

TEAM HANDBOOK



SSC Website: Schedule, Forms, Documents, Coaches Bulletin – <http://www.sscathletics.org/index.php?pid=0.55.118.16.320>
Athletic.net: Schedule, Class 3A State Rankings – <https://www.athletic.net/TrackAndField/School.aspx?SchoolID=504>
Instagram: General Posts, News, Updates, Communications – <https://www.instagram.com/?hl=en>

Dear Parents and Athletes:

Welcome to a new Track and Field Season at CK High School. This season will be one of the most exciting times of the year. We are bringing on a quite a few new coaches to the staff. We are looking to change the culture of track and field, and we are starting here at CKHS.

We are committed to making sure our new program engulfs the true spirit of track and field here at CK, and to insuring we are including everyone who has a desire to participate in our sport.

A standard of excellence has been established in the Track and 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 in track and field as a TEAM sport. We recognize that Track and Field is a highly individualized sport, but the ultimate goal is to create an environment that competes to win. When you win, the team wins.
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 three Core Principles; Honesty, Respect, and Perseverance. We will strive to practice these principles during our season toward parents, administration, officials, and our competitors.
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. Continue to correspond with each coach to reach your best performance.
5. As a part of any athletic program, an athlete is not just performing for the Team, but for everybody associated with CKHS. You are also representing your family and Central Kitsap. As a coaching staff, we are looking forward to a FUN, COMPETITIVE season with excitement and friendships creating memories at all levels of the Track and Field program.

What Limits?



Neal Gaulden
Head Coach
CKHS Track & Field

Please be aware that you may find this handbook on the SSC website under Documents:
<http://www.sscathletics.org/index.php?pid=0.55.118.16.320>

Coaches Responsibilities for the 2020 Track Season

Below is the coaching staff for this year:

Coach Neal Gaulden – Head Coach (nealg@ckschools.org)

Coach Bill Braun – Throws

Coach Jeremy Duplissey – Distance

Coach Kikki Gaulden – Girls Coach and Sprints/Relays

Coach John Boydon – Hurdles

Coach Alyssa Price – Horizontal Jumps

Coach Mark Keel – Horizontal Jumps

Coach Demarius Johnson – Vertical Jumps

Coach Nathan Collins – Pole Vault

Coach Nolberto Garcia – Assistant (Hurdles/Distance)

Coach Tim Woodworth – Assistant (Vertical Jumps)

While each coach has his/her individual event responsibility, I ask that you talk to me about questions or concerns. The hardest part of being a head track coach is keeping track of what is going on in the other event groups. Please keep me in the loop.

TRACK & FIELD PHILOSOPHY

The only way for our team will get better is for you to get better. My philosophy as a coach is simple. I am here because I love the sport of track and field, and I love helping kids improve their physical and mental strengths. I expect you to strive for your best at every moment. In meets, there are three ways for you to be successful: 1) Win your event, 2) Beat your personal record, 3) Give an Honest Effort. Success will depend on you. Hard work in practice, goal setting, and faith will be the cornerstones of our success as a team.

Everyone is welcome to compete on the track and field team at CKHS, and we will try to match athletes' events with their area of interest. However, due to reasons of safety, team discipline, and competitiveness, the coaching staff will have the final say in which events athletes' practice for and compete in, as well as training methods, groups, and schedules.

****We compete to win and will not apologize for striving to be a champion. Our ultimate competitive goal is to produce state champions. Yet, we will ultimately judge our personal performances on how well we prepared, executed, and competed in our events.**

Each member of our staff is an experienced coach. We strive to meet the highest technical standards of our profession, so that we may pass them on to our athletes. Additionally, we will strive to understand the latest research on physiological principles and how that applies to writing workouts and building a season plan, so our athletes are at their physical peaks when the time comes. We set up your workouts to make you the best that you can be. We ask that you

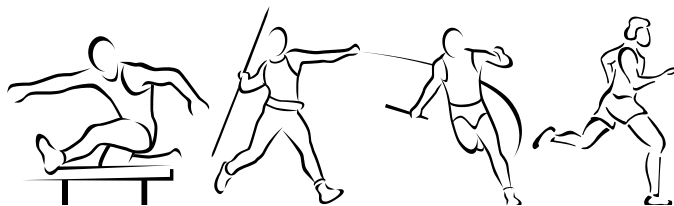
follow these prescribed workouts and check in with us when they are finished. We can not compete for you, so you need to make sure that you are following our guidelines. If a practice calls for a full recovery, **TAKE IT**. If it calls for weight room work, work out. If it calls for ice bath on recovery, make it happen. Our training plans are made with your performance, health, and success in mind.

