CENTRAL KITSAP

TRACK & FIELD

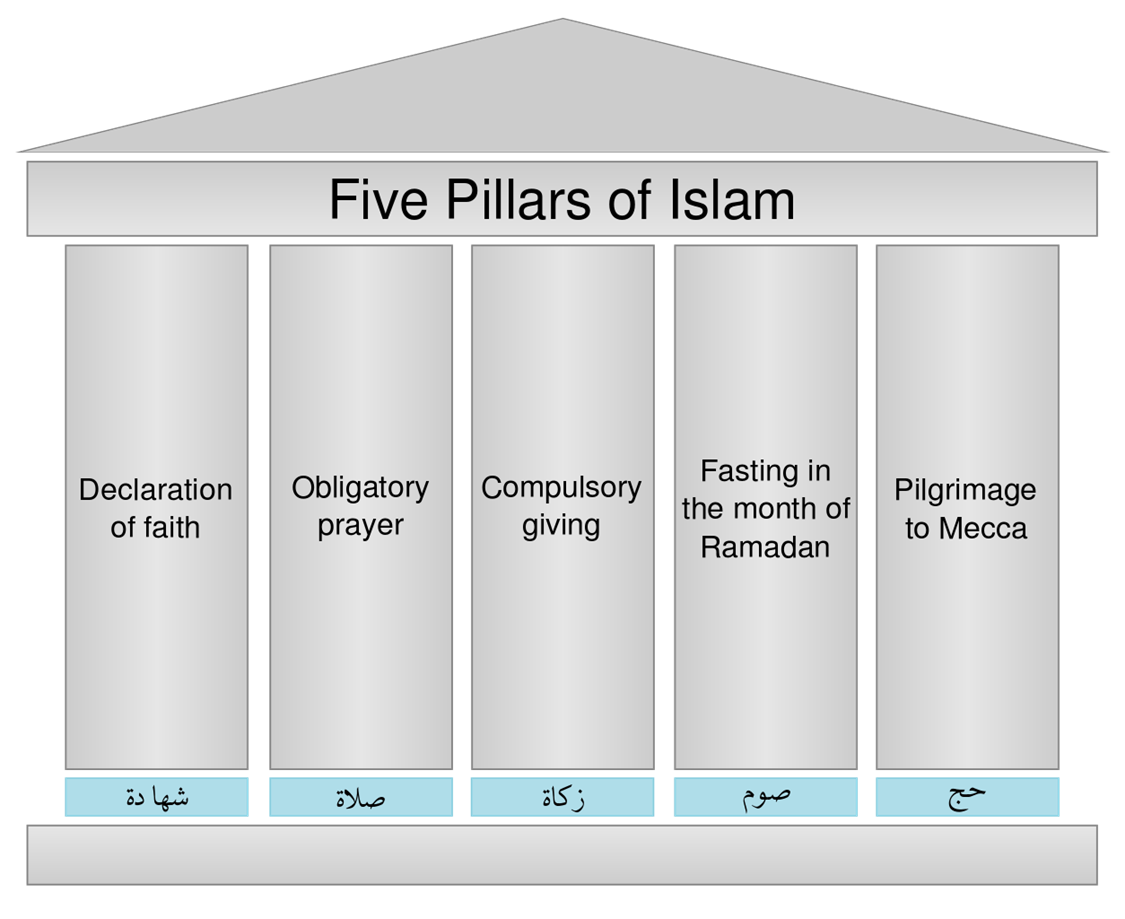
2017 HANDBOOK

http://www.sscathletics.org – Go to CKHS Home page for paperwork and links to all sports

<http://www.athletic.net/TrackAndField/School.aspx?SchoolID=504>

<http://www.twitter.com/cktfxc>

FACEBOOK GROUP: CKHS Cougar Track & Field / Cross Country



Consistent Intelligent Training

**H**

**T**

**I**

**A**

**F**

Family

Accountability

Family

CKHS Track & Field

**Family: We are together for 2+ hours per day, every day, for 3 months. We will have conflict, but we expect each member of our Track & Field Family to treat one another with respect and support at all times (Practice, meets, bus, hallways, classroom…)**

**Accountability: Don’t let your family, self, school, or teammates down. Be here and be a member of the team.**

**Integrity: Do the right things for the right reason. Do the right things, even when nobody else is looking.**

**Teachable Spirit: Keep an open mind for what the coaches are trying to teach. Allow yourself to learn. Take correction as a complement. Focus both eyes and both ears on your coach.**

**Honest Effort: Give your all at all times.**

Coaches Responsibilities for the 2017 Track Season

Mark Ward - Head Coach - Office: 360-662-2466, Cell: 360-620-0595

1. Sprints, Relays, Hurdles
2. Final decisions – ALL EVENTS
3. Transportation Requests.
4. Forms from athletes.
5. Scheduling
6. Entry forms and fees.
7. Inventory of uniforms, blocks, tapes.
8. Recruit meet workers.
9. Training of timers.
10. Uniform distribution and collection.
11. Events for meets.
12. General other stuff. (P.R.’s,)

Mark Keel – Assistant Coach, Long Jump, Triple Jump & High Jump

1. Jump Workouts and Practice Supervision.
2. Transportation Supervision.
3. Recruit Meet Workers.
4. Help Set up and train workers for jumping events
5. Help with hurdle crew at home meets
6. Other duties as assigned.

