

# ***FORT CALHOUN JUNIOR HIGH TRACK AND FIELD MANUAL***



# JH COACH COMMUNICATION

- ★ Sprinting, relay, and high jump coach - **Ashlie Nelson**, [ashlienelson@ftcpioneers.org](mailto:ashlienelson@ftcpioneers.org)
  - ★ Sprinting, relay, and throwing coach - **Mark Bouwman**, [mbouwman@ftcpioneers.org](mailto:mbouwman@ftcpioneers.org)
  - ★ Middle/long distance and jumping coach - **Ali Romans**, [aromans@ftcpioneers.org](mailto:aromans@ftcpioneers.org)
  - ★ Hurdling & starting blocks coach - **Dara Waters**, [waters.dara@gmail.com](mailto:waters.dara@gmail.com)
  - ★ Pole vaulting coach - **Joseph DeMilt**, [jodemilt02@gmail.com](mailto:jodemilt02@gmail.com)
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- Coach Nelson sends out meet information to parents and students as soon as it is available
    - Weekly emails about meets contain bus departure times, meet schedules, addresses, maps, parking info, spectator gate fees, and event website links
  - In the event that practice or a meet is cancelled, coaches will make an announcement at school and email students and parents

# ***PRE-SEASON STARTING BLOCK SESSIONS***

- Coach Nelson and Coach Waters are offering optional after-school starting block sessions
- Students were sent the sign-up link in Coach Nelson's preseason email
- Each session consists of 4 or less students
- Students will be taught starting block basics and individually evaluated for best starting block techniques and settings
- Six preseason sessions are being offered to offset the amount of student-athletes that need to be taught in-season
- Sessions are offered right after school on six dates indicated on the JH Track Calendar
- Students need to be dressed and ready on the northwest corner of the track by 3:20 pm
- Students need to be picked up or walking home at 4 pm.

# UNIFORMS

- Each athlete should check out a jersey and a sweatsuit before the first day of track practice
- Jerseys and sweatsuits are numbered and it is the responsibility of each athlete to keep theirs in good condition
- Jerseys and sweatsuits are a **required** part of the uniform at **all** track meets
- Each athlete is **required** to provide their own solid black shorts and running shoes as a part of their uniform as well
  - Athletes will not be allowed to participate in meets if they do not have their jersey, solid black shorts, and running shoes
- For proper care of the track jerseys, they are to be washed in cold water, removed promptly, and laid flat to dry; do not soak, iron, dry clean or apply bleach nor fabric softener - resist wadding jerseys up in a ball
- If lost or damaged, athletes will be fined the cost to replace their jersey and sweatsuit

# ADDITIONAL EQUIPMENT

- All athletes are required to wear running shoes to warm ups at the beginning of each practice and to all track meets
- Athletes may wear field and track spike shoes to practices and meets, but not required to
  - Track spike shoes are sold at most sporting good stores
  - $\frac{1}{8}$ " spike inserts are the permitted size for junior high athletes
  - Fort Calhoun coaches issue out extra spike inserts to athletes if needed
- Athletes are encouraged to dress appropriately for practices and meets
  - Cold weather may call for ear warmers, stocking hats, gloves, hand/foot warmers, and layered clothing
  - All weather conditions may call for sunblock and sunglasses
- Athletes are allowed to wear solid black shirts and/or leggings under their uniforms when competing
  - They may also compete wearing black ear warmers and gloves
  - They are not allowed to wear any clothing over their uniform, including sweatsuits, when competing

# PRACTICES

- Practices will take place Mon-Thur beginning at 3:20 pm in the main gym
- Calendars of monthly practices are included in this document
- Attendance is taken at the beginning of practice - it is the responsibility of the athlete to inform one of the coaches **in advance** of all anticipated practice absences or tardies
- Unexcused absences from practices will result in extra workouts, sitting out from track meet events, and/or the athlete may be dismissed from the team
- Each athlete is responsible for wearing weather and workout appropriate clothing that may include their track sweatsuit
- Practices may end at various times, the earliest being 4:30 pm and the latest being 5:15 pm
- All athletes must be picked up or walking home by 5:15 pm

