

Buford High School Track and Field 2019 Handbook

www.bwolvestrack.com



Attitude Determines Altitude!

Mission Statement

Buford Track and Field program will strive towards a cooperative effort between coaches, players, administrators and parents to achieve esteemed character qualities and optimal athletic performance by each individual while working toward both region and state championships.

Philosophy:

We believe in:

1. Great Work Ethic
2. Great Attitudes
3. Accountability
4. Team Unity

Goals

1. Break our PR's (personal records) at every meet – peaking at Region and State
2. Win the Region Championship
3. Win the State Championship
4. Break State Records
5. Establish a winning morale within our team

Remind

Text @a7d4de to 81010 to join the BHS Track Remind. Remind & email will be our main source of communication.

Teams

Runners will participate in a “time trial” before the first meet. The following chart will be maximum time standards to participate in varsity events:

Event	Boys	Girls
100	11.75	13.5
200	24	26.5
400	55	60
800	2:10	2:45
1600	5:30	6:30
3200	11:45	13:00
100/110 H	17	18
300 H	45	55

Meets

Everyone is expected to run in the meets. The meets are what you work for. Know your current PR in each event and work to beat that PR. Every athlete is expected to participate in the event your coach has placed you in. It is absolutely imperative that you understand we are a team and that coaches will make decisions (using their judgment) on what is best for you as an individual and our team. This is your time to shine and represent BHS with class and effort!

While at the meet, you are expected to act with respect and class always. Make sure you keep up with personal items and keep the bleachers nice and clean. Be in the meet mentally and know when you are

about to participate. Make sure you are warmed up a minimum of 30 minutes prior to participation. Being warmed up is breaking a sweat before you race. Always push and encourage your team positively! If you know you will need water at the end of a race, make arrangements with a teammate to provide for you or take it to the starting line with you. Our coaches will be involved with the meet (timing, assisting with hurdles etc.). Never speak out negatively to an opponent! Never taunt or horseplay! Winners will show up and get it done without comments! We will need all non-participating athletes to help move hurdles before and after hurdle events. At home meets, you are expected to stay until the end of the meet.

While at the meet, you must stay on the premises at all times. Please stay away from the discus cage at all times. NEVER TURN YOUR BACK TO THE CAGE!

Transportation

You will ride to and from the meet on the bus. If your parent is at the meet, you may ride home with them if your parent has filled out at BHS Transportation Waiver. You cannot ride home with someone else's parents or any other person. You must turn in a transportation waiver to the team tent before leaving the meet.

Athletic Code of Conduct

Every player must fill out an athletic code of conduct and have it signed by a parent. These should have already been turned in to Coach Fowler.

Practice

We will practice from **3:00 to 5:30** every day. If bad weather arises, we will practice indoors. We will meet on the football bleachers at **3:00** sharp everyday for roll call and announcements. The lockers rooms may or may not be locked so if you have valuables our suggestion is that you keep them in a duffle bag on the bleachers. If the weather is bad, we will meet inside the hallway behind the gym for roll call and announcements. Do not bring valuables to practice. Make sure you use the restroom before coming out to practice. You cannot be in the Field House weight room unless accompanied by a track coach. Bring a filled water bottle to practice everyday! Sprinters and jumpers – have your spikes every day!

Practice Dress

Make sure your dress is modest. Dress comfortably and cool on warm days and warm on cool days. Make sure you have sweats when you need them. You will be assigned your uniform at the beginning of the year. Make sure you keep up with these and have them when needed. Take care of these and make sure you do not wear these to school. If there is a threat of cool weather, bring some sweats. Have your spikes and tennis shoes with you everyday!

Treatment

If you are injured or need treatment you must have it cleared with the head coach before reporting to the trainers.. An athletic trainer must be present during treatment. This season, we will have an after practice icing schedule of gentlemen on Mondays & Wednesdays, ladies on Tuesdays & Thursdays. If additional icing is needed, athletes need to schedule that with a coach.

Discipline

All practices are mandatory. If you have to miss due to an emergency, your event coach must clear you. **You will be dismissed from the team on the third unexcused absence.** If you are going to be tardy, you must let YOUR coach know **before** the tardy. You will run for any tardy or practice “no show”. On the third unexcused tardy, you will be seriously reprimanded. You are expected to be a leader and an example in the classroom. Your conduct should be above reproach. If you have a discipline problem in school or we get a bad report on your behavior, you will be seriously disciplined. We do not have a long list of behavior rules. You know how to act respectfully, show up on time and work hard. Before we can win on the track, we must win with our character. Simply DO RIGHT and you will have no problems!

Uniforms

Runners are required to purchase their uniforms & warm ups from BSN to be on the team this year. The cost varies based on what the runner needs where the maximum costs is \$200 for the uniform & warm up. These need to be purchased immediately to arrive in time for the season. Runners were informed of this cost in December at the team meetings. We have included the player fee for this season in the cost of the uniform, so parents only have to pay once.

Lettering

In order to letter, you must be a participant in good standing and meet one of the following criteria:

- be on the team for **four** years in a row
- score in a major meet [Major Meet: County, Region, State]
- run in 50% of the varsity meets for the season

Fundraising:

1. We will be participating in Online Fundraising to crowdsource some of our costs this year.
2. We will also be working the concession stand at the arena, March 2nd; we will need parent volunteers.

Coaches Comments

We are excited about being your track coaches and getting to know each of you on an individual basis. More than we want you to succeed in track, our goal is to build positive character qualities that will last a lifetime. Qualities like work ethic, consistent effort, dependability, respect, and competitiveness. This is our greatest aim. We have tremendous coaches who will be teaching you the fundamentals of this great sport and much more. We are looking forward to us working together to become a unified team and family. We will always positively encourage you and you are expected to do the same with your teammates. Track is a sport where you must be self-motivated. There are 16 events and you must make sure you are getting your work done with passion when the coach is not with you. You must hold yourself and your teammates accountable. It is vital that you are an “every-day” athlete. A famous coach once said, “winning is important, but the will to prepare to win is crucial”. We are looking forward to us “getting better” everyday. Remind yourself of the talents and abilities you have been given and get ready to improve those everyday! LET’S GO!!

“Attitude Determines Altitude”

BHS Track and Field Staff

Coach Davis, Track & Field Director

Coach Fowler

Coach Green

Coach Heindel

Coach Johnson

Coach King

Coach Martin

Coach Ross

Coach Snell

