**2020 Badger Track & Field**

Rules and Regulations are important but Standards are much more important to focus on. **Standards are focused on positive characteristics, qualities and behaviors.** Although we are laying down rules, it is important to remember the purpose of them. All of our rules are in place to encourage you to rise to a **standard of excellence through commitment to yourself and your team.** Excellence is not defined by how high you can jump, how fast you can run, or how far you can throw, but by true WORK ETHIC combined with CHARACTER.

If you can commit to the following, you will have no trouble following the rules:

**I can commit…**

To having a positive attitude

To being respectful

To giving my best effort

To supporting my teammates

To being helpful

When you and your parents sign this document, you are acknowledging you have read and understand these guidelines and standards.

**You will not be allowed to attend the first meet without the signature sheet turned in.**

**TeamReach - Download the TeamReach App and use the**

**Code: CHSTF2020**

**This is where all announcements, schedule changes and other information will be shared.**

**ACADEMICS**

1. Students are required to meet Cascade School District’s policy regarding grades and participation in extracurricular school activities.

2. If you have 3 or more missing assignments on the ICU list or an assignment that is more than 2 weeks old, it is possible that you will be required that you miss practice to make up those assignments. As long as you have a plan, have communicated that plan to teachers, coaches and administrators, and follow through with that plan to complete all assignments, you will not be required to miss practice.

**ATTENDANCE**

**1. An unexcused absence is considered to be any circumstance where you were in school, and did not come to practice without notifying a coach.** The following instances are considered to be excused absences and will not result in consequences:

-You are ill and did not attend school. If you are in school and leave before the end of the

day due to illness you must first speak with a coach face to face to inform them of your absence.

-You have a family emergency and coaches have been notified by a parent/guardian.

-You have an appointment and you return to school with a doctor’s note stating the

reason for your absence and have notified Mrs. Mazaira of the absence.

-You have a religious function or holiday and we have spoken to a parent/guardian

-You have another school related competition that is mandatory. (Golf, BPA, FFA, etc.) We will need prior notification and will speak with your advisors. This only includes competitions, missing track practice for another practice will require you to make up the missed practice before you can compete.

**2. Making the choice to leave Practice Early/Not Finishing A Workout Session will count as an unexcused absence**

**3. Being late for practice without giving prior notice will be considered an unexcused absence.**

**4. Being late for bus departure will be considered an unexcused absence.**

**Consequences for unexcused absence --**

**1st Unexcused Absence -- make up conditioning, miss next meet**

**2nd Unexcused Absence -- Off the team**

**Bottom Line: Be at practice, and if you’re not going to be at practice, Communicate properly and ahead of time.**

**NOTE: All makeup conditioning MUST be made up before you are allowed to participate in the next meet.**

**Violation of the following will yield the same consequences as an unexcused absence**

**1. Absolutely no disrespect** will be tolerated towards any coach, sport official, fans, teammates, or opposing players. Watch your language during practice and at meets. Meet officials will report any inappropriate language to coaches and disqualification could be a consequence.

**2. Improper bus behavior will not be tolerated.** Observe all bus rules and obey the bus driver. Again, profanity anywhere will not be tolerated. We will alternate boy/girl seating arrangements, and you are expected to follow these arrangements.

**3. Public Displays of Affection (PDA) is not allowed during practice, on the bus or at meets.**

**4. No student will be permitted to leave the track meet early without making contact with the coach.** Athletes must ride the bus to and from all away meets. A written note is required if you are taking your son /daughter home from an away meet due to other obligations.

**5. No activities are to begin without a coach being present, no implements are to be used without a coach being present.**  You must always have coach permission to begin practice for any event that includes implements. IF YOU DO NOT PARTICIPATE IN AN EVENT, YOU ARE NOT PERMITTED TO USE THE EQUIPMENT under any circumstance.

**6. Set-up/Take-Down/Clean-Up**  Track requires a lot of equipment. Coaches will help, but will not be solely responsible for unloading, setting up or putting away equipment. This includes pre-season set up of jumping pits, hurdles and hauling of equipment to and from the track at practice and at meets. You will be expected to help set up and take down the team tent according to the duty schedule. Failure to help will result in an unexcused absence. Leaving an implement at the track will result in extra conditioning. Losing an implement will result in replacing that implement at your own cost.

**7. We will warm up as a team upon arriving at the track.** Every member of the team will participate in the team warm-up at the beginning of meets and practices.

**8. Under no circumstance are you allowed to scratch from an event without a coach’s permission.** “I’m tired” is not a legitimate excuse to scratch. We will not enter you into more events than you can handle.If you are injured, it is not our goal to further injure you, and you will be scratched if that is indeed the best thing for you.

**OTHER**

**Your uniform is your responsibility.**  If you lose or damage your uniform, you will be expected to pay for its replacement. Uniforms include, competitive uniform top/bottom, sweat top/bottom, rain gear top/bottom.

If you are injured to the extent that it requires a doctor or hospital visit then **you must have a signed release from that doctor or hospital** before you are permitted to play or practice again.

