

2018 BULLDOG TRACK AND FIELD

SCHEDULE

The 2018 Track and Field season begins on Monday March 5, 2018. All athletes are to meet for practice at 3:30, in running attire, in the high school gym. Be prepared to go outdoors to run at every practice but also have clothes that suit an indoor practice in the event we are inside. The 1st week of practice will start at the high school. All athletes must provide their own sweat shirts, sweat pants, running tights, hats, gloves etc. We will be going outdoors the 1st day of practice, provided weather permits.

TRACK SHOES

We would recommend that everyone wear a good pair of training shoes with plenty of cushion in the sole for comfort while running. They can be purchased at any good sporting goods store or affiliates online. That is the only shoe that is necessary for both practice and meets. If you have a pair of shoes from last year, you should check them to insure they still have the proper cushion. Generally, running shoes should be replaced after each season of use or every 500 – 1000 miles. We also recommend sprinters bring their sprint shoes to each practice in addition to their cushioned running shoes as they will need them periodically throughout practice. Sprint shoes with spikes are ideal.

TRACK UNIFORM

Seniors will be offered the option to buy their track uniform (includes uniform top and shorts). The Men's uniform is \$63.00 and Women's is \$48.00.

If there is damaged or missing uniforms or warm ups you will be responsible to pay for the replacement. The cost is below:

| | | | | |
|-------|------------------------|---------------------------|------------------------|---------------------------|
| Men | Uniform Top \$33.00 | Uniform Bottom \$30.00 | Warm Up Top \$42.00 | Warm Up Bottom \$30.00 |
| Women | Uniform Top \$30.00 | Uniform Bottom \$18.00 | Warm Up Top \$39.00 | Warm Up Bottom \$27.00 |

PHYSICALS

If track is your only sport of the year, it will be necessary to either get a physical this year or fill out the alternate year athletic permit card. Those athletes that need a physical must do so before they can participate. Those athletes that need the alternate permit card should get them, have them filled out by your parents, and brought back to me as soon as possible.

EMERGENCY MEDICAL TREATMENT FORMS

It is necessary for every athlete to fill out a new emergency medical treatment card. Please return these forms to me (Coach Schaefer or Coach Yerkey) by the first day of practice. You cannot practice if we do not have these cards.

****Ms. Bellile, in student services, has a running record of all forms needed so you can stop in any time during the school day to check if you are up to date on all the necessary paperwork.**

TRAVEL

All student athletes must ride the bus to and from all track meets as is required in the New London Co-curricular Code. If an urgent family need requires the student athlete to deviate from this policy, it is required that a Travel Release form be submitted and approved before dismissal from school on the day of the event. No Travel Release forms will be available at the track meets. I would strongly urge that all athletes adhere to this policy and travel with the team as a team member.

ORDER OF EVENTS

The correct order of events designed by the Wisconsin High School Track And Field coaches for combined (co-ed) meets is as follows:

- | | |
|----------------------------------|-------------------------------------|
| 1) 3200 Meter Relay (girls)* | 14) 400 Meter Relay(boys) |
| 2) 3200 Meter Relay(boys)* | 15) 300 Meter Inter. Hurdles(girls) |
| 3) 100 Meter High Hurdles(girls) | 16) 300 Meter Low Hurdles(boys) |
| 4) 110 Meter High Hurdles(boys) | 17) 800 Meter Run(girls) |
| 5) 100 Meter Dash(girls) | 18) 800 Meter Run(boys) |
| 6) 100 Meter Dash(boys) | 19) 200 Meter Dash(girls) |
| 7) 1600 Meter Run(girls) | 20) 200 Meter Dash(boys) |
| 8) 1600 Meter Run(boys) | 21) 3200 Meter Run(girls)* |
| 9) 800 Meter Relay(girls) | 22) 3200 Meter Run(boys)* |
| 10) 800 Meter Relay(boys) | 23) 1600 Meter Relay(girls) |
| 11) 400 Meter Dash(girls) | 24) 1600 Meter Relay(boys) |
| 12) 400 Meter Dash(boys) | 25) Field Events** |
| 13) 400 Meter Relay(girls) | |

* Boys and girls 3200 Meter Run and Relay may be run together.

** Field events for boys and girls are as follows:

Long jump, triple jump, high jump, pole vault, shot put and discus.

INJURIES

It is important that every athlete report any injuries they may receive to the coaching staff. A certified Athletic Trainer from New London Family Medical Center is available every day of the week, from 3:00-6:00pm, to assess and treat injuries. All assessments and restrictions are passed on to the coaching staff. This helps us set up alternate training sessions for the injured athlete that will allow them to stay in shape. This will also determine whether the athlete needs to be evaluated by a doctor. The school furnishes this service at no cost to the student athlete.

LETTERING

Athletes will receive 20 points for competition in each Varsity meet, and 10 points for competition in each JV meet. (Provided they have not already competed at the varsity level in that meet) They will also receive team points earned in their placing events. All relay members will receive the team points earned in their highest placing event. Competing in the Waupaca County meet will earn 50 points plus places. Conference and Regional competition will earn 100 points plus places. Sectional competition will earn 100 points first event and 25 points for each additional event plus places. State will be 100 points first event and 50 points for each additional event plus 25 points for every point earned. Setting a school record will earn 50 points. Athletes will also receive 25 points for achieving tier 4 of a team standard, 50 for tier 3, 75 points for tier 2, 100 points for tier 1. Students will earn standard points for only one event and that will be based on the best standard performance.

