

Weeping Water INDIANS TRACK & FIELD



2014

"Strive to be better than yourself."

Women's Track and Field Accomplishments

District:

ECNC:

Boy's Track and Field Accomplishments

District: Champs- 1998, 1999, **Runner-up:** 2005

ECNC: Champs-1998, 1999, 2000, 2009, **3rd-** 2004

Welcome to a new season of **Track and Field!!** Your coaches look forward to helping you reach your goals through teamwork and dedication. Here are the guidelines, expectations, and explanations:

1. Be at the gym/Track, ready to run warm-ups, at 4:00 every school day and will go to approximately 5:30 every day. **All practices are mandatory.** If you miss practice you will be expected to make what you missed. Unexcused absences and tardies are ones that are without prior notice of parental consent. (If you are excused from school and are unable to make practice, no special notice is necessary.) The first unexcused will result in a making up running, and conditioning and a coach's conference. The second will be an make up work, a missed meet and conference. The third will result in your the consequences of the second level and missing an additional meet. After 3 unexcused absences, there is a possibility of dismissal from the team. Skipping a meet for a non-school function will result in missing the next meet unless cleared by the head coach. Skipping two meets is cause for dismissal. Your prompt attendance is important! Your teammates count on you!
2. Be disciplined about stretching. Stretching increases performance, and decreases risk of injury. We will stretch in our workout groups at the beginning of each practice. Failure to stretch guarantees injury. Stretching after the workout is a **MUST**.
3. You will be expected to be responsible for your training. If you want to be competitive, **you** have to stretch carefully without being reminded, and run the workout plan --- no loafing, complaining, leaving early. You should be prepared to do what it takes to give a solid mental and physical effort every day. If you do not want to run, and you do not want to do what is best for the team, you should re-think your decision to go out for Track!
4. Always dress adequately for practice and meets in layers. Always have available: sweat top and bottoms, windbreaker and wind pants, long sleeve t-shirt, hat and gloves. We will **always** assume we are going outside to practice.
5. Be sure to have adequate shoes to run in, but you do not need anything too expensive. Cross trainers and high tops are boat anchors! Do not deny yourself running shoes. Worn out shoes

result in injury. Ask the coaches about discounts available to us.

6. **Other Athlete Expectations-**

- Going to meets is a privilege, your practice effort and behavior is a determining factor in going.
- At meets proper dress and conduct is expected, improper behavior might result in suspension from the team and/or meet.
- The coaches will put you in events, we are not trying to embarrass you and will put you in events we think you will be successful. You can not scratch from an event without the Head Coaches' permission. You are expected to compete to the best of your ability in all situation, events and weather conditions. Failure to do this will result in disciplinary actions that include being dismissed from the team.
- Wear proper clothing at meets. This mean Weeping Water attire, we are not from other schools.
- Warm-up and Cool down. Proper Warm-up for your events is essential, along with proper cool down. If you don't do these things, don't expect to compete.
- Cheer on your teammates. You are expected to be out around the track supporting your teammates. Not sitting in the tent all day.
- Listening to and obeying your coaches. If you pull attitude with the coaches, expect disciplinary action which includes dismissal.
- Put a high emphasis on grades, everyone student first. If you are assigned recovery, you are expected to go then come to practice. Have all work done before you are going to be gone for a meet.
- Be a positive role model and help the Jr. High students out during practice.

7. **Weight Lifting-** We will be doing a circuit training for track. Weight lifting will enable you to be faster, stronger, and be able to finish races and events. Even if you are in Athletic Conditioning you will need to go and lift the circuit at the end of practice on your assigned days.

8. Plan to get eight hours of sleep the night before meets, and always eat proper meals. Avoid excess fat and sugar, while eating more carbohydrates like bananas, bread, pasta, apples, etc. Little things add up to increase performance.

9. If you are injured, **TELL THE COACH!!** The coaches will decide if it is serious and what treatments can be suggested before they become major, or a referral made to the trainer or doctor.

10. **Relays-** I feel that we can put 3 quality relay teams out there that can compete to go to state. It takes 4 individuals that are willing to give everything they have. 1 bad leg and everything is shot. Relay teams and order will be decided by the coaching staff. We will base relays on the following: Best Times, attitude, consistency of times, dependability, need of the team and cooperation of team. There will be ample opportunity for those wanting to compete to earn a chance to be on the relay team.