# ***WHAT TO EXPECT AT MEETS & INVITATIONALS***

- Our team will set up a camp location where students can store personal belongings and team equipment - athletes must thoroughly clean up camp at the end of each event
- Athletes are responsible for bringing their own sports drink, food, and/or concession stand money
- All personal belongings of each athlete should fit into one duffel bag - this will help to keep the camp area organized and tidy
- Prior to each track meet, each athlete is responsible for knowing which events they are competing in and which order the events are in - coaches will share this information via email a day or two before each meet
- Athletes are responsible for knowing where, how, and when to warm up for their event(s)
- Athletes are responsible for knowing where and when to check-in for their event(s) - Fort Calhoun coaches will not always be available to assist with this as they will be assigned to facilitate field and running events at most track meets
- Athletes will receive their medals and ribbons at the practice following each meet

# COMPETITION AND ELIGIBILITY

- Athlete attendance and performance in practices and meets factor into which event(s) each athlete competes in at meets
- All JH track athletes will participate in the Arlington and North Bend quad meets and the Fort Calhoun Invitational
- The DC West, Ashland, Yutan, and Arlington invitationals will be reserved for the athletes that have the top recorded times, heights, and distances at previous practices and meets
- The Fort Calhoun triangular will be reserved for athletes that do not have top performances at meets and practices.
- Athletes who are not earning passing grades the day of each track meet will not be allowed to compete in that track meet



# ETIQUETTE

- Athletes are expected to respect their peers, the equipment, and the coaches within the Fort Calhoun JH track program and those of host meet schools
- When an athlete is not warming up or competing, they are expected to be at an event, cheering on their teammates or assisting a Fort Calhoun coach.
- Chromebook and cell phone usage are not allowed at practices or track meets unless specific permission is granted by a Fort Calhoun JH coach
- Poor conduct at practices and/or track meets may result in a school detention or other disciplinary action - guardians will be informed if either results
- If an athlete's behavior does not improve after they have been given opportunities to do so, the athlete may be dismissed from the team

# ***TRANSPORTATION***

## **To:**

- Athletes will ride a school bus to all away meets
- Before away meets, the team will meet in the commons to take attendance prior to boarding busses
- Coaches will email teachers and request that athletes be excused from class at a certain time - athletes will be given 10 minutes to change and gather belongings before meeting in the commons
- All athletes will need to arrange their own transportation to our Saturday home invitational
  - Arrive at least 1 hour prior to the start of the meet dressed and ready to set up a team camp

## **From:**

- If an athlete does NOT wish to ride home on the school bus after an away meet or wishes to leave our home invitational early, a guardian must physically sign their student out with a coach
  - This is very important for the safety of all athletes
- If an athlete DOES wish to ride home on the school bus after an away meet, it is their responsibility to arrange a ride home from the school upon arrival
  - A Fort Calhoun coach will remain at the school until all athletes have been picked up; arranging a prompt ride home is appreciated by the coaches on these late evenings

# *INJURIES & MEDICAL INFORMATION*

- Students are asked to indicate all recurring sports-related injuries, braces that they wear, exercise-induced illnesses, and medicine they need during practices and meets in the sign-up survey
- If an injury arises during the season, and Fort Calhoun coaches are made aware of the situation, we will work with the athlete's parents and the school's athletic trainer to address the injury and recovery
- Fort Calhoun coaches request that parents update the main office with their athlete's current health and medical information
  - Coaches keep a list of athletes who have sports-related injuries, asthma, etc.
  - Coaches bring a medical kit to every meet

# ***JH NEBRASKA CHAMPIONSHIP MEET***

- Gothenburg, NE hosts a non-sanctioned JH “state” track meet each year in May
- For an athlete to qualify for the Junior High Nebraska Championship Meet, the following criteria must be met
  - All host meet/invitational personnel will upload their meet results to the [www.athletic.net](http://www.athletic.net) website by the deadline
  - An athlete’s personal best must be in the top 24 of all classes
  - A relay team’s personal best must be in the top 16 of all classes

