

BOULDER
HIGH
PANTHERS
2020
TRACK
&
FIELD

BOULDER HIGH TRACK & FIELD COMMITMENT TO EXCELLENCE

To whom do you commit?

- **YOURSELF!** You have chosen to be on this team and you have the ability to make this a great season, exceeding any other previous personal performances.
- **YOUR TEAMMATES!** Your contribution to a positive team atmosphere will result in better personal performances because you have the support of your teammates.
- **YOUR COACHES!** Your coaches' efforts in working with you will match the effort you give to yourself, your team, and the program.

Things that demonstrate your commitment:

- **ATTENDANCE.** There should be very few things that interfere with you coming to practice, and when you cannot it is your responsibility to contact us. Failure to attend practice without notification will result in missing the next meet, and repeated unexcused absences will result in dismissal from the team. Phone numbers to reach me are: Carl (303) 809-6863 (cell call or text)
- Email carl.worthington@bvsd.org
- **MOTIVATION.** Every day you need to come with a purpose in mind to what you are doing and what you would like to accomplish. Use each day as a positive step forward in reaching your goals. If your motivation ever starts to falter, please see a coach; we've probably been through something similar and we can work together to help you enjoy your season more.

GOALS. They give you direction and motivation. This needs to come from you and what you want for the season. They should be highly challenging to make this experience worthwhile and thrilling. You will be expected to have goals for the season, goals for each meet, and goals for each day of the practice. Without goals you are merely going through the motions and this can compromise your success

- **TEAM GOALS-**
 - (1) Get better by the end of the season
 - (2) Top 3 at Boulder County Championships
 - (3) Top 3 at League Championships
 - (4) Qualify as many as we can for state
 - (5) Break school records
 - (6) Place high at the State Championships!!!!
 - (7) Helping each to their individual goals, what is yours??

- **EFFORT.** Everyday come prepared for maximum effort. Sometimes may be more physical and other days may be more mental. If you can start the season preparing yourself for practice with a consistent approach in effort, it becomes a habit that takes less preparation and translates to great performances in competition.
- **ATTITUDE.** You are expected to be a positive part of our team. This includes what you say and how you act toward your teammates and coaches, but also includes what you say to yourself. Negativity is a cancer that will erode the best efforts, and leads to frustration and disappointment, as goals will never be met.
- **RESPECT.** This needs to be displayed in how we interact between one another, regardless of our age (9th-12th grade) and our role (athlete or coach). Behavior and language needs to be non-offensive. In addition, we need to demonstrate respect with our opponents, regardless of our own end result in the event.
- **PRIDE.** Do things that make you proud of yourself. Have pride in your teammates accomplishments and the history of this team. You are choosing to be a part of a sport that has revealed people of heroic character and amazing performances, so be proud to be a track & field athlete. Never embarrass yourself, the team, your coaches, or Boulder High School.
- **ATTENTION TO DETAILS.** There are so many pieces that lead to your success. Just performing the actual workout with a great effort does not mean you will be successful. Some of these details include thorough warm ups, stretching, strength building activities, and a cool down. Sometimes we finish at different times, but the expectation is that you do every part of the routine we have detailed for your event group.
- **OPENESS TO COACHING.** Put yourself in the position to work with your coach. Work to understand the philosophy and direction you are going. Be receptive to their ideas and constructive criticism. Make time to talk with them if you have questions or concerns. Believe that they have your success as their #1 priority. Your coaches are professionals with volumes of competitive experience and have been hand-picked for what they can bring to Boulder High Track and Field.

If not on the parent or athlete e-mail list?

Email me carl.worthington@bvsd.org

Plus we will be using Rschools this year as means of communication, schedules, website ect.

RULES & GUIDELINES

ELIGIBILITY: Athletes must have passed five classes in order to compete, and MUST BE ENROLLED IN FIVE CLASSES AT ALL TIMES. If you have five classes, add a class before dropping another.