11. **Lettering** for Track will be based on several things: Athletes must attain 25 points to letter. Points are defined in the following manner:
 - a) Perfect attendance for practices/meets ----- 3 points
 - b) Sportsmanship and willingness to do what is right for the team ----- 2 points
 - c) Competition in the meets ----- 10 points
 - Every meet you compete in will count as 1 point – there are 10 total meets, not counting state
 - d) Every invitational an individual places in ----- 2 points
 - e) Every dual, triangular, or relay meet an individual places in - ----- 1 point
 - f) Each sport other than track, athletes participate in ----- 2 points
 - g) Qualifying for the State Meet ----- 3 points
 - h) In season weight training ----- 2 points
 - i) 9 Week Honor Roll--- 2 points
 - j) Downs list ---- (-1) point for every week on the list
 - k) Breaking a school record ---- 3 points
 - l) Those not meeting these criteria may be lettered at coach's discretion.
 - m) If you have been out for track all four years – automatic letter unless you end in bad standing with the track or athletic program.

Coaches may elect to not letter a team member that meets the above criteria if that team member has not ended the season in good standing with the track or athletic program.

12. Equipment and sweat clothes/uniforms are checked out to you for track use only. Washing instructions: All-weather sweats: Cold water/gentle – wash separately – Hang Dry!! Cotton sweats: Warm water/regular – dry on permanent press.
13. Training for a race is our goal during each practice, but **all** athletes must also follow school training regulations as listed in the student handbook. People who lack this dedication should rethink their decision before the track season starts.
14. Track captains will be chosen at the beginning of the Track season. The criteria will be: someone you can trust to do what is right for the team, leadership, experience.
15. The Track season starts Monday March, 3rd. It would be wise to begin running and stretching before then, to lessen the shock to the body that the beginning of a regiment can bring about. Warm up, stretch, run for at least 20 minutes, and stretch carefully.
16. **Results-** Results of events will be kept track on <http://www.athletic.net/TrackAndField/School.aspx?SchoolID=10824>. You can keep track of your season, and where you rank all time in Weeping Water History

Stretches

We will not stretch as a large group and static stretching will be done at the end of practice, not the beginning. At the beginning of practice each group will break off and do a dynamic stretch and form running routine. These make you faster, stronger (because you can use more of your muscle), and less likely to become injured. Stretching after a workout can ease soreness and prevent it in the first place.

Form Running

This makes you faster, stronger, and less likely to injure yourself. A runner's energy can be spent to make her run faster, or it can be wasted. Wasted energy not only drains the athlete, but makes them slower, and also moves the body in ways it can't tolerate for long without causing

injury. Form running exercises exaggerate certain things, making you more aware of how you should spend your energy whenever you run. You should try to think about your running form every time you run.

Always remember your form:

1. Don't cross your body with your hands. Your arm and leg motion should both go only forward and back. This moves your body forward (toward the finish line), which is the only thing we want to spend energy doing.
2. Elbows straighten as the hands reach the waist, then bend to nearly 90 degrees as your hands come back up near your face.
3. The back foot cocks when it comes off the ground, and the knee is lifted to bring the foot forward until the thigh is parallel to the ground. Next, the knee straightens out to bring the foot down to push off.

Weeping Water Track and Field

Track and field, as any sport, should be an enjoyable experience as well as a learning one. It is a team sport, yet a great importance is placed upon the individual. In other words, it is what you make of it for yourself.

A great deal of stress is placed upon winning, yet winning may mean different things to different people. To some it may mean winning the race, to others it may mean placing, but to all of us it should mean that you achieved the goal you set. If you have accomplished that, and the goal you set was valid, then you were a winner that day.

Goals

Goals are a very valuable means by which to ensure improvement. Make them realistic, yet high enough to inspire you and cause you to do your absolute best in order to achieve them. Each athlete should set goals for each event they participate in. A goal, which you intend to reach by the end of the season, should be set before the first meet. Then by progression you should set ones to be reached at each meet throughout the season, leading you to the achievement of your ultimate goal.

Season Goals:

Event	Goals	Best Performance
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

I am looking forward to a successful, as well as a most enjoyable, experience this track and field season.

Weekly Goals

Event	Goal	Performance	Place
Conestoga Early Bird			
Platteview Invite			
Yutan Relays			
Thunderbird Invite (JCC)			
Yutan Invite			
Plattsmouth JV			

Louisville Invite

Conestoga Invite

ECNC

JCC Invite

Districts

State Track Meet @ Burke

Track Performance Club

If you are able to meet certain marks you will be rewarded with a T-Shirt. You can only earn 1 shirt per year, regardless of how many events you get a mark in. The following year your are eligible for a different reward, if you a time or mark 4 different years you will have 4 different rewards.

Here are the marks you must hit.