# FIELD EVENTS

## Shot put

- 4 kg shot put boys/girls
- flights determined by season best distance
- 3 throws total, no finals

## Discus

- 1 kg discus boys/girls
- flights determined by season best distance
- 3 throws total, no finals

## High jump

- entry bar heights differ
- flights determined by season best height
- 3 jump attempts per bar height; bar height goes up by 2 inch increments

## Long jump

- landing boards are 4' or 6' from pit
- flights determined by season best distance
- 3 jump attempts total, no finals

## Triple jump

- landing boards are 26', 31', and 36' from pit
- flights determined by season best distance
- 3 jump attempts total, no finals

## Pole vault

- entry bar heights differ
- flights determined by season best height
- 3 vault attempts per bar height; bar height goes up by 6 inch increments

# ***RUNNING EVENTS: DASHES, RUNS, & RELAY***

## **100m dash**

- flights determined by season best time
- 1 attempt, no finals
- on a straightaway
- starting blocks utilized

## **200m dash**

- flights determined by season best time
- 1 attempt, no finals
- on a curve and a straightaway
- starting blocks utilized

## **400m dash**

- flights determined by season best time
- 1 attempt, no finals
- once around the track
- starting blocks utilized

## **800m run**

- flights determined by season best time
- 1 attempt, no finals
- twice around the track
- runners cut into inner lanes after first 100m

## **1600m run (mile)**

- one flight
- 1 attempt, no finals
- four times around the track
- runners cut into inner lanes after first 100m

## **400m relay (4x100m)**

- flights determined by season best time
- 1 attempt, no finals
- once around the track
- 4 members; each run 100m
- baton utilized
- lane markers utilized
- exchange zones utilized
- starting blocks utilized

# RUNNING EVENTS: HURDLES AND RELAYS

## 100m hurdles

- flights determined by season best time
- 1 attempt, no finals
- on a straightaway
- starting blocks utilized
- hurdles are 30" high for girls
- hurdles are 33" high for boys
- 10 hurdles total
- 13' to first hurdle
- 8.5' between hurdles
- 10.5' between last hurdle and finish line

## 200m hurdles

- flights determined by season best time
- 1 attempt, no finals
- on a straightaway
- starting blocks utilized
- hurdles are 30" high for girls
- hurdles are 33" high for boys
- 5 hurdles total
- 45' to first hurdle
- 35' between hurdles
- 15' between last hurdle and finish line
- (if host states 195m hurdles, then there are only 10' between last hurdle and finish line)

## 1600m relay (4x400m)

- flights determined by season best time
- 1 attempt, no finals
- four times around the track
- 4 legs; each run 400m
- 1st leg stays in their lane, 2nd leg cuts into inner lanes after 100m
- baton utilized
- starting blocks utilized

