

Alexandria Track & Field 2022

Alexandria Track & Field is a team of athletes and coaches who through hard work and dedication strive for improvement of self and team. Each athlete is considered to be an important part of the team. Respect for others is mandatory; disrespect will not be tolerated. Participation is open to all students in most meets. Some meets are limited to a set number of participants and they will be determined by past performances, attendance and the coaches' discretion. Athletes should work to their own best ability, strive to continually improve, and focus on developing attributes of healthy people.

Academics: We see academics as the student's first priority and we will follow the guidelines established by the Alexandria Area High School Academic Eligibility Policy and the MSHSL rules. **Students must be passing all of their classes at mid-quarter of quarter 4 to be eligible. If you are NOT cleared by the time the lineup is created, you will not be in the meet.**

MSHSL Rules: All rules established by the MSHSL must be followed.

School Attendance: Students must be in attendance by the 3rd/7th block class to be eligible to participate in practice or meets that day. School sponsored activities are considered class attendance. Students in evening activities are expected to be in all their classes the following day.

Uniforms: Uniforms will be issued prior to the first meet. Each athlete is expected to take care of their own uniform. Do not wear uniforms to school or practice! Memorize or write down your uniform numbers, **you will be responsible for returning your uniform at the end of the season.** Wash with care in cold water and hang dry. If you lose or mistreat your uniform you will be financially responsible. Replacement costs: **Uniform tops...\$55.00, Bottoms...\$40.00.**

Track attendance: Practice during school days starts at 3:20pm unless otherwise announced. Our practice and meet times are all listed on our calendar. Due to MN weather, this is subject to change, so check the calendar weekly. It is a google sheet, so updates are live. You are expected to be at practice unless prior arrangements with the coach have been made. **If you are in school you should be at practice.** If feeling "under the weather" talk with the coach. **If you are behind in school work make arrangements to get caught up before school,** but if after school is the only option, bring a note and checkout time from the teacher and be at practice no later than 4:15pm.

Traveling: All athletes are expected to ride the bus to the competition, unless arrangements have been made with your head coach ahead of time. The athlete or parent/guardian must inform their head coach prior if they plan to ride with a parent/guardian. The ride to the meet is expected to be relaxed and quiet. The ride home should be without yelling or other intrusive noises and there should be respect to the driver, teammates, and coaches at all times. When on the bus, headphones should be used if you would like to listen to music or other audible cues to be respectful of the others on the bus. A note from the parent/guardian must be given to a coach if the athlete plans to ride home with a parent/guardian from the meet. Athletes are only allowed to ride to and/or from a meet with their parent/guardian.

At Meets: Remember that **you are part of a team.** Your actions reflect on the team as a whole. Memorize the order of events, rules, strategies and techniques of your event. Help teammates by holding blocks, measuring and cheering. Not all meets will have the same events. When not competing: cheer for your teammates, prepare well, and stay warm. **It is the expectation that all athletes on the team stay until the end of the meet, participate in the post-meet huddle, help pick up after the meet and thank the meet workers.**

Conflicts: It is the hope of the coaching staff that if an athlete has a conflict that they talk to the coach. If this cannot resolve the problem then the parent/guardian should talk to the coach with their son/daughter. This discussion must be focused on the athlete and not other participants on the team.

Conduct: It is expected that all team members will conduct themselves in a manner that will reflect positively on themselves, the coaches, their school, their family, and the community. This applies to practice and meets.

Discipline Chart:

<u>Offense</u>	<u>First Time</u>	<u>Repeat Offense</u>
Tardiness	Informal Conference	Loss of Competition
Conduct	Informal Conference	Temporary Removal and Loss of Competition
Unexcused absences	Loss of Competition	Loss of Competition or Removal from team.
Defiance	Temporary Removal	Loss of Competition or Removal from team.
Major Infraction	Suspension/Formal Conference w/ Parent/guardian	Loss of Competition or Removal from team.

PREPARING FOR SUCCESS IN TRACK & FIELD

The Preparation

Before practice or meets the most important thing you can do is to prepare properly. As with any sport the preparation should be specific to the activity being performed. In track, we use light jogging and dynamic drills. The length should be from 20-30 minutes or until the body breaks a sweat. Once the body is properly prepared, event-specific drills should take place using the techniques that we have established in practice. The preparation is to be taken seriously; this is an important part of training.

Here are some benefits of a proper preparation:

1. When muscle is warm and has increased blood flow it is able to contract and relax with greater speed.
2. Blood flow is increased due to vessel dilation and muscle movement.
3. Increased blood flow carries more oxygen for energy and carries away waste products.
4. Warm muscles reduce the risk of injury.

Additional ways to improve your preparation:

1. Always wear sweats, layer clothes, and use a hat or hood.
2. Start your preparation at least 45 minutes prior to race time.
3. Wear sweats until the starter says to take them off and put them back on when finished.
4. After a race, jog or walk around slowly for a few minutes. This will speed up recovery time by helping to remove lactic acid buildup.

