nationals Practice*	TBD	Noon-4:00 pm	*Athletes competing at Para Nationals*		*Arrival times will be assigned a week prior depending on coach/athletes availability.
7/23 to 7/26	USATF Para Nationals	TBA		Athletes who qualified at a prior competition		
TBD	Marathon Training	TBD		Athletes who are racing in marathons or other road races		

Please note: You only need to register one time in SportPlus for weekly practices.

Time Segments



- Allow longer time for more competitive athletes.
- Overlap time for all levels of athletes for team atmosphere.
- Assign additional practice time for returning and more competitive athletes.
- Bring entire team together for
 - Team Meetings
 - Socials
 - Education

Elite Athlete



- WPA License – Internationally Classified
- Choosing competitions – based on skill & competitors
- Equipment
- Nutrition
- Video Analysis
- Calendar
- Sports Psychology
- Aware of Sports Performance Plan
- Medical Support – Trainers, Prosthetists

OUTREACH

- In Community
- School/Assembly Presentations
- On the Athletic Field or Track
- On the Sidelines
- Schools
- Medical Facilities
- Utilize your Competitions as Introductions to Sport
- Competitions
- One-on-one follow-up is crucial
- Parties - Giveaways
- Cross Sport Recruitment
- Parents – Coaches – Athletes - Business Cards



The Successful Athlete

Developmental

- Good Habits:
 - Attend Practice
 - Be On Time
 - Sportsmanship
 - Have fun!

Elite

- Know Your Competition
- College Programs
- High Performance Coaches
- Competitions
- Clinics/Camps
- Connect with USATF Para Track and Field/U.S. Paralympics
- Have fun!

Team GLASA Track and Field Welcome Meeting

- What is An Athlete?
- Introduction of Coaches and Athletes
- Philosophy
- Practice Calendar
- Competition Calendar
- Review Questions
- Important Reminders
- Shirts/Singlets
- Equipment
- Financial Resources
- Code of Conduct: Social Media
- Giving Back
- Hotel Blocks – Desert Challenge, The Hartford Nationals

For those who would like to stay:

- USATF Tier and Protection Program
- Power Point Presentation-Sports Psychology
- Goal Setting

Psychological Skills Training for the Elite Athletes:

What Takes Athletes from Kindergarten to the Paralympics?