We are committed to TEAM. To be honest, track and field is an individual sport with a team component, so we must be prepared as individuals. Often TEAM means creating and accepting an atmosphere where the accomplishments of others are valued and celebrated along side our own, and the accomplishments of the TEAM are valued and celebrated above ANY individual accomplishments. WE need to respect the individual and the TEAM, by supporting EVERY member of the team, from Manager to Coach, and everyone in between. Do not let your teammates down.

OTHER SPORTS

While there is no way that I can control your competition in other sports and activities, I caution you to try and limit yourself during the season. Our workouts are designed with the belief that this will be your only "practice" of the day, and you will be getting the required amount of rest in the evening. This will be very difficult for you if you are taking part in another sport. Also, your participation in other sports may accelerate your chances of injury or academic failure, which will jeopardize your place in a varsity relay or heat.

In this day and age of competition for scholarships, many athletes are competing on clubs or have hired personal coaches. However, it is important for you to understand that our programs are Elite Level programs designed to get you ready to compete and WIN. During our season, we expect you to follow OUR guidelines, training plans, and the coaching that we provide.



Athlete Pre-Meet Check List

1. **Running Shoes**
 - a. **Flats**
 - b. **Event Shoes**
2. Extra pairs of socks
3. Spike Wrench & Spikes
4. Towel
5. Extra Shirt
6. Extra Sweats
7. Tights (optional)(**BLACK**)(EVERYONE MUST MATCH!!)
8. **Plastic Garbage bag for covering belongings**
9. Food
10. **Meet Uniform**
11. **Meet Sweats**
12. **WATER**
13. Watch
14. **Event Equipment**
15. **WARM-UP SHEET**

Price List for Gear Issued

1. Meet Jacket - \$48.00
2. Meet Pants - \$41.00
3. Meet Top - \$30
4. Met Shorts - \$30

Care/Laundry Instructions

We will have older uniforms available for issue. If you have a school issued uniform, we ask that you take great care in the washing and drying of the uniforms.

When washing any of our items, please do NOT use ANY type of bleach. The nylon will fade, as well as disintegrate over time. Please wash all items on delicate and hang dry. If you must dry anything, please only dry the Meet Jacket and Pants – on low.

Letter Requirements

A varsity letter is one of the highest honors that an athlete can earn from his/her school. Varsity letters not only award excellence, but also dedication and desire. There are several ways an athlete can earn a varsity letter, as explained below on the Central Kitsap High School Track & Field Contract.

Injured athletes will be handled on an individual basis.

(The CKHS T&F Contract continues on the next page)

Central Kitsap High School Track & Field Contract

This contract is in place to ensure there are no discrepancies with the policies and procedures expected of this team. The Track & Field contract addresses all aspects of the Central Kitsap High School program. When an individual decides to join the team, she/he decides to follow these policies and live a specific lifestyle. This is what distinguishes a Track & Field athlete from other students.

POLICIES:

1. Athletes are expected to follow the CKSD Athletic Code. Violations to the code will result in consequences named in the code.
2. You commit to be on time, dressed, and restroom breaks taken care of to start practice and the coaches commit to end practice on time. We ask that we have your full commitment and effort during the entire practice time and at meets.
3. TF practice will be your first priority over all other activities, including but not limited to other sports, activities, work, etc. **Individual conflicts will be handled on a case by case basis.**
4. During our season, we expect you to follow OUR guidelines, training plans, and the coaching that we provide.
5. The track & field is our sanctuary. With this in mind, distractions need to be limited....so cell phones will NOT be allowed at practice. In addition, non-team members are not allowed on the track/field. All spectators are asked to sit in the bleachers or outside of the fence during practice.
6. If a student will be absent or late to practice, it is that **student's responsibility to inform the coach ahead of time**. *Do not have another team member inform the coach of your absence*. You have your coach's cell phone number and office number – use it!
7. **Unexcused tardiness or absence has consequences (as discussed below). Communicate with your event coach or the Head Coach.** If you have a Doctors' appointment or a REQUIRED school functions, let us know. If you have to take a test or get tutoring, you must attend practice as soon as you are finished, and with a note from the teacher.
8. **Shirts must be worn AT ALL TIMES. THIS IS A SCHOOL SPONSORED SPORT AND WE WILL FOLLOW SCHOOL POLICY.**
9. We do not live in warm weather. Keep your body covered during practice.

