

2023 HMS/GMS Track Team Handbook



1st Practice @ HMS Gym/HHS Stadium Track
Monday, April 10th, 2023

Practices Start at 3:00 PM
Practice Ends at 4:30 PM

Schedule at end of Handbook

POLAR BEAR MIDDLE SCHOOL TRACK

★ Elements for Success ★

The purpose of the Track and Field program is to instill a lifelong enjoyment and appreciation for the sport of track & field 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

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, feel free to talk to a coach and/or go to a specialty running store (Scheels or Dick's Sporting Goods). 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 and should give positive reinforcement. Please demonstrate good sportsmanship at all-times towards coaches, officials, opponents, and teammates.

★ Athlete Checklist ★

1. ALL Forms turned in prior to 1st practice (see previous Skylert communication)
2. Uniforms-Athletes need black running shorts; no other colors will be allowed.
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 EVERY DAY!!
 - b. **NO 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 but we realize that scheduling conflicts arise. Please email Coach Breaker (lisabreaker@hasd.org) immediately if you know if your son/daughter will not be there for practice, even if they are sick.

Absences from practice should be avoided whenever possible, especially during a year with limited practice opportunities. Try to schedule appointments or other activities accordingly.

Unexcused absences may result in a conference with your parent(s) to determine future eligibility.

2. Be On-Time: Practices are at the Stadium Track/Hortonville Middle School. Runners are expected to meet in the HMS Gym at 3:00 pm to begin practice and warm-up.

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:

- Parents, you can pick your son/daughter up at HMS/Stadium Track after each practice.
- Athletes from GMS will be bused to the Stadium Track/HMS for practice. Please make sure you are dressed and ready to board the bus at GMS, as it will pick you up at **2:30 pm**. GMS Students will not be bussed back to GMS after practices.

TRACK AND FIELD MEETS:

All athletes will participate in at least 1 field event and 1 running event. Coaches may enter athletes in events if they didn't sign up. Have an open mind and try events.

On home meet days, a shuttle bus will pick up GMS runners and bring them to the HHS stadium. Students can leave with parents/guardians when finished with their events.

*On AWAY meet days, student/athletes will be picked up from their schools and **DROPPED OFF AT RESPECTIVE SCHOOLS.**

Travel Release Form

****If students are not riding the bus home from an away meet, they must fill out a travel release form and hand it in 24 hours in advance to the Main Office.**

IT MUST be approved by the Activities Director prior for us to receive communication and record attendance properly. Students can leave with parents or guardians, no one else.

***The Seymour Away Meet (5/1/2023) and New London Away Meet (5/8/2023) will be an Invitational Meet, meaning only the top 3-4 participants in each event are invited. Bus will pick up GMS first and HMS second with pick up after the meet at HMS ONLY.

★ 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.

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

4:00 p.m. Start of Meet

Field events & 3200m Relay

100m Hurdles

100m Dash

1600m Run

800m Relay (4X200)

400m Dash

400m Relay (4X100)

* Grade 7 Girls

* Grade 7 Boys

* Girls Open

* Boys Open

800m Run

200m Dash

1600m Relay (4X400)

Field Events:

Long Jump

Triple Jump

High Jump

Shot

Discus

★ Coach Contact List ★

HEAD COACHES HMS

Lisa Breaker-HMS Boys

lisabreaker@hasd.org

Tyler Norton-HMS Girls

tylernorton@hasd.org

ASSISTANT COACHES HMS

Zachary Ashauer-HMS Boys

zacharyashauer@hasd.org

Wyatt Jentz-HMS Girls

wyattjentz@hasd.org

HEAD COACHES GMS

Jodie Schmitt-GMS Boys

jodieschmitt@hasd.org

Alex Peterson-GMS Girls

alexpeter@hasd.org

ASSISTANT COACHES GMS

Olivia Jenkinson-GMS Boys

oliviajenkinson@hasd.org

Kari Morrison-GMS Girls

karimorrison@hasd.org

APRIL 2023

<u>Monday 4/10/23</u> Practice 3:00-4:30	<u>Tuesday 4/11/23</u> Practice 3:00-4:30	<u>Wednesday 4/12/23</u> Practice 3:00-4:30	<u>Thursday 4/13/23</u> Practice 3:00-4:30	<u>Friday 4/14/23</u> Practice 3:00-4:30
<u>Monday 4/17/23</u> Practice 3:00-4:30	<u>Tuesday 4/18/23</u> Practice 3:00-4:30	<u>Wednesday 4/19/23</u> Practice 3:00-4:30	<u>Thursday 4/20/23</u> HOME VS. Seymour	<u>Friday 4/21/23</u> 3:00-4:30
<u>Monday 4/24/23</u> AWAY @ Oconto Falls	<u>Tuesday 4/25/23</u> Practice 3:00-4:30	<u>Wednesday 4/26/23</u> Practice 3:00-4:30	<u>Thursday 4/27/23</u> HOME VS. Clintonville & New London	<u>Friday 4/28/23</u> Practice 3:00-4:30

MAY 2023

<u>Monday 5/1/23</u> Conference Relay @ Seymour *Invite Meet	<u>Tuesday 5/2/23</u> Practice 3:00-4:30	<u>Wednesday 5/3/23</u> Practice 3:00-4:30	<u>Thursday 5/4/23</u> AWAY @ Little Chute VS Little Chute & Shawano	<u>Friday 5/5/23</u> Practice 3:00-4:30
<u>Monday 5/8/23</u> Conference Meet AWAY @ New London Athletes to attend will need to qualify-top season finishers in respective events	<u>Tuesday 5/9/23</u> Practice 3:00-4:30	<u>Wednesday 5/10/23</u> Practice 3:00-4:30	<u>Thursday 5/11/23</u> AWAY @ Pulaski Relay Event	<u>Friday 5/12/23</u> Practice 3:00-4:30 End of Season Fun Day