**Do not damage equipment or school property.** This not only applies to our school but at away events also. Track implements are NOT CHEAP - If you are issued implements, you are responsible for keeping track of and properly handling them at each meet.  **Any equipment that is lost or damaged while in your possession, you will be financially responsible for.**

**Tobacco, alcohol, or drug use** policy is outlined in the Athletics Handbook. There is nothing more detrimental to a team, and to you as an individual athlete than a violation of training rules. Please make good choices.

**Athletes must be present at the practice immediately prior to a scheduled meet, or they will not be permitted to attend the meet.** (If there are circumstances where an athlete must miss a pre-meet practice we must be notified ahead of time and permission to participate in the meet will be at coaches discretion).

**Athletes not only represent the Cascade School District but also their community and family. Any conduct that detracts from either will result in his/her case being reviewed by the coaching staff, Principal and Athletic Director which could lead to a suspension or expulsion from the team.**

**-It is our job to prepare you by getting you in shape through workouts, and practice technical aspects of your events - it is your job to be disciplined enough to complete the workouts to the best of your ability.**

**EVENTS**

**-**Although Track & Field is sometimes considered an individual sport, we are still a team. We need to fill events as much as possible, and if you have an opportunity to contribute to team points by learning a new event or stepping out of your comfort zone, we will expect you to do so and give you as much support as possible to be successful.

**-**There may be situations where you are needed for a relay team. If you are the best athlete for the job, we will expect you to do so without hesitation.

**-** To give you the best opportunity to succeed, you will be expected to **participate in at least 3 events.** (The only exception is distance runners running both the 1600 and 3200 at coaches discretion.)

-**Varsity events are limited to 5 participants per school.** If there are more than 5 athletes on our team who participate in the event. The most recent top 5 marks will compete and the remaining athletes will compete at the JV level (if there is JV at that particular meet).

**-Relay Teams** will be determined initially by run-offsin practice. The 4 fastest athletes will make up both the 4 x 100 and the 4 x 400 relay teams. The next fastest athlete will be listed as an alternate in case of absence or injury and are just as important as any other member of the relay team.

**-4 x 100-Once relay teams are established, should you want to challenge for a spot,** another run off will take place that includes all existing members of the relay team as well as anyone else who would like to earn a spot. The 4 fastest runners and the next fastest one will make up the relay team and alternate.

-**4 x 400** relay teams may be established by using open 400 meet results to determine the four fastest runners. **Challenge procedure will be the same as the 4 x 100:** will include a run off in practice with existing members and anyone who wants to challenge.

**Standings** up-to-date meet results and overall district/divisional/state standings are available at athletic.net. Use the search bar to type in Cascade HS, Cascade, Montana

**-We will be performing a variety of athletic drills to help coaches steer you in the direction of success when it comes to choosing events.** Following is a list of the most important factors in each event and may help you choose based on your strengths and weaknesses. Yes, maybe you want to do an event just for fun, and that is fine too, but please be open to suggestions. The beautiful thing about track and field, there is something for everyone, and everyone can improve.

**The Factors**  **Natural speed – this is exactly how it sounds. An athlete with natural speed is going to excel at most track and field events. Put in combination with other factors and it helps you to decide where they are the best fit.  
   
Power – This is usually done by calculating or determining through test the amount of effort a person can exert in as little time as possible. A good test example would be a bound. The further a person can bound with the least amount of time required for their effort means they have more power.**  **Stride – Is the stride consistent, clean and quick? The stride is an important component for running events.  
   
Strength – Most of the events need strength of one sort or another. But, the strength might be in different areas. This factor is the general strength of an athlete – or their ability to use their body to exert force on an object.  
   
Body Morphology – Surprisingly, the body type of a person has quite a bit to do with their overall ability to succeed in a certain event. Obviously a 200-pound brute with short, powerful legs might not be a great long jumper, but they can probably fire a shot put!  
   
Aerobic capacity – This is obviously used to help determine whether an ath- lete has the ability to sustain their effort consistently over a longer period of time. Important for middle and distance running events.  
   
Coordination – While most athletes benefit from coordination of one sort or another, exceptional coordination is particularly important for throwing and jumping events. When a person has to combine several different elements of motion, timing and technique, coordination is paramount.**

Sprints and Hurdles

1. Natural speed
2. Power
3. Stride
4. Strength
5. High lean to fat ratio (body morphology)

Middle and Long Distance Run

1. Aerobic capacity
2. Natural speed
3. Low body fat (morphology)
4. Strength
5. Stride

Jumping Events

1. Power

2. Strength

3. Lean, tall, longer, powerful legs (morphology)

4. Natural speed

5. Coordination

Throwing Events

1. Power

2. Strength

3. Body mass (morphology)

4. Coordination

5. Natural speed

**We want you to be successful,** and we may think you will succeed at an event that you may not be interested in at first. We are experienced and have knowledge about what skills are needed to succeed in each event. **If we suggest an event for you, we ask that you try--**you may end up loving it.