ELIGIBILITY:

- In order to participate in athletics, you must meet the school and district's minimum academic standards for participation. The current policy:
 - Students must pass at least five classes in the previous semester of school, except for incoming 9th graders
 - Grade check every five weeks
 - Academic probation for an "F" in one or more classes. If grades do not improve by next grade check, or if other grades dip below requirements during the season, athletes are placed on academic suspension
- Remember, your grades and conduct in school reflect on our team. We want you to take advantage of the opportunity we are giving you to become the best student-athlete you

can be. If you are having problems in any of your classes, let us know immediately and we will help you get the assistance you need to be successful.

PERSONAL CONDUCT:

- Be RESPECTFUL to coaches, teammates, officials and opponents.
- Be PROUD of CK High School and represent it well, **always**.
- Exhibit good SPORTSMANSHIP at all times.
- Be PUNCTUAL to practice and for meets.
- Compete with PURPOSE, everywhere; practice, meets, and most importantly, in the classroom.

PRACTICE EXPECTATIONS:

- We practice Monday through Friday; including teacher workdays, and some school holidays. Please plan accordingly.
- Practice time is from 2:55pm – 5:00pm, M-F; unless there is a meet. BE ON TIME! If you are not dressed and ready to commence practice at the start time, you are not on time.
- Some practices may go a little longer based on the athlete's need and programming. Each event coach will discuss with the athlete and/or parent to ensure EVERYONE is clear on practice times. If any issue arises, we ask that you contact your event coach; but do not hesitate to contact the Head Coach for resolution.
- **Tardy/Absence:** We are reiterating this topic. Coaches will take attendance during warm-ups; which will start promptly at 3:00pm. It is expected that you communicate with the coaches before practice if you are going to be late or absent. Notes are required to excuse doctor appt, tutoring/teacher assistance, etc. Absences:
 - Two (2) unexcused absences will result in suspension from the next two (2) meets.
 - Three (3) consecutive unexcused absences will result in removal from the team.
 - Two (2) suspensions for unexcused absences will result in removal from the team.
 - The only exceptions to the unexcused absence are medical issues or family emergency and can ONLY be approved by the Head Coach.
 - ONLY the Head Coach can reinstate an athlete following suspension. Following a suspension, the athlete and event coach must meet with the Head Coach to obtain reinstatement approval.
- **WIAA Practice Regulation:** Athletes must complete 10 days of practice prior to competing in the first meet following the jamboree. If an athlete misses four (4) consecutive days of practice BEFORE reaching the 10-day requirement, the total missed days are subtracted from the total number of practice days (WIAA Rule 17.12.10). For ex: (7) days of practice completed, (3) consecutive days missed; athlete will end up with (4) days of practice on the books and will need (6) more to be eligible to compete.
 - **After the 10-day** requirement is met, if the athlete misses (2) consecutive days of practice, excused, the athlete will be eligible to compete in the next meet.
- **Focus:**
 - Be a leader
 - Demonstrate a positive attitude
 - Compete; during practice and meets
 - Be coachable

- Be Committed to Limitless
- No goofing around
- **Unfocused of Uncommitted athletes will be asked to go home for the day.**

TEAM PROCEDURES:

The Track & Field team is a “non-cut” team; however, you may be removed from the team for excessive absences or behavioral issues. If you come to practice every day, work hard, and follow our training plans you are on the team. All athletes are members of the Track & Field team and are expected to compete in meets.

Even though everyone is a member of the team, not every athlete will compete in every single meet. Certain meets are only for the top qualifiers. There will be several meets where the entire team will compete. A few larger Invitational Meets will only allow one or two athletes per event. When more than one athlete has reached a qualifying standard, the highest rated qualifier will compete.