## 3200m relay (4x800m)

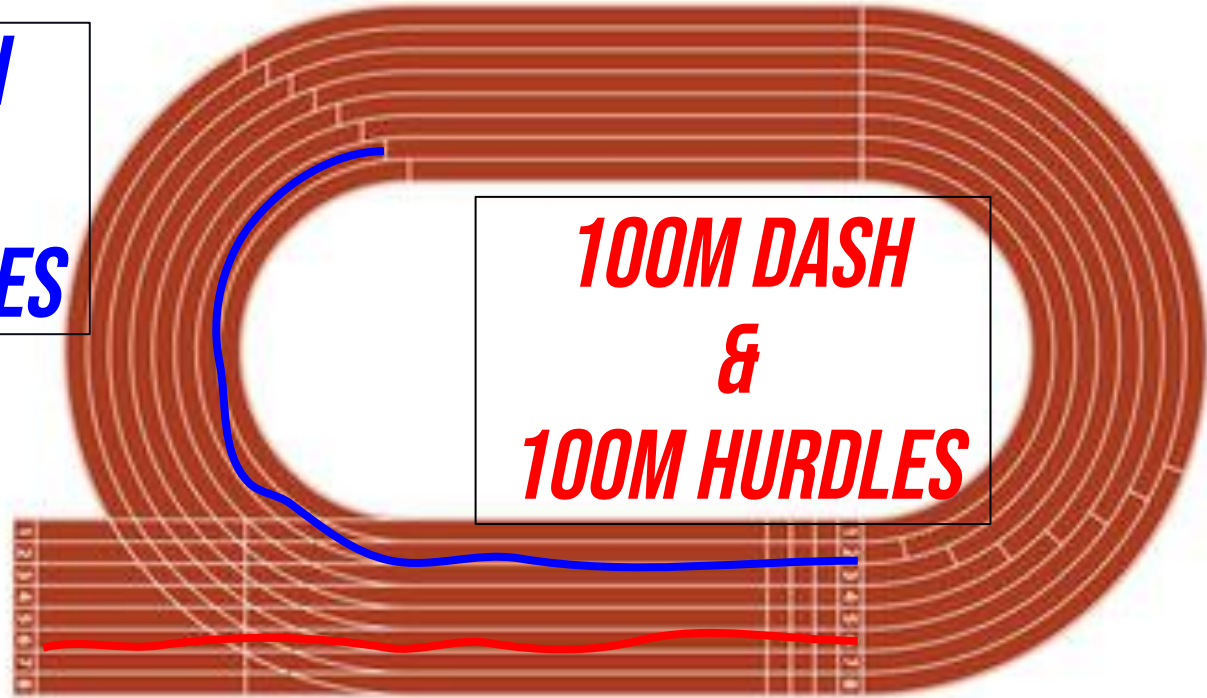
- flights determined by season best time
- 1 attempt, no finals
- eight times around the track
- 4 legs; each run 800m
- 1st leg cuts into inner lanes 100m
- baton utilized

**200m** = halfway around the track

**100m** = a quarter of the track

***200M DASH  
&  
200M HURDLES***

***100M DASH  
&  
100M HURDLES***





**400m** = once around the track

**800m** = twice around the track

**800M RUN**

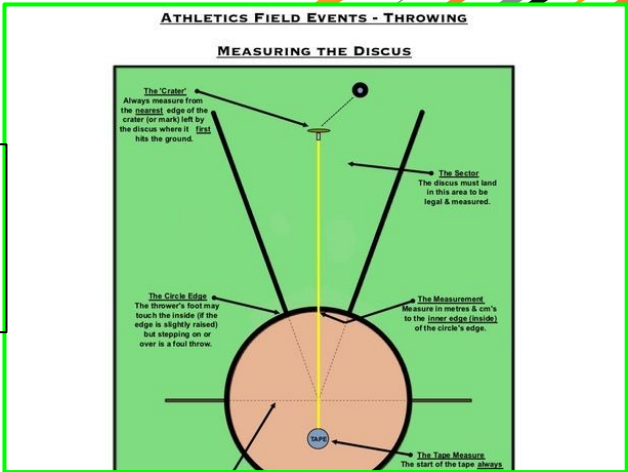
**400M RUN**

**NOTICE THAT EVERYONE CUTS INTO THE INSIDE LANES AFTER THE FIRST 100M OF THE 800M RUN.**

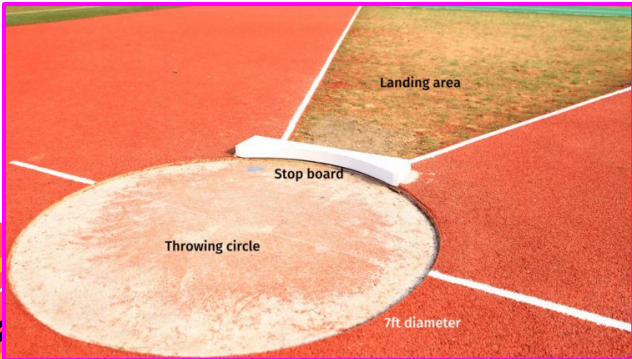
**NOTICE THAT EVERYONE STAYS IN THEIR LANE DURING THE 400M RUN.**

