

March 2021

## Hillsboro Middle School Track and Field

Dear Athletes and Parents:

Information about Track Meets, including order of events and results can be found on the USD 410 Website: <http://usd410.net/>. As the season approaches, information will be added and updated. A parent meeting will be scheduled following spring break over Zoom. Information and a link will be sent through email.

Coaching Staff: Dennis Boldt, Jeff Haslett, Malinda Just, Demetrius Cox, Don Ratzlaff, Susan Saunders

As with any program, I am sure that the following may not specifically cover everything, but the bottom line is that we want you and your athletes to have an enjoyable season. Athletes are required to be at every practice session and meet. If there is a conflict, they are required to inform the coaching staff. We want to actively promote the sport of Track and Field in a positive manner in school, on the track and in the community.

Hillsboro High /Middle Athletic Handbook: Athletes are to follow all guidelines presented in the school's athletic handbook.

Physicals: Each athlete competing will need to have a physical and a permission to participate form on file with the district. Athletes who have competed in a fall or winter sport will already have these items on file.

Discipline: Appropriate behavior is expected at all practices, bus rides, and meets as well as in the locker room. Any unacceptable behavior will be dealt with on an individual basis by the coaching staff. It is important for each athlete to understand that we have many athletes and work in a large practice area, which is a different situation than when practicing football, volleyball, basketball or wrestling. Athletes must be responsible when traveling to and from events. We want to represent our community and our sport with pride. Under no circumstance will horseplay, bullying, taunting or fighting be tolerated.

Covid-19 Protocols: Athletes are to wear masks traveling to and from practice. Athletes will also have temperature checks and wear masks when traveling to meets. As situations change, Covid-19 protocols will be updated to reflect the requirements of our state, county and school district.

Water Bottle: Each athlete needs to have a water bottle for practice. The water at the athletic field may not be turned on during early season practices due to the threat of freezing weather. Please have a water bottle. Good hydration is very important throughout practice and athletes will be given time to get drinks. Athletes are responsible for their water bottle and are not to spray or throw water on others.

Dress: Each athlete will be issued a pair of sweat pants and top, as well as a uniform shirt and shorts. The **Sweat Top and Bottom will NOT be used in practice; they will be used ONLY in Track Meets.** Please be prepared for cool temperatures before spring officially arrives. Sweat Tops/Bottoms, a jacket, stocking cap and gloves are things each athlete should have prepared to use at practice. We go outside most days despite the weather. Athletes should also have shoes appropriate for the gym in the case weather conditions force us to train inside.

I suggest each athlete have a pair of running shoes. Basketball shoes are not always good running shoes. Athletes may also choose to have a pair of track spikes if they are competing in sprinting events or jumping events, but they are not mandatory.

Each athlete is responsible for taking care of their uniform and sweats. If a uniform or sweat is returned damaged or discolored, the student will be charged for the item.

Electronic Devices: We live in an electronic age. Cell phones and other digital media are part of our lives. In order that these devices do not distract athletes, they are NOT to be used during practice or meets. Cell phones may be used to communicate with parents while in the bus. Electronic devices are not allowed to be used outside the bus when at a competition. Do not let them be a distraction between events at a meet, even on the bus. This includes the wearing of earbuds during practice and meets.

Promote the Sport of Track and Field: Social Media: Facebook, Twitter, Instagram and other forms of social media are now a form of communication used as much as e-mail and texting. Be cautious of using any form of communication concerning the Track and Field Program. Use it in a positive manner to promote the sport, your school and your teammates and coaches of you use it at all.

Jewelry and Uniform rules: The jewelry rule has changed dramatically the past few seasons. Although it is legal to wear jewelry while competing (with some limitations) we encourage athletes NOT to wear jewelry during practice and meets.

Undergarments: Occasionally cold weather dictates the use of tights and perhaps an undershirt. Tights on the Hillsboro Middle School will be black if worn under the shorts, or under the top. These tights or undergarments must be of a solid color, no exceptions.