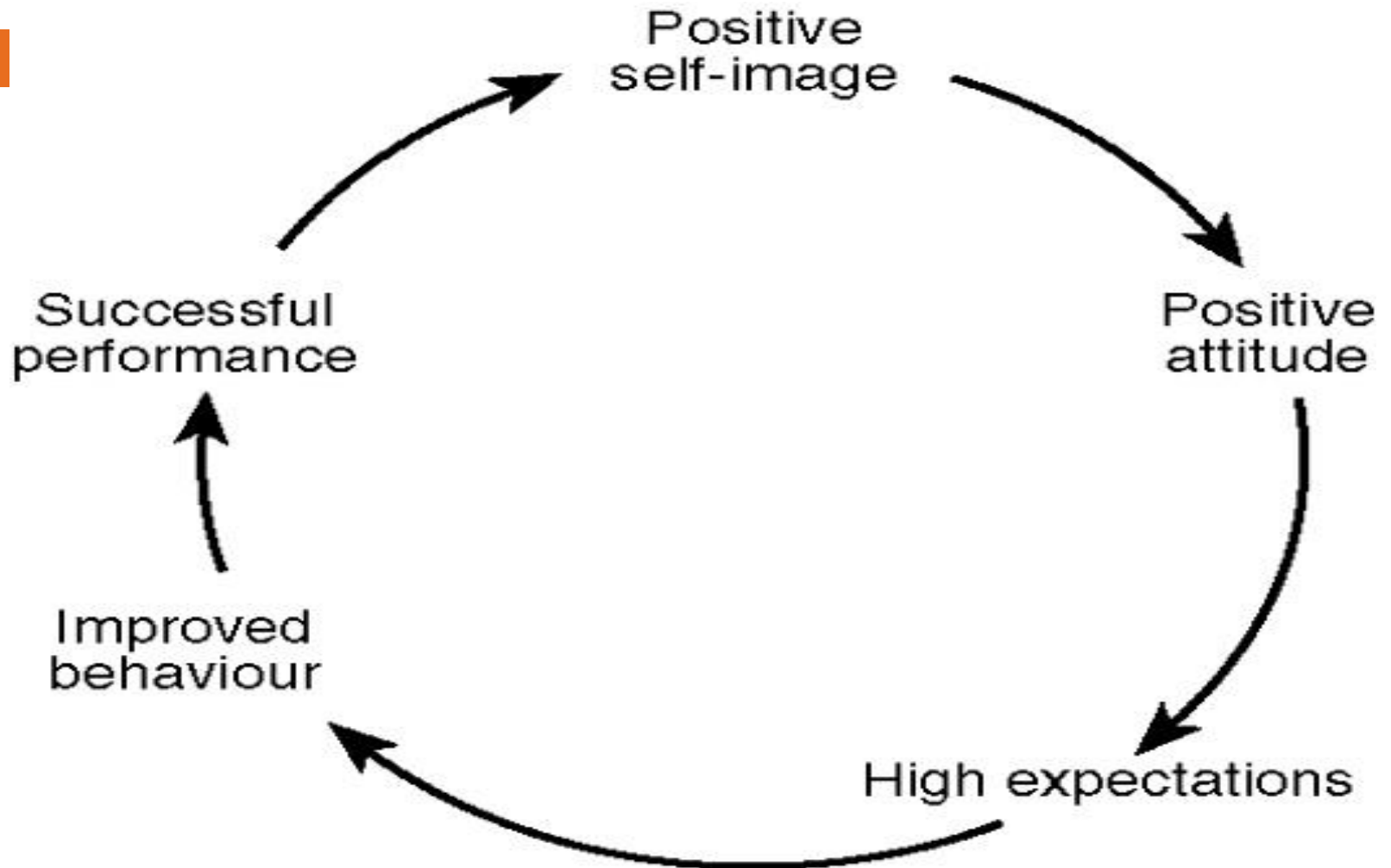
Dr. Paul Wright

Associate Professor of Exercise Science

Lindenwood University

St. Charles, Missouri

The Key to Successful Performance...



Characteristics of Paralympians

- High Motivation & Commitment
- Goal Oriented
- Optimistic & Positive
- Extreme Focus
- Ability to Handle Stress & Adversity
- Mental Toughness
- Sport Intelligence



More Characteristics of Paralympic Athletes

- Personal Sacrifice
- Years of Preparation
- Incredible Self-Belief
- Never-Give-Up Attitude
- Extreme Dedication
- Pressure Performer
- Intense Focus
- High Motivation
- Competitive Streak
- Desire to Achieve/Win

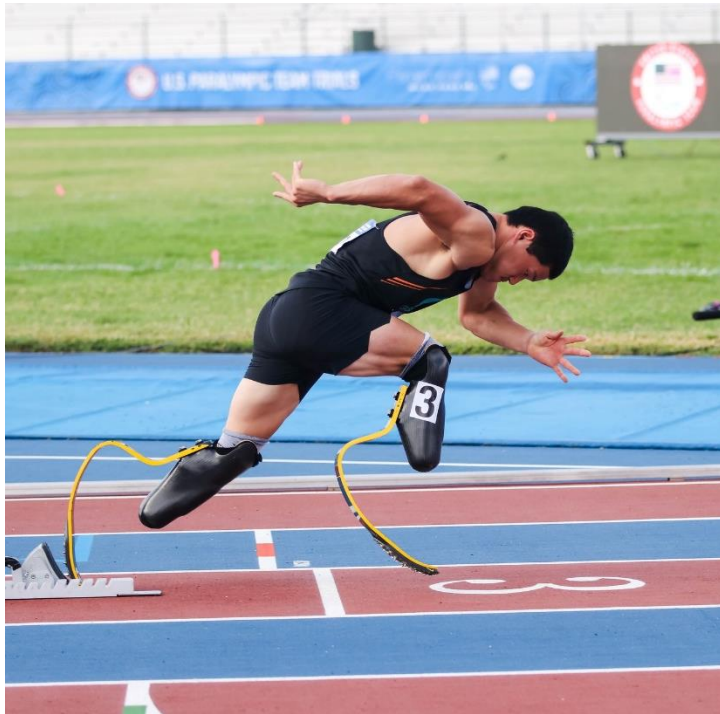


More Characteristics of Paralympic Athletes



- Positive Attitude
- Resiliency
- Ability to Handle Stress
- Patience
- Intense PASSION
- Understand More You Put in – More You Get Out
- Self-Confidence
- Can Keep Deadlines
- Strict Routine
- Healthy Perfectionism

Nine Mental Skills of Successful Athletes



1. Choose and maintain a positive attitude
2. Maintain a high level of self-motivation
3. Set high & realistic goals
4. Deal effectively with people
5. Use positive self-talk
6. Use positive self-imagery
7. Manage anxiety effectively
8. Manage emotions effectively
9. Maintain concentration

GRANTS & SCHOLARSHIPS

Grant and scholarship opportunities for equipment, training and/or travel:

- [Challenged Athletes Foundation](#)
- [Move United Sports](#)
- [Kelly Brush Foundation](#)
- [Scout Bassett Grant](#)



Equipment Resources

Build it – Shop class assistance (throwing chairs)

Grants for equipment: <http://www.challengedathletes.org>

Fundraisers to purchase equipment

- DECA, leadership groups, PTO groups, ASB, Church groups, dances, school challenges, etc.

Merchants:

- www.eaglesportschairs.com (racing chairs, throwing chairs, gloves)
- www.topendwheelchair.com (racing chairs)
- www.sportaid.com (racing chairs and gloves)
- www.harnessdesigns.com (racing gloves)



The glory of sport comes from dedication, determination and desire. Achieving success and personal glory in athletics has less to do with wins and losses than it does with learning how to prepare yourself so that at the end of the day, whether on the track or in the office, you know that there was nothing more you could have done to reach your ultimate goal.

~ Jackie Joyner-Kersey