

Pioneer Track & Field



2019 Season

Athlete/Parent Handbook



Dear Parents and Athletes:

Welcome to a new Track & Field season at Fort Calhoun High School. This season can be one of the most exciting times of the year. I am excited to be joining an excellent and experienced coaching staff. Together, we will work to continue to build a culture of positive competition for our student-athletes. Below is the coaching staff for this year.

Mandy Taylor - Boy's & Girl's Head Coach (Middle Distance, Sprinters, & Relays)

Todd Teeter - Assistant Coach (Hurdles & Triple Jump)

Ginger Appel - Assistant Coach (Shot Put & Discus)

Jim Meyer - Assistant Coach (Distance & Long Jump)

Dave Smith - Volunteer Assistant Coach (High Jump)

A standard of excellence has been established in the Track & Field program and the coaching staff is dedicated to helping every athlete compete at a high level. We strive for excellence by following some of the following principles.

1. We believe that the TEAM comes first. We recognize that Track & Field is a highly individualized sport, but the ultimate goal of every meet is to win the team championship. As a result, athletes may be asked to sacrifice individual honors to help the team achieve success.
2. In order for the team to achieve excellence, every athlete must improve and find some measure of success during the season. Success comes in different forms for each athlete. It may be winning a state championship for one athlete, or competing and setting a personal best in one event during a meet. Success is what the coaches will help each athlete find and strive toward as each sets his/her goals this year.
3. We believe in four Core Principles; Honesty, Respect, Perseverance, and Fun. We will strive to practice these principles during our season at school, practice, meets, and anytime we come into contact with parents, administration, officials, and our competition.
4. Improving at anything requires a certain amount of work. Track and Field is a disciplined sport that indeed incurs some pain. As Coaches, we understand the levels of loading and recovery. We will assist you through the pain to achieve peak performances. Thank you for taking the risk of trying.
5. As a part of any athletic program, an athlete is not just performing for the school, but for everybody associated with Fort Calhoun High School. You are also representing your family and the Fort Calhoun Community.

As a coaching staff, we are looking forward to a COMPETITIVE & FUN 2019 season with excitement and friendships; creating memories at all levels of the Fort Calhoun High School Track & Field Program.

Sincerely,

Mandy Taylor

Head Track & Field Coach

I. Fort Calhoun Track & Field Team:

○ Responsibilities of the Athlete

- Track & Field is both a team and an individual sport. Put the team goals, welfare, and success before your own.
- Attend **ALL** practices.
- Be receptive to coaching.
- Be responsible for all uniforms and equipment.
- Have exemplary behavior in the classroom, community, and at all school functions.
- Represent the school positively and follow the team expectations.
- Work hard & have fun!

○ Responsibilities of the Coach

- Determine the style and philosophy of coaching and competitiveness.
- Establish team expectations..
- Establish the requirements to earn a letter.
- Select and encourage the athletes who are competing at each level.
- Always make safety and the athlete's welfare come first.
- Establish a culture of hard work, competitiveness, team comradery, & fun.

○ Responsibilities of the Parent

- Help your athlete go to bed at the same time every night.
- Help your athlete have a healthy, balanced diet.
- Encourage your athlete to communicate with coaches and to advocate for himself or herself.
- At all meets, remain in the stands, encouraging your athlete and the rest of the team.
- Enjoy seeing your athlete compete; let this be their thing. It goes by way too quickly, lift your athlete up, and tell them you are proud of them regardless of the outcome.

II. Goals & Objectives:

Track and field is a goal-oriented sport. This aspect of the sport lends itself well to developing important life skills. Therefore, all team members will set personal goals during the first few weeks of practice.

- Set realistic goals.
- Write them down and put them someplace where you see them everyday.
- Share them with one or all of your coaches...let us help you get there.

III. Communication:

- General announcements, scheduling, upcoming events, and heat sheets for meets will be announced at practice. They will also be posted on the website.
- Please check the website consistently for updated information.
 - <https://www.fortcalhounschoools.org/pioneer-pride/athletics/track/>
- Social Media
 - https://twitter.com/FCTrack_Field
 - <https://www.athletic.net/TrackAndField/School.aspx?SchoolID=11011>

IV. Physicals:

- Athletes must have a current sports physical on file at Fort Calhoun High School.
- Without a physical on file, your athlete cannot participate.

V. Practice Expectations/Procedures:

- Official Practice will begin on Monday, February 25th.
- Practice will be held Monday through Thursday 3:30-5:00 pm. Friday practices will be communicated on Thursday. Be prepared for Saturday practices as posted on the schedule. Be on time.
- Practice is **Mandatory**. Conflicts should be communicated to the Head Coach as soon as possible.
- Unexcused absences will result in a loss of competition. Multiple unexcused absences will result in removal from the team.
- **Warm-ups will be done as a team.**
- **Cell Phones** - are not allowed in any capacity at practice, NO EXCEPTIONS!
- Properly clean and maintain all team equipment. Help take equipment out as needed and put it away.
- Obey all traffic and pedestrian rules while running.
- Practice will only be cancelled if school is cancelled.
- Dress appropriately and be prepared for all weather.
- Report all injuries.
- Approach practice with a positive attitude.
- Do the entire workout.
- Challenge yourself mentally and physically.