	Boys	Girls
100 M	11.5	13.0
200 M	23.5	27.9
400 M	52.0	64.0
800 M	2:05	2:33
1600 M	4:50.0	6:00.0
3200 M	10:50.0	13:05.0
100 IH		17.0
110 HH	15.5	
300 LH		51.5
300 IH	42.0	
LJ	20'6"	16'2"
TJ	42'0"	31'0"
HJ	6'2"	5'0"
SHOT	47'0"	36'0"
DISCUS	140'0"	115'0"

Weeping Water High School

Indians

2014 Varsity Track Schedule

3/28 (Fri.)	Conestoga Early Bird @ Conestoga	1:00 P.M.
4/1 (Tues.)	Yutan Relay Meet @ Yutan	3:00 P.M.
4/3 (Thurs.)	Platteview Invite @ Platteview	2:30 P.M.
4/8 (Tues.)	Thunderbird Invite @ Tecumseh	9:30 A.M.
4/15 (Tues.)	Yutan Invite @ Yutan	1:00 P.M.
4/24 (Thurs.)	Louisville Invite @ Louisville	1:00 P.M.
4/29 (Tues.)	Cougar Invite @ Conestoga	10:00 A.M.
5/3 (Sat.)	ECNC @ Yutan	10:00 A.M.
5/9 (Fri.)	JCC Invite @ Tecumseh	9:00 A.M.
5/15 (Thurs.)	C-2 Districts @ JCC (Tecumseh)	TBA
5/23-24 (Fri./Sat.)	State Track Meet @ Burke Stadium	TBA

2014 JV Track Schedule

4/21 (Mon.)	Plattsmouth	1:00 P.M.
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Coaching Staff

Head Coach: Charles Cover

Asst. Coaches: Mike Barrett, Jeremy Strong, Mary Mozena, Joe Phillipi

Weeping Water Track Bus Schedule (Leave Times are Estimated)

Date: Friday, March 28, 2014
Destination: Conestoga
Meet: Conestoga Early Bird
Departure: 11:30 A.M.
Meet Starts: 1:00 P.M.

Date: Thursday, April 24, 2014
Destination: Louisville
Meet: Louisville Invite
Departure: 11:30 A.M.
Meet Starts: 1:00 P.M.

Date: Tuesday, April 1, 2014
Destination: Yutan
Meet: Yutan Relays
Departure: 1:00 P.M.
Meet Starts: 3:00 P.M.

Date: Tuesday, April 29, 2014
Destination: Conestoga
Meet: Cougar Invite
Departure: 8:30 A.M.
Meet Starts: 10:00 A.M.

Date: Thursday, April 3, 2014
Destination: Platteview HS
Meet: Platteview Invite
Departure: 1:00 P.M.
Meet Starts: 2:30 P.M.

Date: Saturday, May 3, 2014
Destination: Yutan
Meet: ECNC
Departure: 7:45 A.M.
Meet Starts: 10:00 A.M.

Date: Tuesday, April 8, 2014
Destination: Tecumseh
Meet: Thunderbird Invite
Departure: 7:30 A.M.
Meet Starts: 9:30 A.M.

Date: Friday, May 9, 2014
Destination: Tecumseh
Meet: JCC Invite
Departure: 7:00 A.M.
Meet Starts: 9:00 A.M.

Date: Tuesday, April 15, 2014
Destination: Yutan
Meet: Yutan Invite
Departure: 11:00 A.M.
Meet Starts: 1:00 P.M.

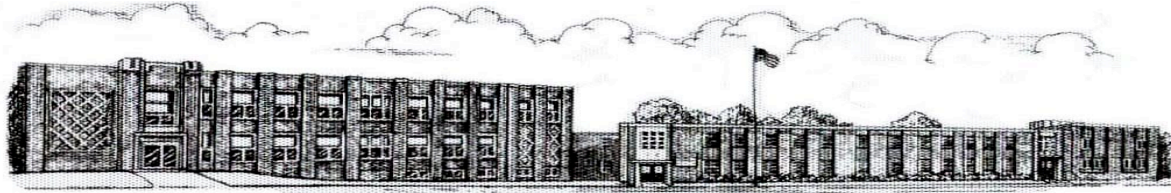
Date: Thursday, May 15, 2014
Destination: JCC
Meet: DISTRICTS
Departure: TBA
Meet Starts: TBA

Date: Monday, April 21, 2014
Destination: Plattsmouth
Meet: Plattsmouth JV Invite
Departure: 11:30 A.M.
Meet Starts: 1:00 P.M.

Date: Thursday, May 17-18, 2013
Destination: Burke Stadium
Meet: State
Departure: TBA
Meet Starts: TBA

Weeping Water Public School

"TO ENSURE THAT EACH STUDENT ACQUIRES KNOWLEDGE, ATTITUDE, AND SKILLS TO BECOME PRODUCTIVE LIFE-LONG LEARNERS"



I have read and understand the Track and Field Handbook, and agree to abide by it. I also agree I'm committed to the team and will do what I can to make sure we have a successful season.

Athlete Signature: _____

Parents Consent

I have read and looked over Weeping Water Track and Field handbook with my child and give them permission to participate in the sport of Track and Field.

Parents Signature: _____