EVENT ENTRIES AND RELAY TEAM PROCEDURES:

The Head Coach is the deciding factor on all Invitational entries and relay teams. Remember, all things are considered in order to make a relay team, including but not limited to recent race times; attitude; attendance; and personal strengths. Relays may change from week to week as the coaching staff looks for the best team possible.

The relays are very important events in Track & Field. They can often carry the entire pride of the team on their shoulders. All athletes need to be aware of the special responsibilities pertaining to being a member of the relay team.

MEET EXPECTATIONS:

DISTRICT TRANSPORTATION POLICY: Students who participate in athletic events must ride to and from those events in District provided transportation, unless other arrangements have been made with the school and coach using the following approved methods:

- Parents/Guardians must complete the Parent Permission Form and turn it in to the main office prior to the team’s departure for the meet.
- The coach will check the front office prior to each departure. Only athletes whose parents have completed forms, and those forms are given to the coach at the time he/she checks at the office, will be allowed to check out with the Head Coach at the meet.
- ALL PARENTS/GUARDIANS MUST sign out their athlete with the Head Coach, or his/her designated representative, prior to leaving a meet. *****If the athlete is not signed out appropriately, the coach will have no choice but to enter EMERGENCY PROTOCOLS immediately until the athlete’s whereabouts are made known by the parent/guardian.** Please understand that this WILL delay our departure from the meet. **DO NOT BE THAT PERSON!**
- **Understand that the 4x400m race is the last race of every meet. Often times athletes or parents want to leave as soon as the athlete is finished racing. PLEASE respect the fact that, although we compete individually, WE ARE A TEAM. We respectfully ask that you stick around to support and cheer the 4x400m team as they compete.**

1. Meet departure and arrival times will be announced during practice the week of the meet.
2. All team members are expected to be punctual for meets. The bus will not wait for late arrivals!
3. **Arrival and warm-up:** When we arrive, the team will follow the coaches to a team area. The team will assist in carrying team equipment, water coolers, tent, tarps, etc. and set up our area.
4. The team will jog the track for a shake-out before warm-up and race/event preparation.
5. **Team MEMBERS are expected to sit with the team; not parents, girlfriends/boyfriends, or the other team.**

BEHAVIOR: CK Athletes will proudly represent our school and our team at ALL times, but especially at meets. It is expected that you conduct yourself in a focused and professional manner. Other expectations:

1. Always be helpful to the meet officials and hosting team in any way possible.
2. Always be courteous to meet officials. In some cases, these officials volunteer their time to make sure you have a safe and good experience. THANK YOU goes a long way. Go to them, shake their hands, and say thank you after EVERY meet; regardless of well you performed.

SNACKS/ATTIRE: Track meets can last 3+ hours. Invitationals on the weekends last all day. YOU MUST bring:

- **APPROPRIATE food and snacks.** It takes time to digest food. High fight foods, such as meat, cheese pizza, and fried foods should be avoided at least 24 hours prior to running. So, for my sprinters, I always preach nutrition and eating healthy, and the ones who really listen, are on a “no meat” diet the evening before and the day of competition. When preparing and eating meals or snacks, consider the following digestive examples:
 - 3 to 4 hours to digest a large meal
 - 2 to 3 hours to digest a small meal
 - 1 to 2 hours to digest a blended or liquid food
 - Less than 1 hour to digest a small snack
- I have included a few articles to read concerning nutrition for athletes on race week and race day.
 - <https://www.cheatsheet.com/life/what-not-to-eat-5-foods-to-avoid-before-race-day.html/>
 - <https://www.drugs.com/cg/pre-competition-meals-for-athletes.html>
 - <https://www.realbuzz.com/articles-interests/running/article/nutrition-for-runners-in-race-week-and-on-race-day/>
 - <https://blog.cincinnatichildrens.org/healthy-living/fitness-and-nutrition/young-athletes-what-to-eat-before-during-and-after-sports>
- **Dress Appropriately:** Uniforms are required to be worn at meets and invitationals. In some cases, when an athlete does not have a full uniform package, other CK ATTIRE IS APPROPRIATE AND REQUIRED. For instance, I should not see an athlete in a green sweater as the outer garment because they are cold (raincoats are the exception). Our school colors are black and orange, or grey and orange (or black). Please dress accordingly. Also, dress appropriate for the weather and the sport. Workout attire, not jeans. Cover your top and bottoms until it is time to COMPETE. Yes, even during warm-ups, stay covered.

