

# ***Nelson County High School Track & Field 2019 Team Handbook***

The Nelson County High School Track & Field Coaching Staff would like to welcome you to the exciting sport of Track & Field and to the great tradition of our NCHS Teams!

## **WHAT IS TRACK & FIELD?**

Track & Field is a series of athletic contests between teams that include events in sprinting short distances, running longer distances, jumping, and throwing. A full list of track events for both boys and girls include: 100M dash, 200M dash, 400 (1/4 mile) dash, 800M (1/2 mile) run, 1600M (mile) run, 3200M (2 mile) run, 400M (4X100M) relay, 800M (4X200M) relay, 1600M (4X400M) relay, 3200M (4X800M) relay, 110M high hurdles (boys)/100M hurdles (girls), 300M intermediate/low hurdles. The field events include long jump, high jump, triple jump, pole vault, shot put, and discus throw.

## **HOW IS TRACK & FIELD SCORED?**

A Track meet is scored by adding up the finish places of all eligible competitors. Points are given determined by the number of competitors and place finish. The team with the highest combined score over all events wins.

## **ABOUT OUR TEAM**

The NCHS Cardinal Track & Field team serves students of Nelson County High School and its feeder middle schools. There are no cuts from the Track & Field team, and all participants compete. Placement on various squads (varsity, junior varsity, or middle school) is based on three criteria (in order of importance): 1. coach's discretion, 2. observed performance, and 3. age or grade. Usually the top two individuals in an event earn "varsity" spots; remaining high schoolers are considered junior varsity, with those grade 8 or under placed on the middle school team. Coaches may move an athlete up to varsity at any time, so BE READY.

## **TEAM REQUIREMENTS**

In order to participate, athletes must have all of the following on file: 1. a completed physical/parental consent form, 2. a signed participant/ parent contract (found at the end of this packet), and 3. weekly academic progress reports. Competitors must be passing 6 of 7 current classes to remain eligible to compete. Physicals can be scheduled with your family doctor or a local pediatrician or chiropractor (the chiropractors are usually cheaper). Like all teams and clubs at NCHS, participants in Track & Field must submit to random drug tests throughout the season.

Furthermore, all competitors must be in good team standing and a model for his or her teammates in attitude and behavior. Disrespectful behavior to anyone—coaches, teammates, opponents, anyone—will not be tolerated.

## **YOUR COACHES**

### **Dan Bradley: Head Coach**

25+ years with the NCHS T&F program. USATF and NFHS certified coach. KTCCCA member. Sprints & relays, hurdles, high jump.  
Email: Dan.bradley@nelson.kyschools.us.

### **Brian O'Neill: Assistant Coach**

5 years with the NCHS T&F program. NFHS certified coach. EMT. KTCCCA member. Mids and distance.

### **John Roby: Assistant Coach**

3 years with the NCHS T&F program. NFHS certified coach. Throws and Pole Vault.  
Team bus driver.

### **Carmen O'Neill: Assistant Coach**

4 years with the NCHS T&F program. NFHS certified coach. Middle School Program, Strength & Conditioning.

### **Michael Hutchins: Assistant Coach**

First year with the NCHS T&F program. US Naval Reserves. Strength & Conditioning, Sprints, Runway jumps.

## **PRACTICES**

### **1. Practices are mandatory**

Practice will be held from 3:30-5:15 Monday through Thursday at Nelson County High School. Friday practices are also held for individual instruction and makeups for missed practices.

Participants will meet in the Track fieldhouse promptly at 3:30 for a warm-up routine led by a senior captain and form drills with the coaches. Attendance will be taken by a manager at this time, every day. If you are late you **MUST** check in with the attendance manager as soon as you arrive or your attendance may not be counted.

Practices are **MANDATORY** unless excused. If you miss a practice, you must notify Coach Bradley **IN PERSON** in NCHS Room 217 **BEFORE** attendance is taken that day. Missed practices are made up on **FRIDAYS** during regular practice time. Failure to make up missed practices of unexcused absences may result in team discipline which may or may not include loss of spot or dismissal from the team. Coaches reserve final say regarding team discipline.

Regarding weather: with facilities to condition indoors as well as out, generally I do NOT cancel practice unless the school makes the decision to cancel ALL after school activities. Athletes should be prepared to stay for practice every day. If weather is terrible, we will condition in the football fieldhouse and trackhouse. **LISTEN** for announcements.

### **2. Daily Practice Schedule**

Daily practices are conducted in a rotation of sessions between track work, skills & drills, and technique/form work with a coach. A detailed session plan will be handed down to each athlete by his or her captain and/or coach weekly. A session plan, listing the order of practice units, is included in the back of this handbook. Although coaches may deviate from it when the need arises, athletes should be prepared to follow this session plan daily.

### **3. Attire**

Participants should report to practice in proper attire. This includes a t-shirt, running shorts, and running shoes. In cold weather, tights, sweats or a warm-up suit may be worn.