VI. Track Meet Expectations/Procedures:

- Track meets are the incentive for all of the effort put forth by the athletes in practice.
- All competitors will ride the bus to and from the meet. Departure times are posted with the “Meet Schedule.” Be on time.
- Unexcused absences will result in a loss of competition. Multiple unexcused absences will result in removal from the team.
- Be aware of the weather forecast prior to meets and assure that appropriate attire to stay warm and dry is worn. Athletes need to bring layers to meets, including cold-weather or rain gear. (see “Uniforms & Spirit Wear” below for more specific details)
- Cell Phones - Your primary objective is to compete and/or support your teammates in competition. If your device is being used rampantly or for any purpose other than to positively document and support our team, know that you may be asked to give your phone over to a coach and not allowed to use it moving forward.
- **At the Meet** ~ *When we arrive at a meet, all athletes should do the following in this order:*
 1. As a team, find a place for camp and set up the tent.
 2. Locate restrooms, field event areas, and event check-in.
 3. If you are a field event, check-in at the event, make appropriate marks, and warm-up at the proper time.
 4. If you are on a sprint relay (and not in a field event), warm-up with your relay team, do 1-2 full exchanges and cool down.
 5. All competitors should be up and moving 45 minutes before the start of your event. Begin your event specific warm-up at the appropriate time as designated by your event coach.
 6. Be sure to check-in for your event at FIRST call. You can go, check-in, and return to a field event, or continue your warm-up after you check-in.

7. After your event check-in with your event coach & then cool down, even if you have another event later.
 8. Everyone should be on the infield supporting the 4x400 relays. Following the final race, the entire team will find Coach Taylor on the infield for a team meeting.
 9. After the team meeting, the entire team will take a victory lap.
 10. Then together, clean-up the team camp and get all equipment to the bus.
- **Home Meets**
 - All athletes - competing or not - are expected to attend the entire meet.
 - Athletes not competing will be expected to help at the meet in various capacities and support their teammates.
 - **Away Meets**
 - All posted competitors and alternates are expected to go to away track and field meets.
 - Any athlete not competing does not have to go to the meet, but will be expected to complete a workout as designated by the event coach.

VII. Transportation:

- When on a school bus, the athletes are expected to obey all rules the driver specifies.
- All athletes must ride to and from the meets on the bus.
- If unable to ride to and from, we need a hand written note 24 hours in advance of the meet. Athletes will only be released to his/her parents. The athlete's parents will sign their athlete out with Coach Taylor.
- Excessive use of this privilege - more than twice in one season - may result in loss of letter points.
- It is strongly urged that all athletes ride the bus as this is a time for them to build comradery with their fellow teammates and coaches.

VIII. Gear/Equipment:

- All athletes will need to be properly dressed everyday. Track is an outdoor sport, so please be aware of the weather conditions and dress accordingly.
- All runners are required to have the following equipment:
 - Shoes- Most of your training will be in flats. It is recommended that you wear quality running shoes that are in good condition. Basketball shoes, court shoes, cross trainers, and aerobic shoes do not adequately protect you while running and may increase your potential for injury.
 - Event specific shoes are recommended, including spikes and throwing shoes. Talk to your event coach if there are questions or you need assistance with this.
 - Clothing- Wear clothing appropriate for the weather. As soon as the sun goes down it gets cold on the track. Sometimes, very cold. Plan accordingly. Dress in layers. The following clothing items are strongly recommended: Stocking cap, gloves, lycra/spandex tights, sweatpants, sweatshirt, wind pants, windbreaker, turtleneck shirts, shorts, shirt, and socks that cover your ankles. Also keep the school dress code in mind as the temperature warms up.
 - We will issue the following team uniform items: Uniform top, shorts, warm-up top, and warm-up pants. – These are only to be worn to track meets, do not loan to friends or wear outside of school.
- Runners are financially responsible for any and all equipment, which they lose, misplace, or damage through carelessness or intent.

IX. Uniforms & Spirit Wear:

- Athletes must wear all parts of the team-issued uniform at meets.
- All uniforms must be worn according to NSAA rules & standards in competition.
- If wearing “**foundation garments**,” they must be **black**.
- At meets, all athletes must wear **Fort Calhoun apparel**. A strong preference is that all efforts are made to wear specifically Fort Calhoun Track & Field apparel.

X. School Work:

- School is your number one priority.
- Your team counts on you to be responsible and stay on top of your school work.
- If classes are missed due to a meet, the athlete is responsible for communication with their teachers and completing all school work prior to leaving for the meet.
- If on the ineligibility list, athlete is expected to practice, but will not attend meets.