AT THE END OF THE MEET:

- All athletes will clean up their area and help transport equipment to the bus and/or truck. We will have a team meeting for recognition and announcements following ALL meets: home and away.
- Athletes are expected to return to CKHS from away meets on the team bus. If you are going home with **YOUR** parent, the Head Coach must have the proper CKSD paperwork completed by parent prior to departure to the meet.
- **AT HOME MEETS, ALL TEAM MEMBERS MUST STAY TO HELP CLEAN UP AND PARTICIPATE IN THE TEAM MEETING.**

VARSITY LETTERING REQUIREMENTS:

Be a participating team member in good standing (academically and as per team policies) through the last meet in April, return all school clothing and equipment,

AND one of the following:

1. Accrue at least 100 points in during the season. Refer to the point structure below.
2. Qualify for the 3A District Championship. This is accomplished by finishing in the Top 6 in an event at the South Sound Conference Championship.
3. Meet or exceed a performance standard in an event. Please refer to the 2020 Lettering Standards' below.

POINT STRUCTURE:

- For each event in every meet, 1st place will score 10 varsity points, 2nd=8 points, 3rd=6, 4th=5, 5th=4, 6th=3, 7th=2, and all other finishers will receive 1 point.
- Each member of a relay team will receive FULL points from their team's placing (e.g. each member of a relay team placing 3rd will receive 6 points).
- Relay alternates (in attendance, warmed up, and prepared to compete) at the league, district and state championships will receive the points for the team's placing.
- **BONUS POINTS**
 - 5 bonus points for every PB (Personal Best) improvement and 2 points for a SB (Seasonal Best) improvement (not including the first meet in which the athletes attempt the event) in an individual event.
 - 5 bonus points for each friend/family member who volunteers to help at a home meet.
 - 10 additional bonus points for perfect attendance (no absences or unexcused tardiness or absences from your first day of practice through your last meet).
 - 10 bonus points for honor roll equivalent for 6-week grading period ending the week prior to SSC Championships (it will be your responsibility to bring your grades to the coaches to receive these points).
 - 10 additional bonus points for 4.0 GPA for 6-week grading period ending the week prior to SSC Championships. (it will be your responsibility to bring your grades to the coaches to receive these points).
 - 20 bonus points for seniors who have been on the team each year and have competed in at least the South Sound Conference Championships each year.

- Additional varsity points may be available for individual team service projects. If you have an idea, discuss it with the coaching staff.

2020 Automatic Lettering Standards: Any athlete that sets an individual school record, or a relay team (alternates receive 50 bonus points towards their 100-point total) that sets a school record, or an individual athlete achieving the following times/marks under a FAT at a competition track meet or invitational:

2020 Automatic Lettering Standards

EVENT	BOYS	GIRLS
100m	11.39	12.99
200m	22.99	26.99
400m	51.49	61.49
800m	2:03	2:30
1600m	4:40	5:40
3200m	10:30	12:30
110mH/100mH	16.49	17.49
300mH	42.99	50.99
Shot Put	40' 6"	28' 6"
Discus	122'	90'
Javelin	143'	92'
Pole Vault	11'	7'
Long Jump	20'	15'
Triple Jump	40'	30'
High Jump	5' 10"	4' 10"

We will post a spreadsheet with updated varsity points after each meet. Let me know if anything is missing.

Injured athletes will be handled on an individual basis. The coaching staff reserves the right to award a letter for rare and/or unusual circumstances. Additionally, the coaching staff reserves the right to revoke a letter for excessive absence, tardiness or behavioral issues.

Affirmation:

Students and parents/guardians should read this contract. Please feel free to contact the coaching staff with any questions or comments prior to signing. Your signatures on this page indicate that you have read these team rules and policies AND agree to follow them.

Your signatures on the athlete info sheet indicate that you have read these team rules and policies and agree to follow them.

Athlete's Signature: _____

Athlete's Name [print]: _____

Date of Signature: _____

Parent/Guardian Signature: _____

Parent/Guardian Name [print]: _____

Date of Signature: _____

	EMAIL	PHONE # (home)	PHONE # (cell)
Parent/Guardian 1			
Parent/Guardian 2			
Parent/Guardian 3			