Regarding shoes: wear good, thick-midsoled running shoes. Never wear any other type of footwear to practice in. Not high-tops, not skate shoes, not those cute little things that look like track flats but really aren't. Running shoes. Remember, not all good shoes are expensive, and not all expensive shoes are good. Unless an athlete is having foot trouble, any midrange (regularly priced \$60-\$85) running shoe that fits well is fine. Don't spend too much, because shoes only really last one season. Even if the shoe body and outsole look okay, the midsole (white cushioning) will break down over the course of a season and the shoes must be replaced or problems will occur. Those with a history of foot problems should go to a shoe store specializing in running (see Runnig Soles in Etown or Swag's Sport Shoes in Louisville, for example) for a proper fitting. Never try to self-treat foot problems with orthotics, tape, or wraps. Runners will have a classroom session early on foot care.

Regarding competition shoes: some athletes will choose to compete in shoes made especially for competition in their events. These include spikes for sprinters, hurdles, and jumpers, and flats for throwers. It would be smart to talk to your coach and shop around before spending too much buying specialty shoes from the first catalog you come across. Wait until the demand is legitimate to buy such shoes. When you do drop the cash for such specialized footwear, be sure to throw a pair of trainers in your duffle bag to warm up in, and slides for after the race. DON'T go around all night at a meet wearing your spikes. They are to compete in. Period.

### **4. Practices are closed**

While I encourage parental involvement in almost every way imaginable, weekday 3:30-5:15 practices are closed. This includes visitors hanging out on the bleachers during practice. Coaches will always remain on campus after practice until all athletes are picked up, and would welcome meeting with parents at that time. UNDER NO CIRCUMSTANCES should a parent or

visitor enter the Trackhouse further than the coaches' office without checking with a coach first. The locker rooms are gender-specific and for changing only.

## 5. After practice

Unless with a coach, after practice all runners must report to the front of the ticket booth at the main athletic gate to wait for rides. RIDES SHOULD ARRIVE NO LATER THAN 5:30.

## COMPETITIONS

### 1. Types

There are generally two types of Track & Field competitions. One is called an *all-comers meet*, and is usually eight or fewer local teams competing against one another for team results. These are usually held on weekday evenings. The other is called an *invitational*, and is often twenty teams or more from around the region (and even beyond) competing for team and individual trophies. These are usually held on Friday evenings or Saturday mornings and serve as varsity-only contests.

The only exceptions are the *qualification meets*: the region championship and state championship. Only our top two boy and girl competitors in each event are eligible for these competitions. Regardless of performance, an athlete must have competed in at least four meets at the varsity level to qualify for a region team.

### 2. Our region

We are in Class AA Region 2, the largest region of any class in the state both by number of teams and geographic area. Our region opponents are: Adair Co, Allen Co-Scottsville, Bardstown, Breckinridge Co, Butler Co, Edmonson Co, Elizabethtown, Franklin Simpson, Glasgow, Hart Co, John Hardin, LaRue Co, Marion Co, South Warren, Taylor Co, Thomas Nelson, Warren Central, and Warren East.

### 3. Attendance

Attendance to meets is MANDATORY to all COMPETITORS. If you're on the lineup sheet, you'd better be on the bus. The coach must be notified of any excused absence from competition at least a week in advance (e.g. Friday before for a Friday meet), and excused absences will count against attendance requirements detailed under "Practices" above. Junior Varsity athletes should be ready to move up to varsity spots should a varsity athlete be unable to attend a meet—this IS a way to earn their spot on a long-term basis. An unexcused absence from competition will result in team discipline which may include loss of spot or dismissal from the team.

### 4. Travel

When traveling to a meet, the entire team competing that day must ride together on the team bus. This is school policy, and exceptions are RARE.

Competitors will need to report to the Track Fieldhouse at least 15 minutes before departure. Buses will leave on time regardless of who is running late. Due to space limitations, buses are closed to non-participants (INCLUDING team members not competing). Parental support is crucial at meets, however, so I encourage you to support your athlete by coming out and cheering him or her on.

After ALL his or her events are completed, competitors may leave with a parent or guardian rather than ride the bus back if parents deem it necessary, otherwise staying with the team to cheer on the other members in other events IS expected. Finished competitors may NOT return to the bus before departure time unless foul weather necessitates it.

**If you will not be riding the bus back with the team, you MUST SIGN OUT with a Coach before you leave.** If the parents you are leaving with are a teammate's parents, **you must present a dated permission slip signed by your parents that states who you will be riding home with. Phone calls won't work—no note means you're riding the bus.**

We will make phone calls on the way back to let rides know to come to school for pick-ups. It is very important that parents/guardians be available to pick up athletes at school when the bus returns after a meet. If you will not be available to pick up your athlete after a meet,

you must make other arrangements beforehand or elect to pull your child from competition on that day and take an absence.

## **LETTERING**

A participant can earn a high school varsity letter through one of two ways. 1. Single season—a competitor must earn a varsity spot (top one or two in his/her event) and make the Region Team—qualifying for and competing in the region championships at the end of the season. He or she must be in good team standing and a model for his or her teammates in attitude and behavior. 2. Multiple seasons—a participant completes a second consecutive season in the NCHS Track & Field program at any level. Again, he or she must be in good team standing and a model for his or her teammates in attitude and behavior.

