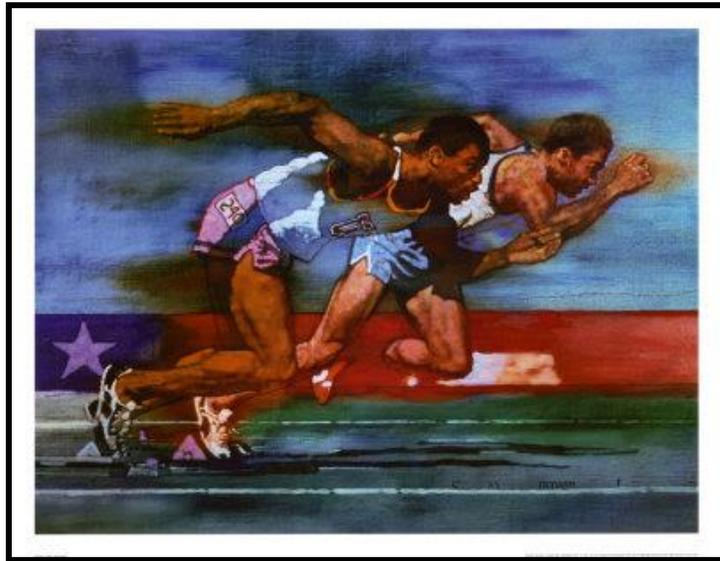


2018 Track Team Handbook



1st Practice

Monday, April 9th 3:30PM-5:00pm

HMS Gym

POLAR BEAR MIDDLE SCHOOL TRACK

★ Elements for Success ★

The purpose of the Track program is to instill a lifelong enjoyment and appreciation for the sport of running and overall physical fitness.

Participation on the team provides many benefits to young athletes including self-discipline, good sportsmanship, goal setting, and time management skills. Competitions allow the athletes to experience success and to handle disappointments in a positive manner.

Athletes participate in track for many reasons:

- ❖ to compete
- ❖ get in shape
- ❖ to be a part of a team
- ❖ to achieve success (individual and team), etc.

As coaches we support all these reasons and value each and every runner equally.

You should start each season with a pair of new or nearly new shoes. Spikes, if allowed at the meet, may be no longer than ½ inch. Choosing the right shoe is critical to staying injury free. If you are not sure what shoes to buy go to a store such as Scheels, Dick's Sporting Good, and/or the Running Company. They can help decide which shoe is right for your foot and stride.

★ Expect from your Coaches ★

- ★ To develop a program where all student-athletes can experience success
- ★ Facilitate with skill building and instruction in order to help athletes become competitive
- ★ Develop an understanding of good sportsmanship, making a commitment, teamwork, and competition
- ★ To treat every athlete with respect regardless of their ability
- ★ Constantly improve our knowledge of the sport as well as the techniques necessary to master all aspects of running

★ Expectations of Participants ★

- ★ Be on time and ready to give 100% effort
- ★ Have open communication with the coach
- ★ Respect yourself, your teammates, and the teams you are competing against
- ★ Support your teammates
- ★ Demonstrate good sportsmanship

★ Expectations of Parents ★

- ★ Be supportive of the whole Track Team
- ★ Allow the coaches to coach
- ★ Be a positive role model

Parents contribute to the success experienced by the athletes and the team. Parents serve as positive role models. Most important is to demonstrate good sportsmanship at all-time towards coaches, officials, opponents, and teammates. Parents must remember that their child is the runner/competitor. They need to establish their own goals and make their own progress towards them. The best way to help the child achieve their goals and reduce the natural fear of failure is through positive reinforcement. Successes and failures should be treated as learning experiences and not life changing situations.

★ Athlete Check List ★

1. Physical/Alternate Year Card turned in
2. Signed Co-Curricular Code/Emergency Form
3. Uniforms
 - a. Each athlete will be asked to purchase a track t-shirt that will be theirs to keep. It is the athlete's responsibility to keep it in good condition. Runners may wear layers under their meet clothes.
4. **Practice Apparel:** Each athlete is required to wear appropriate running attire
 - a. Shorts, wind pants, shirt, socks, running shoes, etc. to practice. Be PREPARED to go outside EVERYDAY
 - b. **Do not plan to practice wearing jeans.**
 - c. **Jewelry is not allowed**

*****Note: Watches and prescription eyeglasses are acceptable in competition.**

★ Team Rules ★

▪ **Be Accountable: Attendance**

Practices are mandatory and necessary for improvement regardless of your athletic ability. We realize that situations arise, please email the head coach (VanCaster) immediately if you know if your son/daughter will not be there for practice, even if they are sick. Communication is a necessity.