Pre-meet checklist

1. Meet uniform, shoes, sweats, extra socks, and any under garments worn.
2. Running, Jumping or Throwing shoes/spikes and the correct spike size already in the shoe the day before the meet.
3. Food, water, and or money (sport drink, snack bar, fruit, a sandwich, etc.). Your lunch should be eaten after the meet or at least 3-4 hours before competition depending on the event.

Suggested

1. Extra shirt, Long or short sleeve (solid color only, no other colors or letters showing)
2. Running Tights (solid color only, with no stripes) possible relay teammates need to match.
3. Towel
4. Any items specific to the event or individual personal needs.

Reminder

1. No electronics on the inside of the track and near field events
2. Athletes cannot take uniform tops off on the infield.

CELEBRATING SUCCESS

Personal Records: The letters PR to an athlete stand for PERSONAL RECORD. A personal record is your best individual performance to date. PR's also serve as goals, something to lock onto and focus all your energies towards. In this program, we will set goals, achieve them, and then continually adjust to form new goals. After each competition we will spend the beginning of the next practice celebrating new PR's. By knowing your PR and comparing it to others in your event, you can better prepare for the competition. **PR's are an integral part of track & field;** they give each individual athlete a benchmark to build upon and provide moments to celebrate regardless of if an athlete "won" or "lost".

Season's Best: As you have established a personal record (PR) from previous years, it becomes important to keep track of your improvement during a given season. A PR usually follows a full season of training and is difficult to break early on in the next season. A lot of hard work in the off-season could enable you to PR early. A season's best gives you that intermediate step before achieving a new PR.

REQUIREMENTS FOR EARNING A LETTER IN TRACK & FIELD

1. Remain a member in good standing of the team for the entire season (**through Section Finals, 6/4**)
2. Regular attendance at practice and informing coaches of future absences.
3. Show respect for other athletes and coaches.
4. Meet one of the following requirements:
 1. Total letter points should equal 3x the number of meets held before sections.
 - i. Points are earned by the points given towards the team score from each event at each meet.
 2. Place in the top 8 individuals or top 6 relays in the finals of the conference meet.
 3. Qualify for the Section Finals.
 4. Meet or exceed the following standards in **2 track & field meets**:

100m.....Boys: 11.8 / Girls: 13.3	3200m.....Boys: 10:50.0/Girls: 12:50.0	Pole Vault.....Boys: 10' 0"/Girls: 7'6"
200m.....Boys: 24.3 / Girls: 27.9	110m H.....Boys:17.5 / Girls: 17.7	High Jump....Boys: 5' 6" / Girls: 4'8"
400m.....Boys: 54.5 / Girls: 64.5	300m H.....Boys:45.5 / Girls: 51.8	Long Jump...Boys: 17' 6"/Girls: 15'0"
800mBoys: 2:11.0 / Girls: 2:33.0	Shot Put.....Boys:40'0" / Girls: 30'0"	Triple Jump...Boys: 36' 0"/Girls: 30'0"
1600m.....Boys: 4:52.0 / Girls: 5:50.0	Discus.....Boys:120'0" / Girls: 90'0"	

5. Seniors who have been in track & field 3 full years and are contributing members.

TEAM AWARDS:

All team awards are voted on by teammates, with the exception of the Coaches' Award, which is given to an athlete who has made a significant impact on the team throughout his/her career. Team Awards include:

- **Most Valuable Field Event Athlete**
- **Most Valuable Sprinter/Hurdler**
- **Most Valuable Distance Runner**
- **Coaches' Award**

2022 COACHING STAFF:

- **Meghan Orgeman: Girls Head Coach**, Sprints, Relays, and High Jump
- **Mike Empting: Boys Head Coach**, Sprints, Relays, and Horizontal Jumps
- **Nikki Paradis: Mid-Distance, Relays**
- **Travis Hochhalter: Distance**
- **Jerry Amundson: Hurdles, Relays**
- **Ty Granning: Throws**
- **Rey Fuglestad: Pole Vault, Short Sprints**
- **Taylor Kaufman: Volunteer Coach - Pole Vault**

ALEXANDRIA TRACK AND FIELD 2022: Athlete Information

Name: _____ Grade: _____

Cell Phone Number: _____ Email: _____

List other sports or school activities that athlete is involved in:

Circle the events under each category that you may be interested in:

Sprints/Hurdles/Jumps Events:

100/200 LONG JUMP/TRIPLE JUMP
200/400 HIGH JUMP
HURDLES POLE VAULT

Mid-Distance/Distance Events:

400/800
1600/3200

Throws Events:

Discus/Shot Put

Athlete Questions:

What are your goals for this season?

What are you most excited about this season?

What fear or concerns do you have going into the season?

What questions do you have?