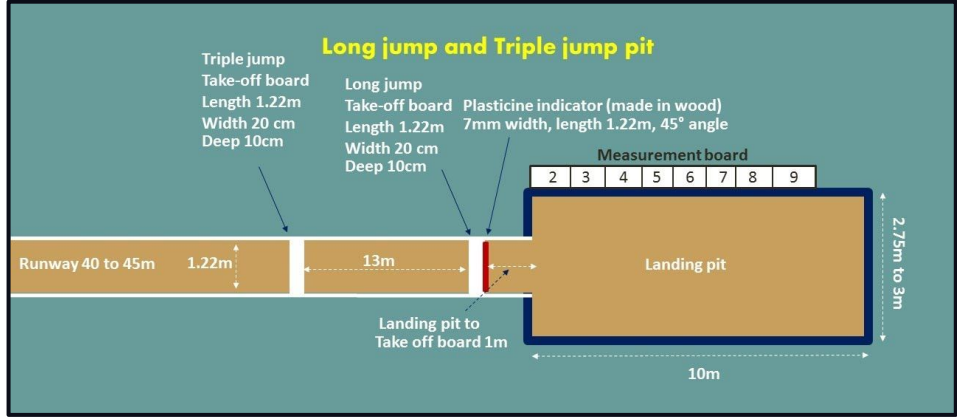
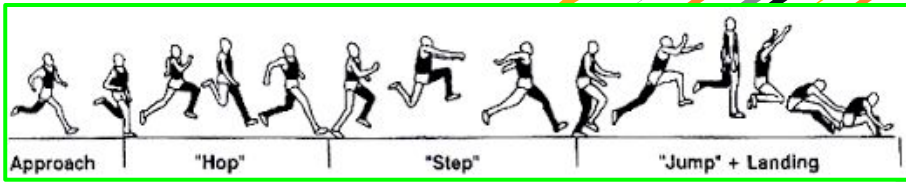