PRACTICE TIME: You should be dressed and ready for the team meeting or warm-up at 4:05 sharp. Be prepared to practice everyday no matter the weather and dress appropriately i.e.: gloves, hats, sweats, etc. (We will have some game conflicts for Soccer or Lacrosse games) WE HAVE TO BE OFF FIELD BY 5:15-5:30 for soccer or Lacrosse

TOBACCO, ALCOHOL, AND OTHER ILLEGAL DRUGS:

If seen using any of the above during practice, meets, or at any school functions, the athlete will not compete in the next event or meet and will be dismissed from the squad the second time. In addition, you are subject to Boulder High consequences.

STEALING: Any track member caught stealing, will be immediately dismissed from the team.

SWEATS AND UNIFORMS: Purple sweats are to be worn in meets. You are responsible for the uniforms, as well as for laundering and turning them in clean at the end of your season. Equipment checked out to you which is lost or stolen will be charged to you through the treasurer's office.

MEET DAY ATTIRE: All athletes are to wear school issued singlets, shorts and warm-ups. Any t-shirt worn under the singlet must be solid black, and any tights (solid black) worn under the shorts. Only one logo on it (ask about size)

LOCKS: YOU MUST SUPPLY YOUR OWN LOCK.

DO NOT LEAVE VALUABLES IN THE LOCKER ROOM!

INJURIES: If you think that you have some type of injury, tell one of the coaches immediately so we can direct you to the trainer (Shannon Aberton). It may not be serious, but if it is we need to know as soon as possible in order to treat it properly. Ice is necessary for almost all athletic injuries (sprains, strains and pulls) immediately following the injury and for the following 24-48 hours.

SPRING BREAK: We will work out Mon, Tues., Wed, Thurs. mornings mid to late mornings, weather permitting. If you are going away for Spring break you must pre-arrange it with the head coach. Absent athletes must complete workouts given by their coaches on their own. There is meet at Saturday at Broomfield March 28th.

ATHLETIC ETIQUETTE AND CONDUCT: During competition:

1. If you start a race or field event, finish it, unless you have a serious injury.
2. Make your athletic performance speak for you- no swearing at or bad mouthing opponents, officials or coaches.
3. Support and encourage your teammates when you are not competing throughout the whole meet.

Meets: We prefer that no one misses a meet and everyone has Track and Field as his or her primary focus. However, we understand some of you are multi sport athletes.

All meets will require for varsity athletes: (see schedule)

Meets:

- Time Trial March 2nd Pancake breakfast afterwards
- 1st meet- March 14th Boulder Invite at Centarus, and March 18th at Boulder-Boulder v Fairview v Monarch v Centaurus
- On the first meet we will need helpers as timers/pickers, Hurdle movers and general help plus concessions stand help.
- **I would rather not have anyone leave a track meet early!!** In rare occasions we may allow it, but parents must discuss it with Carl and receive approval prior to the meet. In this case, you need both of the following:
 - a) A note from the parents, signed. Unless a close in meet
 - b) The person you are leaving with or arriving with must be a parent and registered as a driver with Boulder High athletic office.

Per district policy, please inform your parents that starting with Spring Sports all parents that will be driving other students will have to complete a volunteer form. This form will be attached to the driving form that the parents normally get. This means that those parents will receive a background check. Also this year, because of the budget shortage, some meets we will have a bus to the meet and then find rides back from parents, At some of our closer meets, (Fairview, Broomfield, Centaurus and possibly Longmont) Parents students will be able to drive to the meet but, would like athletes to stay for the meet to cheer on their teammates and possibly may be needed to fill in on relays.

OTHER ITEMS

Make sure you have a good pair of training shoes not too big of a heel and no cross trainers. If you are going to buy new shoes, you can go to In Motion (30th and Walnut) or Running Broadway and Table Mesa mention you are on BHS track team, what track and field events and they will help you select a pair of shoe for you.

Plus they will give you a 15-20% discount. (If you can't afford shoes/t-shirt, let Carl know and we will work something out).

Specialty shoes Here is the link for the shoe store, it is live and ready to go, please send out.

