

# Howells-Dodge Jaguars

## Track & Field Team Handbook 2021

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**Being a participant on the Howells-Dodge Jaguars' Track and Field is a privilege and with this privilege comes certain responsibilities and the understanding that you accept these responsibilities.**

Student first, Athlete Second –

You have made a commitment to your teammates and coaches that you can handle the responsibility of participating in athletics and maintaining grades. Make sure all of your school work is done.

BE RESPECTFUL:

Treat every teammate, opposing team member, coach, fan, parent, and meet administrator, **with respect** at track meets, and here at H-D. At track meets, you will have a lot of time when you are not competing and not supervised.

As a representative of H-D Track and Field you need to show maturity and good judgment, not only on road trips, but in school and in the community also. I don't like it when a community member comes to me and says "I saw one of your track team members doing something bad."

### **EXPECTATIONS:**

Give 100% effort 100% of the time.

You need to try your hardest and give your best effort at both practices and meets. You will not always get to do the events at a meet that you would like to do. It is very important that you give a maximum effort no matter what event you are doing.

Each athlete has a job in practice and during meets. You will accept that responsibility and will accept, positively and with humility, any success or failure that comes with it. There will be no blame & **NO EXCUSES**.

# Practice Rules

1. Practice will begin at 4:00 each day and we will all warm up and do dynamic stretching together.
2. You are expected to be at all practices unless prior arrangements have been made with one of the coaches or you were absent from school. Anyone missing practice, unless cleared with a coach, will not be allowed to participate in the next track meet.
3. Shirts must be worn at practice at all times.

## While Traveling:

1. If we are not already in school, arrive at least 10 minutes before the bus is scheduled to leave. **WE WILL NOT WAIT IF YOU ARE LATE.** If we are leaving during school, get your gear and get loaded up as quickly as possible.
2. We will be respectful of opposing schools' facilities and we will clean up after ourselves. Our goal is always to leave our area looking better than when we arrived.
3. Everyone needs to ride the bus to and from the meet. Any exceptions need to be cleared with Mr. VanLengen, and your parents must sign the check out sheet.

## At Meets:

1. ***Know what events you are entered in and when they will be run.*** Field event competitors, know where you will compete. If you don't know where to go, ASK!! Most meets will run ahead of schedule if they can so watch what events are going on, not what time they are scheduled. All times on the event sheets that I give you are estimations after the initial starting time.
2. Stay at the meet site at all times. Bring Food and water with you and always bring extra clothes.
3. You should not be on the bus unless the weather is bad and coaches give you permission. You need to all help carry the tent and help set it up when we first arrive at the meet don't just make the Freshman do it, you all sit in it, that means you all need to help set it up. This is where you should be when not competing.
4. Watch the track and all runways before crossing, the quickest way to get disqualified from a meet (and look really bad) is to step in front of competitors.

## Lettering

You can earn a varsity letter by scoring 10 points at varsity meets (relay points are divided four ways) or by placing at the District or Conference meet in an individual event. You can also earn a varsity letter if you PR 5 times in the same event throughout the season (PR is explained on the next page). For freshman or people entering new events, the first time an event is run at a varsity meet you will set your PR, and you need to improve on it 5 times after that.

### Participation at Meets

We will do our best as coaches to get you in the events that you would like to run, but it is not always possible. Everyone will be entered in at least 2 events per meet, (unless all events are full, or at the coach's discretion) that means there may be times you will be entered in an event that you may not want to run. This is part of Track & Field and this may be done to help the team score points. We also don't want people just sitting around at meets if we have openings in events. You will be expected to run all events that you are entered in. If you scratch out of an event because you don't want to run, you will miss the next meet. If you are injured, talk to Mr. VanLengen about not running an event.

## Setting Records & Goals

### Personal Records

In Track and Field we compete against other teams at every meet, but we are really competing against ourselves. Knowing what you have done in the past and striving to beat your best time or distance is the spirit of Track and Field.

The Letters P.R. to a track and field athlete stand for PERSONAL RECORD. A personal record is your best individual performance ever during a track meet. PR's also serve as goals, something to lock onto and focus all your energies towards. Goals are not limits, they are meant to be achieved. When you reach a goal, set a new one, the harder you push yourself, the higher the goals you can reach.

By knowing your PR and comparing it to others in your event, you can better prepare for the meets.

PR's are an integral part of Track & Field. They give you something to improve on and when you get a new PR, you are a winner and it doesn't matter how you placed!! You've done better than you ever have before, and you are ready to go back to work on another PR.