# DISCUS



# SHOT PUT

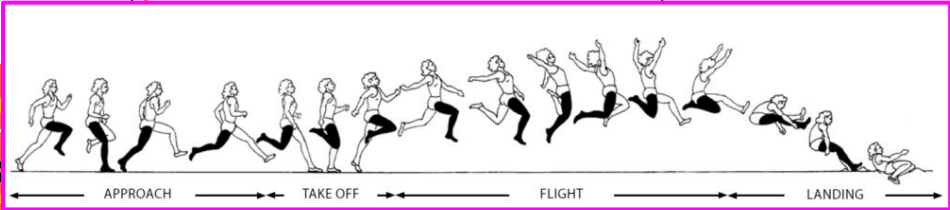


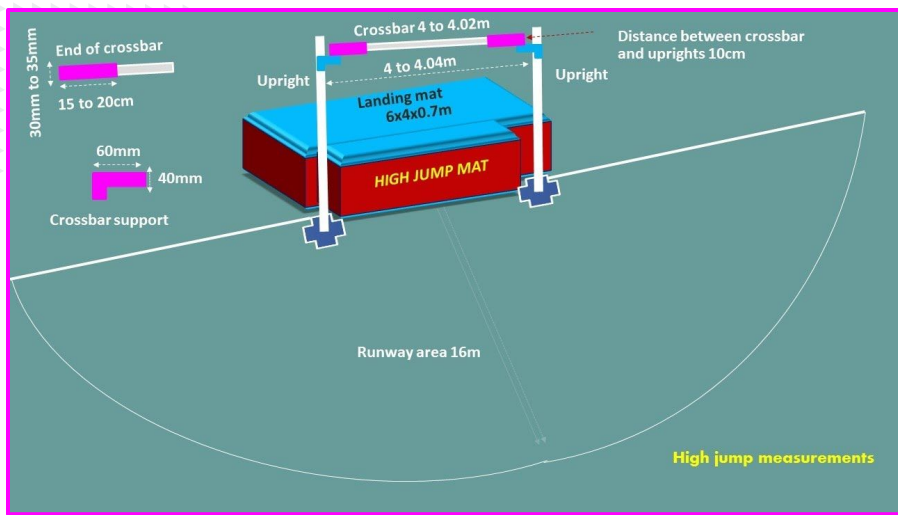


# TRIPLE JUMP



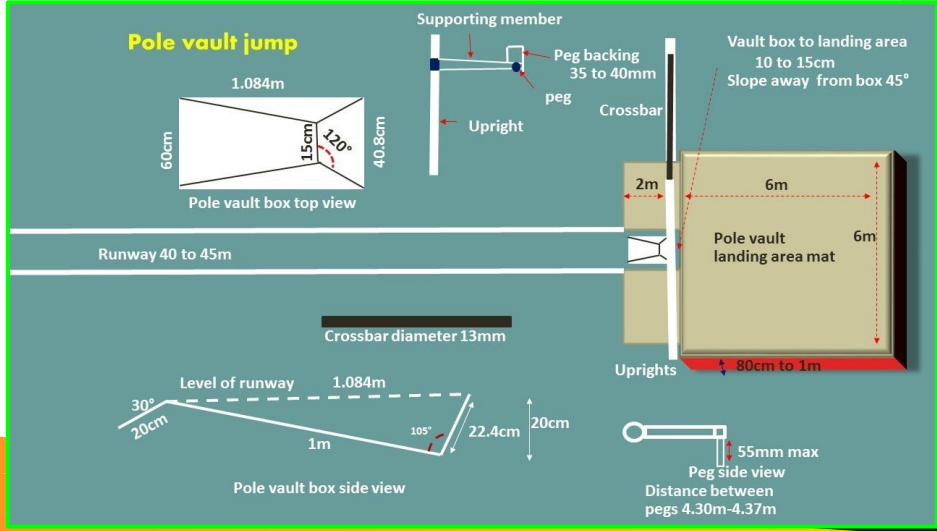
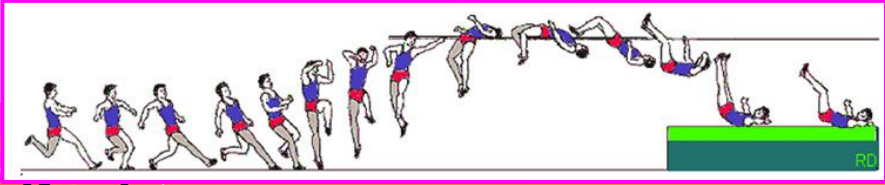
# LONG JUMP



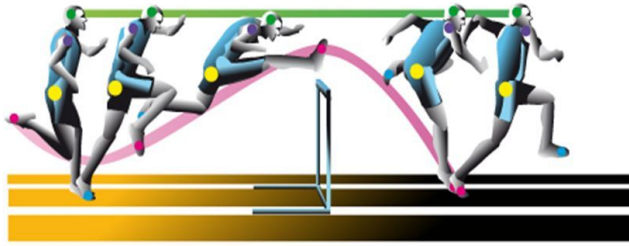


# POLE VAULT

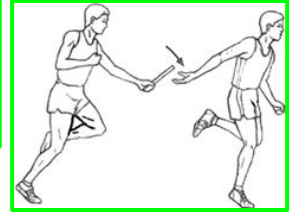
# HIGH JUMP







# *HURDLES*



# *RELAYS*



# 2022 JUNIOR HIGH NEBRASKA CHAMPIONSHIP MEET

FORT CALHOUN

STATE CHAMPIONS-4X800M RELAY

**HARD WORK PAYS OFF**  
**#HOLDTHECHIP**

## State Champions:

Ella Bouwman, Lyla Pearson,  
Raeann Massey, & Maelie Nelson