I would like to keep it very simple. Generally, athletes need to wear only the school issued shirt and shorts when competing. Proper warm-up prior to the event and the use of sweat pants and top will be sufficient when competing. Please also avoid wearing caps during practice or meets. Stocking caps and gloves are acceptable during cold weather.

Lunches: Athletes are encouraged to bring a lunch to the track meets. Many times track meets last until into the evening.

Practice: Practice is required. If for any reason a student will be missing practice, contact the head coach. Even if for a school sponsored event, or detention, missing practice means that the athlete misses instruction and training that prepares him/her for their events. Athletes missing practice may not be allowed to compete in the next competition. It is my hope that each athlete trains for a running and field event each day as well as competes in both. The Hillsboro coaching staff works with both high school and middle school athletes each day. Practice time is limited so it is imperative that we work hard on our events and take advantage of each practice session.

Meets: We generally ride to the meets on one bus (both girls' and boys' teams). Boys and girls will not sit together on the bus; generally, one group will be in seats toward the front, one toward the back. The bus should be kept free of trash and all guidelines for riding a school bus will be followed. Athletes are expected to stay the entire meet and ride home on the bus with their teammates. In the rare occasion that they need to ride home with a parent, they will need a signed note given to the head coach prior to leaving. Athletes may ride home only with their parents, not a teammate's parent. Athletes are to check locker room bulletin boards and handouts etc. to check the events in which they are entered. Meets have entry limitations and the head coach will make the decision on which events an athlete is entered, including relay teams and the order.

Awards: Most Track and Field meets award ribbons to event place-winners. Some meets award 1st – 3rd place, other meets 1st – 5th and even 6th place. Ribbons are picked up by the coaching staff after the meet and handed out the day following the meet, or when the official results are received. Ribbons are many times a source of frustration if the host school does not place the correct amount of ribbons in the packet. If an athlete earned a ribbon and did not receive the ribbon after the meet, the coaching staff will do everything possible to obtain the correct ribbons for all athletes. Many times results are sent via fax or mail following a meet and we will hold the ribbons to ensure accuracy.

Safety: Safety is always an issue in Track and Field. High school, middle school and college athletes all train at the same facility. It is important that athletes listen to their coaches concerning training techniques as well as being observant to where other athletes are training. The discus, shot put, javelin and hammer throw are all events with potentially dangerous implements. Please encourage your son or daughter to take extreme care when moving from event to event at the facility.

Spring Break: There will no practice over spring break.

Video Cameras, Digital Cameras: Many times parents may wish to video tape the performance of their son or daughter during competition. Please be aware that athletes may not view their performance except in designated competition areas.

Web Site: Do your kids inform you of everything? Communication is important, particularly in track and field, when many times weather dictates the track schedule. In order to help parents and athletes, a web site has been created to help inform you of upcoming events, changes, and general announcements. This web site can be found through a link at [www.usd410.net](http://www.usd410.net)

I welcome all athletes to experience this sport and know that many middle school athletes are involved for social reasons, but all athletes are required to complete workouts to develop speed, strength and agility.

The sport of Track and Field is new to many of you as athletes and parents. If you have any questions, do not hesitate to call me at school. 947-3184, e-mail: [dennis.boldt@usd410.net](mailto:dennis.boldt@usd410.net) Good luck this season and I look forward to working with each of you.

Track Meets: Field events are at the beginning of each meet, and many times the 3200 meter run takes place also at this time. Field event order is different for each meet since each venue is different. Some facilities have two high jump pits; some only have the one. Schedules and order of events will be made available for athletes and parents as soon as they are available to the coaching staff.

Field Events:

Long Jump

High Jump

Shot Put

Discus

Pole Vault (may not available at all meets)

Triple Jump

Running Events (listed in typical order in a track meet)

3200 M Run (many times ran during field events)

100 M Hurdles

100 M Dash

1600 M Run

4x100 M Relay

400 M Dash

4x200 M Relay

800 M Run

200 M Dash

800 M Medley relay 100,100,200,400

\* Some meets will also include the 200 meter hurdles.