## **UNIFORMS/WARMUPS**

Every competitor will be issued a uniform consisting of top and bottom. Varsity uniforms will be the BLACK GTMs, and junior varsity will be the WHITE Adidas. These uniforms are to be taken care of! Under no circumstances will an athlete who has already been assigned a uniform be allowed to borrow another from the team. If you forget your uniform, you'll have to borrow somebody else's sweaty one.

It is the responsibility of the participant that these uniforms be kept clean and in good condition, and returned promptly at the end of season. Usually the last day to check in uniforms for varsity athletes is the day of the post-season awards banquet. Failure to do so will result in the athlete being held responsible for the \$75 replacement cost of the uniform. Should this occur, the school will bill the student the cost of a replacement uniform, and if left unsettled could result in report cards being withheld and loss of school privileges. Uniforms are to be laundered after every use. Hand wash or use the Gentle cycle and use COLD WATER ONLY. Tumble dry low or hang to dry.

Sweats or warm-ups will also be made available for purchase during the season. We will conduct a Run-A-Thon fundraiser to help those wishing to buy such items raise the money for them.

## **REGARDING UNDERGARMENTS**

Garments worn under the uniform must visibly match the other team members. These optional garments are not part of the school-issued uniform and are therefore NOT supplied by the team. As track shorts are significantly shorter than gym/basketball shorts, many athletes opt for compression shorts. In order to be allowed, they MUST meet the following requirements: Visible shorts worn under the competitive uniform must be solid black, compression-style, with no visible logos. Undershirts must be solid-black, compression-style, with no visible logos. NO T-SHIRTS WILL BE ALLOWED TO BE WORN UNDER THE UNIFORM TOP.

## **FUNDRAISERS**

There is no charge for membership on the NCHS Track & Field team. We do not have "Spirit Packs," but we will do a Run-A-Thon fundraiser early in the season to cover the cost of warm-ups team members may elect to purchase. Details will follow.

In addition, we will be raising money for track equipment, replacement uniforms and improvements through various other fundraisers such as our middle school invitational, the PowderPuff Football Tournament, possible product sales, and T-shirt sales at school. Details on these fundraisers will be forthcoming.

## **HOME MEETS**

We will be hosting three home meets this season, our **Icebreaker All-Comers** in March, our invitational called the **Cardinal Classic** in April, and the **Border Battle** between the schools of Nelson and Bullitt Counties in May. Besides the Run-A-Thon, these will be our major **fundraisers** this season, and **we need parents to work these meets**, either assisting with events or with concessions. Please mark you calendars. Exact dates are on the season schedule, and more info will follow.

**WHAT ELSE CAN PARENTS DO?**

I'm glad you asked. The answer: plenty! Here's some ideas everyone can do...

1. **Communicate**—always let us know how things are going. An athlete might tell you something he or she may not tell us. An ache or pain they may call “no big deal” could become a big deal quickly if we don't know to adjust workouts. News about upcoming family trips, difficult times in a runner's life, or just a “how's it goin'?” from time to time are important. We need to know.
2. **Cheer us on**—it's vital to an athlete to know that they have your support. Please **DO** come out to meets, **DO** wear school colors, **DO** yell like crazy and call competitors by name, but when you **DO** come out, please remember a few **DON'Ts**:
  - a. **DON'T** run with or touch an athlete during a race, even if he or she falls; doing so will disqualify them from the competition
  - b. **DON'T** put undue pressure on an athlete about his or her performance
  - c. **DON'T** expect to leave right after your athlete's events as he or she **MUST** check in with a coach beforehand
  - d. **DON'T** expect to speak at length with a coach before, during or after a meet as we are probably getting ready for the next event
3. **Support**—actions go a lot farther than words sometimes and any help you can give us is appreciated. Maybe you can help a manager keep book, or call out split times; anything helps. And it's true: the easiest way to an athlete is through the stomach. Non-carbonated drinks, bananas or oranges or watermelon, even brownies or rice crispy treats all make great snacks. If you do bring snacks, get with somebody to make sure you've got enough to share with everyone.
4. **Recruit**—always be a salesperson for the team. We are always on the lookout for new members. Siblings are a great place to start!
5. **Fundraise**—If you have a good idea for how we can make some money without too much work above our running be sure to share it so we can consider working it in.

**NOTES**


## NCHS Track & Field Participant Contract

Sign this contract, detach it from your handbook, and turn it in to Coach Bradley or a designee at your next practice.

I have read the NCHS Track & Field Team Handbook and I understand the expectations of participants and parents/guardians explained in it.

By signing this, I agree to abide by all the policies and procedures of the school and Track & Field team.

Participant name, PRINTED: \_\_\_\_\_

Participant name, SIGNATURE: \_\_\_\_\_

Parent SIGNATURE: \_\_\_\_\_

Date: \_\_\_\_\_

### Athletic Physical Verification

CHECK ONE

I will be having an athletic physical specifically for participation in Track & Field

I have already had an athletic physical for the current school year. The sport that has this physical on file is

\_\_\_\_\_.