Bill Braun – Assistant Coach, Throws

1. All throws
2. Transportation Supervision.
3. Set up and take down of discus net, both practice and home meets.
4. Recruit meet workers.
5. Training of throws judges.
6. Other duties as assigned.

Chris Baldus - Assistant Coach, Distance

1. All workouts for Distance

2. Practice Supervision.

3. Help with Hurdle Crew at Home meets.

4. Transportation Supervision.

5. Recruit Meet Workers..

6. Help Train Meet Officials for running Events

7.Other duties as assigned.

Jacqueline Miller– Assistant Coach, Distance

1. Assist with Distance workouts

2. Practice Supervision.

3. Help with Hurdle Crew at Home meets.

4. Transportation Supervision.

5. Recruit Meet Workers..

6. Help Train Meet Officials for running Events

7.Other duties as assigned.

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 to 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’ll 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 little recovery, be ready to go when the coach has instructed. Track and field success is a journey that must be taken individually. Our training plans are made with that idea in mind. Each of you will have an individual plan, formed within the team plan.

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. Don’t let your teammates down.

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. This is a great opportunity for you during the off-season. During our season, we expect you to follow OUR guidelines, training plans, and the coaching that we provide. Input and coaching from club coaches will not be tolerated during our season. If this is a problem for you, you will need to make a choice between our team and theirs.



**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**

1. **Meet Sweats**
2. **WATER**
3. Watch
4. **Event Equipment**
5. **WARM-UP SHEET**

Price List for Gear Issued

1. Meet Jacket - $50.00
2. Meet Jersey - $30.00
3. Meet Shorts - $30.00
4. Sweat Pants - $20.00

Care/Laundry Instructions

Each of our uniforms is checked out to you/your child on a seasonal basis. We have been lucky that each of our uniforms has been able to pass the test of time. In addition, we do order 5-10 new items each year and remove those items that are too old to use any more. With this in mind, 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 – 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. In order to letter, an athlete must compete in the South Sound Conference Championships, and complete the season in good standing (compete in the highest level of meet qualified for).

Injured athletes will be handled on an individual basis.

**SSC Championship Qualification:**

In order to compete in the South Sound Conference Championship meet, an Athlete must finish the season as one of the top 16 in an event. Athletes should be ready to compete, even if not in the top 16, as scratches are common.

**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. Students 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. Practice starts at 2:55.
3. Practice is Monday through Friday, and will also include teacher workdays, and some school holidays. Please plan accordingly.
4. TF practice will be your first priority over all other activities, including but not limited to other sports or athletic clubs/teams, volunteer or service clubs, work, etc. **Individual conflicts will be handled on a case by case basis, but you need to know that WIAA Guideline PROHIBIT MISSING PRACTICE/MEETS OR LEAVING EARLY FOR OTHER CLUB SPORTS.**
5. During our season, we expect you to follow OUR guidelines, training plans, and the coaching that we provide. Input and coaching from club coaches will not be tolerated during our season. If this is a problem for you, you will need to make a choice between our team and theirs.
6. 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 at the top of the JR/SR lot stairs.
7. 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!
8. **If an athlete misses practice, even if excused, the week of a meet, they will not be allowed to participate in the upcoming meet. The only exceptions will be doctors appointments and REQUIRED school functions. 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.**
9. **Shirts must be worn AT ALL TIMES. THIS IS A SCHOOL SPONSORED SPORT AND WE WILL FOLLOW SCHOOL POLICY.**

**TEAM PROCEDURES:**

The Varsity 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 Varsity Track & Field team, and are expected to compete in meets. We are not a health club. Join the Y if you are just here to get “in shape.”

Even though everyone is a member of the Varsity 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. Coach Ward will choose all relay teams. He will take many things into account, including: 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.

**MEET PROCEDURES:**

* All team members are expected to be punctual for meets. The bus will not wait for late arrivals!
* **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.
* **Team MEMBERS are expected to sit with the team; not parents, girlfriends/boyfriends, or the other team.**

**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, Coach Ward must have the proper CKSD paperwork completed by parent.
* At home meets all team members must stay to help clean up and participate in team meeting.

Both students and parents should read this contract. Please feel free to contact the coach with any questions or comments.

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

**CENTRAL KITSAP HIGH SCHOOL TRACK & FIELD CONTRACT**

**Athlete Information Sheet**

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_MM/DD/YYYY

ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HOME PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ATHLETE CELL PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GRADE IN SCHOOL: \_\_\_\_\_\_\_\_\_\_

MOTHER’S NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FATHER’S NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Prior Events and Personal Records:**

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**Please read the TRACK & FIELD TEAM CONTRACT. Your signature below indicates that you have read the team rules and policies AND agree to them.**

SIGNATURES: DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ATHLETE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Uniform Check Out:

Jersey: Size\_\_\_\_\_\_\_\_\_\_\_\_\_ Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Shorts: Size\_\_\_\_\_\_\_\_\_\_\_\_\_ Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Jacket: Size\_\_\_\_\_\_\_\_\_\_\_\_\_ Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pants: Size\_\_\_\_\_\_\_\_\_\_\_\_\_ Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_