Absences from practice should be avoided whenever possible. Try to schedule appointments or activities outside of school at a different times.

- **Unexcused Absence**

- 1st from practice or meet will result in a warning.
- 2nd: unexcused absence will result in sitting out the next meet.
- 3rd: unexcused absence results in a conference with your parent(s) to determine future eligibility.

- **Excused Absence:** If you miss two or more FULL practices, they will result in less competition time (miss full meet or part of events) depending on missed days. All coaches and athlete will make a decision together. (Example: sick, missed the bus, appointments, etc.)

2. Be On-Time: Practices are Hortonville Middle School. Runners are expected to meet in the gym at 3:25 pm to begin practice and warm-ups.

3. Conduct: Profanity, disrespect toward workers, officials teammates and coaches, putdowns, taunting, and teasing of teammates or other teams and/or other unsportsmanlike conduct will get you disqualified, and will not be tolerated.

4. Transportation: Athletes from GMS will be bused to HMS for practice.

- You will be released from class at 2:50 to allow you ten minutes to get ready for practice.
- Please make sure you are dressed and ready to board the bus at GMS, as it will pick you up no later than 3:00 pm. (if you miss the bus it is an unexcused absence)
- Most practices will run until 5:00PM each day.

- Parents, you can pick your son/daughter up at HMS
- **Weather problems may lead to practices at both GMS and HMS.**

On meet days, a bus will pick up runners at both schools. The buses will return to the same school. There will not be a bus returning to GMS after a home meet.

★ Tips for our Athletes ★

◎ **Hydration**

Bring a water bottle to every practice and meet. It is critical to athletic performance to stay hydrated. The easiest way to tell if you are hydrated properly is the color and quantity of your urine. Your urine should be clear or lightly colored and in good quantity. If you take vitamins, please know that they can color your urine even if you are well hydrated.

Sport drinks help maintain sodium (salt) and potassium (veggies and fruit) levels in the body. However, if you obtain enough sodium and potassium in your regular diet, sport drinks are not necessary. Avoiding caffeine will help decrease your recovery time.

◎ **Injuries**

Learn to recognize injuries so that action can be taken to prevent them from becoming serious. Notify a coach anytime you think you are injured.

◎ **Nutrition**

If time permits and you are able to eat a light healthy snack (fruit, veggies, granola bar) prior to practice, great; however, please leave all food in your backpacks/lockers once practice begins.

On a race day, make sure to eat a good breakfast as well as a balanced lunch. Pack a light snack to eat at least four hours prior to your race. Try to stay away from soda, citrus juices and fried foods.

◎ **Sleep**

We understand that school and social activities take up a large portion of time, but you must work to find ways to get the 8 hours of sleep that your body needs, with no interruptions with CELL PHONES. The less sleep you get the slower your recovery and performance time will be.

POLAR BEAR MIDDLE SCHOOL TRACK

(Conference meet and Relays have a limited participant allotment for each meet)

4:15 p.m.

Field events & 3200m Relay

4:30 p.m.

100m Hurdles

100m Dash

1600m Run

800m Relay

400m Dash

400m Relay

* Grade 7 Girls

* Grade 7 Boys

* Girls Open

* Boys Open

800m Run

200m Dash

1600m Relay

Field Events:

Long Jump

Triple Jump

High Jump

Shot

Discus

☆ Contact List ☆

Boys Head Coach

Tara VanCaster

taravancaster@hasd.org

Location: HHS

(920) 779-7900

Girls Head Coach

Lisa Breaker

lisabreaker@hasd.org

Location: HHS

(920) 779-7900

ASSISTANT COACHES

CJ Behnke

ChristopherBehnke@hasd.org

Location: HHS

(920) 779-7900

Bob Pruchnofski

rpooch1957@gmail.com

Jodie Schmitt

jodieschmitt@hasd.org

Location: HHS

(920) 779-7900