XI. Health & Nutrition:

- **Pre-meet Sleep**
 - Athletes should receive 8 to 10 hours of sleep the night before a meet.
- **Pre-Meet Meals (3-4 hours before meet)**
 - High in complex carbohydrates, such as bread, fruit, and vegetables.
 - Moderate in protein
 - Low in fat
 - Plenty of fluids
 - Athletes should eat a nutritious breakfast before a meet, including fruit, bread, cereal, water, and juice.
- **Snack Hints for all-day meets**
 - WATER
 - Fresh fruit
 - Bread, bagels, or muffins with peanut butter
 - Peanut butter and jelly sandwiches
 - Fruit and vegetable juice
- **Post-competition**
 - Sports drinks, energy bars, and fruit for carbohydrate replacement.
 - Dinner should include foods high in protein to build muscle.

XII. Injuries:

- Athletes are expected to inform his or her event coach of an injury before the start of practice.
- If an athlete is injured during practice, he or she should inform the event coach. Event coaches will inform the head coach of an injury at practice on the same day.
- Injured athletes will follow directions given by medical personnel.
- Should an injured athlete provide a doctor's note excusing him or her from practice, the injured athlete must also provide a doctor's note giving a specific date for return to practice and competition.
- Attend practice even though you are injured. This maintains your connection to the team, keeps you from missing important information, and there are often activities that you can participate in without causing further injury.

XIII. Other Activities:

- Our coaching staff will work with students who participate in other sports/activities.
- Once we reach week 9 of the season (week of April 22), your primary sport needs to be track & field. This will remain true through the state meet on May 19.
- Be open and honest with your coaches about your participation in other sports/activities. Our coaching staff will do the same when advising the athlete.

XIV. Varsity Lettering:

Any athlete will receive a Varsity letter if they achieve any one of the following criteria:

1. Score a minimum of 12 points in Varsity track meets throughout the season.
 - Points at JV meets: 1 JV Point = ½ Varsity Point
2. Place individually or on a relay at District B1 or Class B State Championship
3. Achieve the lettering standard two times in an event at any track meet during the season. Relay splits do not count toward meeting a time standard.
4. Participate in track and field for a minimum of 3 seasons, will receive letter as a senior.
5. Any senior athlete who completes their season in good standing.

The coaching staff reserves the right to award a letter to anyone who does not achieve one of the previous guidelines.

Lettering Standard times/distances

Event	Boys	Girls
Long Jump	19'0"	15'0"
Triple Jump	39'0"	32'0"
High Jump	5'10"	5'0"
Shot Put	42'5"	32'0"
Discus	120'0"	100'0"
100 m	11.70	13.30
110/100 m Hurdles	16.50	17.20
200 m	24.10	27.50
300 m Hurdles	44.50	51.00
400 m	54.50	64.00
800 m	2:07.0	2:45.0
1600 m	5:05.0	5:50.0
3200 m	10:50.0	12:30.0

XV. 2019 Meet Schedule & Departure Times:

Date	Team	Depart HS	Start Time	Location
Tuesday, March 19th	Varsity Invitational	11:30 am	2:00 pm	Nebraska Wesleyan University
Thursday, March 28th	Varsity Invitational	12:00 pm	2:00 pm	Platteview High School
Saturday, March 30th	JV Invitational	8:15 am	10:00 am	Tekamah-Herman High School
Friday, April 5th	Varsity Invitational	8:30 am	10:00 am	Douglas County West High School
Tuesday, April 9th	Varsity Invitational	8:45 am	11:00 am	Logan View High School
Friday, April 12th	Varsity Invitational	9:45 am	2:00 pm	Wahoo High School
Thursday, April 18th	Varsity Invitational	11:00 am	1:30 pm	Louisville High School
Tuesday, April 23rd	Varsity Invitational	-	1:30 pm	Fort Calhoun High School
Saturday, April 27th	Varsity - NCC Invitational	8:00 am	10:00 am	Platteview High School
Friday, May 3rd	Varsity Invitational	12:15 pm	2:00 pm	Arlington High School
Thursday, May 9th	Varsity - Districts	-	TBD	TBA
Friday & Saturday, May 17-18th	State Track Meet	TBD	TBD	Omaha Burke

XVI. 2019 Athlete/Parent Handbook:

- I have read, understand, and will abide by the guidelines and expectations for participation as outlined in the 2019 Fort Calhoun High School Track & Field Athlete/Parent Handbook. I am aware of the consequences if these expectations are not met. I agree to represent the Fort Calhoun Track & Field Program in a positive manner at all times.

Athlete's Name _____ Signature _____ Date _____

Parent's Name _____ Signature _____ Date _____

Parent/Guardian Information Sheet

Parent/Guardian Name/s: _____

Phone Number: _____ Email: _____