**FUEL YOUR BODY**

Track is a high demand sport and if your body isn’t being taken care of, it will not do what you want it to do.

Sugar is not a food group. Too much of it will not only inhibit your performance but can be detrimental to your overall health.

* If we stop at a store before a meet **- DO NOT STOCK UP ON JUNK!**

**Pay attention to when you are eating** - don’t eat right before practice, don’t skip lunch, healthy snacks throughout the day.

Post practice meals should include lean proteins to help your muscles recover and ease soreness.

**HYDRATE** during and after workouts and competition, but be mindful of sugary sports drinks. Red Bull and Kick Start are NOT the right choice before or after workouts.

**Day before competition**

* Meals should include complex carbs 24-48 hours before competition

-Eat full square meals with healthy snacks in between

-Don’t eat a great deal more than you normally would, and don’t eat things that your body has a hard time digesting

**Day of competition**

* Don’t skip breakfast. Breakfast is a meal not a snack so take it seriously.
* Be mindful of processed breakfasts with simple carbs and sugars that you will blow through quickly. Focus on whole real foods. A Banana and an egg will go A LOT farther than a pop tart.
* Keep your glycogen stores topped off throughout the day - Your body can only store a limited amount of glycogen, so you want to make sure your fuel tank is full at the start of your event. This does not mean that you should carbo-load yourself sick right before an event! Instead, you should make sure to take in a snack composed mostly of carbohydrates a little while before your effort. The exact timing will be up to you to determine during training, but shoot for a small, easily digestible snack 30 minutes to an hour before your event.

**Between events/after competition**

* Replenish glycogen stores for your next effort.
* Hydrate - During intense exercise, your body loses water and electrolytes. You will want to replace both. You may want to opt for a recovery drink mix that will also provide more protein and amino acids to rebuild muscle tissue.

**TENTATIVE 2020 BADGER TRACK MEET SCHEDULE LEAVE and START TIMES**

Monday, March 9 First day of practice

Thursday, March 26 Fort Benton Invite TBA

Saturday, March 28 Cut Bank Booster Invite 6AM leave 9AM start

Wednesday, April 1 Cal Wearley Havre TBA

Saturday, April 4 Fergus Invitational-Lewistown 6AM leave 9AM start

Thursday, April 9 Cut Bank Pre-Easter 10AM leave 1PM start

Saturday, April 18 Choteau Acantha 7AM leave 9AM start

Thursday, April 23 Choteau Twilight 1PM leave 3PM start

Saturday, April 25 Fairfield/Belt Invite 7AM leave 8:30AM start

**\***Tuesday, April 28 Cascade Top 10 12:30PM

Friday, May 1 Pre-District @ Great Falls 7:30AM leave 9AM start

Friday, May 8 8C-10C Districts-Great FallsTBA

\*Thursday, May 14 Northern C Divisionals - Great Falls 8:30AM leave 10AM start

\*Fri-Sat, May 22-23 MHSA Class AA-C State - Missoula TBA

\*Qualifying Meet

**TENTATIVE PRACTICE SCHEDULE**

Occasionally we will ask that certain events don’t come to practice until 4:40, to give us better productivity and a smaller coach/athlete ratio. If students are at practice, they are expected to be working out. If athletes are not at practice they are to be out of the building or at homework club until practice begins.

We will have a lifting schedule, separated by boys and girls. On days where athletes are not lifting, they will be done with practice by 5:30. If it is a lifting day, athletes will be expected to stay until 6 to complete their lifts.

Generally speaking, Mondays and Tuesdays will be harder workout days and everyone will go together, while Wednesdays, Thursdays and Fridays will be centered more around technical event work. On these days, it is most likely that either those athletes who only throw, or only run long distance will not start practice until 4:40.

**WEEK 1 March 9 -13**

**Monday/Tuesday ALL EVENTS 4:10-5:30**

**Wednesday ALL EVENTS 4:10-5:30PM**

**Boys Lift 5:30-6**

**Thursday Runners/Jumpers 4:10-5:30**

**Throwers Only 4:40-5:30**

**Girls Lift 5:30-6**

**Friday ALL EVENTS 4-6PM**

**WEEK 2 March 16-21**

**Monday ALL EVENTS 4:10-5:30**

**Boys Lift 5:30-6**

**Tuesday ALL EVENTS 4:10-5:30**

**Girls Lift 5:30-6**

**Wednesday Runners/Jumpers 4:10-5:30**

**Throwers Only 4:40-5:30**

**Boys Lift 5:30-6**

**Thursday All, excluding Long Dist. 4:10-5:30**

**Long Distance Only 4:40-5:30**

**Girls Lift 5:30-6**

**Friday Runners/Jumpers 4-5:30**

**Throwers Only 4:40-6**

**2020 Badger Track & Field**

**Commit, Work Hard, Succeed!**

**I have read the Track & Field Rules and Expectations, and by signing below acknowledge that I will be held responsible for upholding these expectations. If for any reason I am unable to fulfill my duties and abide by the rules, I understand the consequences and that I will be held accountable.**

**Athlete Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Athlete Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_**