<https://eastbaystore.com/OFTS4394/Category/All>

All will be on Boulder High website -revtrak

Team t-shirt app \$15.00 (Only required but if can't afford it talk to me)

Other items optional to purchase

Team Sweatshirt top (\$25) and bottoms (\$20), GTM wind top (\$35) Bottoms (\$20), Solid Black running shorts (Runner's Roost-In Motion has some) approx. \$25.00-

LETTERING

Boulder High Track Team Lettering Policy:

1. Earn an average of at least one (1) point for each regularly scheduled varsity meet. Divide relay points by the number in that relay, or
2. Score in an individual event of a major meet of five or more teams, or
3. Be a member of a relay team that places in the top four (4) in a major meet where five or more schools are competing or
4. Participate in the State meet
5. And successfully complete the season.
6. Also, seniors who participate for 4 years will earn a letter (this is at the sole discretion of the coaches).

Qualifying for the State Meet

It is the TOP 18 times or distances/ heights' out of the top 25 on May 15th have the opportunity to go to state. Top 18 relay times

Sign Below, Detach, and Return to Carl

NAME _____

I understand the commitments I am making to my teammates, my coaches, and myself. I agree to abide by them, and I understand failing to do so could result in any of the following:

- * conference with coaches
- * suspension for a meet
- * dismissal from the team
- * other consequences deemed appropriate by the coaches

I understand if I make a complete commitment to excellence, I am more likely to meet my goals and enjoy the experience.

Athlete signature _____

Date _____

Parent signature _____

Date _____

CHECK OFF LIST FOR TRACK MEETS

UNIFORM, BOULDER TRACK AND FIELD TEAM SHIRT,

Solid BLACK SPANDEX (ALL RELAYS THE SAME COLOR SHORTS ONLY ONE LOGO include waist band)

.. SHOES,-TRAINING SHOES- RACING/JUMPING SHOES/SPIKES;

.. THROWERS NEED TOWELS

.. TEAM SHIRT, SWEAT TOPS & BOTTOMS w/ PURPLE WINDSWEATS

.. 3 PAIRS OF SOCKS

.. GLOVES AND A STOCKING CAP

.. FOOD: BRING WISE CHOICES

.. WATER (BOTTLE)/ SPORTS DRINK

.. SUNSCREEN AND/OR UMBRELLA

.. INHALER (PLEASE, ONLY IF YOU HAVE ASTHMA)

.. TAPE (ONLY FOR SPRINT RELAYS AND FIELD EVENTS)

.. PERSONAL RELAXATION MATERIAL (MUSIC (NOT AT YOUR EVENT IN STANDS ONLY), BOOK, ETC)

.. BLANKET OR SLEEPING BAG

.. VISUALIZE YOUR RACE OR EVENT (WHOLE AND THE PARTS)

.. CHEERING ON YOUR TEAMMATES ALSO CHECKING TO MAKE SURE ALL RELAY TEAM MEMBERS ARE IN SAME UNIFORM AND.

NO Cell Phones or ipods (on Track or at Field Events)

PANTHER PIN STANDARDS

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
100	11.6	13.6
200	24.0	29.0
400	56.0	1:06
800	2:15	2:50
1600	5:00	6:00
3200	11:00	13:30
100/110 Hurdles	16.0	16.5
300 Hurdles	45.0	50.0
Long Jump	18'	15'
Triple jump	37'	30'
High Jump	5'8"	4'10"
Pole Vault	11'0"	8'0"
Shot Put	40'	29'
Discus	110'	85'

We need help at our Home meets:

- March 14th -12 teams at Centaurus
- March 18th –QUAD Meet at Boulder

Help includes:

- Concessions- Monarch's meet and FOR Home MEET
- Timers/Pickers- Check in with TBD
- Drivers for various meets
- Hurdle movers- check in with Coach Babiak
-
- Fund Raising- Our meet is our main fundraiser, Gala in Fall , Groceries Certificates, Noodles, other ideas?
- Snack/ Team tent group

REMINDER: Fairview MEET APRIL 17TH IS PART OF A BVSD 4 DAY WEEKEND,