The standards for boys and girls are in the table below:

| COMPETITION | 100 POINTS | | 75 POINTS | | 50 points | | 25 POINTS | |
|-----------------|------------|--------|-----------|-------|-----------|-------|-----------|--------|
| | Boys | Girls | Boys | Girls | Boys | Girls | Boys | Girls |
| SHOT PUT | 40'0" | 34'0" | 36'0" | 30'0" | 32'0" | 26'0" | 28'0" | 22'0" |
| DISCUS | 115'0" | 100'0" | 105'0" | 90'0" | 95'0" | 80'0" | 85'0" | 70'0" |
| LONG JUMP | 18'6" | 15'0" | 18'0" | 14'6" | 17'6" | 14'0" | 17'0" | 13'6" |
| TRIPLE JUMP | 38'0" | 30'0" | 37'0" | 29'0" | 36'0" | 28'0" | 35'0" | 27'0" |
| HIGH JUMP | 5'10" | 5'0" | 5'8" | 4'10" | 5'6" | 4'8" | 5'4" | 4'6" |
| POLE VAULT | 10'6" | 8'0" | 10'0" | 7'6" | 9'6" | 7'0" | 9'0" | 6'6" |
| 100/110 HURDLES | 18.0 | 17.5 | 19.0 | 18.5 | 20.0 | 19.5 | 21.0 | 20.5 |
| 300 M HURDLES | 46.0 | 53.0 | 49.0 | 56.0 | 53.0 | 59.0 | 56.5 | 1:02.0 |
| 100 M DASH | 12.0 | 13.4 | 12.3 | 13.7 | 12.6 | 14.0 | 12.9 | 14.3 |
| 200 M DASH | 24.5 | 28.0 | 25.0 | 28.5 | 25.5 | 29.0 | 26.0 | 29.5 |

| | | | | | | | | |
|------------|---------|---------|---------|---------|---------|---------|---------|---------|
| 400 M DASH | 55.0 | 1:06.0 | 57.0 | 1:09.0 | 58.0 | 1:12.0 | 59.0 | 1:15.0 |
| 800 M RUN | 2:09.0 | 2:35.0 | 2:15.0 | 2:45.0 | 2:21.0 | 2:55.0 | 2:25.0 | 3:00.0 |
| 1600M RUN | 4:50.0 | 6:00.0 | 5:00.0 | 6:15.0 | 5:10.0 | 6:25.0 | 5:20.0 | 6:40.0 |
| 3200 M RUN | 10:55.0 | 13:00.0 | 11:20.0 | 13:30.0 | 11:35.0 | 13:45.0 | 11:50.0 | 14:00.0 |

Those Senior (12th Grade) athletes who have competed for 4 years as a member of the track team in good standing, and are recommended by the coaching staff, shall receive a letter. Seniors with 3 years and 400 total points will letter if they are in good standing at the end of the season.

Estimated point total to letter 450

Athletes must be members of the track team, in good standing, to receive a letter.

ATTENDANCE

All athletes are required to attend all practices and meets unless they have an excused absence. Excused absences are the following:

- 1) Family emergency
- 2) Illness/doctor's appointment/other school function
- 3) An approved absence prearranged with the head coach

All other absences will be unexcused.

An unexcused absence from practice will result in the following action:

| | |
|-------------------------|---|
| 1st Offense | Verbal warning with head coaches present and a call/email to parent |
| 2 nd Offense | Miss a meet |
| 3rd Offense | Removal from team |

*An unexcused absence the day before a meet will result in the athlete not participating in that meet.

*Athletes will not be penalized for a missed practices or meet if they have been absent from school due to illness.

If an athlete arrives late for a practice (prior to the end of stretching) they will be marked tardy. Two tardies will = one unexcused.

GRADE CRITERIA

A student athlete's responsibility and main priority is to his or her academic success. Therefore, if you have a failing grade in multiple classes for three weeks or more this is grounds for removal from the team.

PRACTICE

All track practices will be held on a rotating schedule, typically Monday through Friday from 3:30-5:30PM at the High School. **All athletes should be prepared for the team jog initiated by the team captains to the track. The entire team will jog as one unit and will complete two laps before warm ups begin.** If students are not present when the captains lead the team jog they will be late.

Team jog / 3:30 – 3:40

Team dynamic & static stretches / 3:40 – 3:55

Coach talk / 3:55 – 4:00

Running only / 4:00 – 5:00

Running, sport specific drills & field events / 4:00 – 5:30

All track participants should plan accordingly around practice times. Any outside activities, including jobs, should be scheduled around this time. Other school functions scheduled during this time should be brought to the coaching staff's attention.

MVP CRITERIA

The MVP will be the individual who has earned the most team points (Meets, Event points and Standards).

Coach Schaefer will post team points every Monday beginning mid-late April. Students will be able to chart their progress and can add additional events to earn more points.

One MPV candidates will be chosen for both boys and girls.

Captains: Minimum of 2 chosen by coaches and 2 selected by the team.

Captains are expected to demonstrate Bulldog character on the field, classroom and community. Those unable to uphold the standards and promote a positive track environment will be replaced.

Team Player award
50 % Head coach
25% assistant coaches
25% team vote

The New London track program wants student athletes; set your priorities:

- Academics
- Team
- Personal Goals

All Track and Field Coaches want the team and individual to have success. While individual athletes have specific events they excel in the head coaches reserve the right to put a student athlete in an event that will benefit the team.

TRACK COACHING STAFF

Head Coaches:

Nick Schaefer

distance, middle distance, distance relays

Amber Yerkey

sprints, sprint relays, high jump

Assistant Coaches:

Monica Koeller

long jump, triple jump, sprints

Marc Marsh

shot put, discus

Zack Johnson

pole vault

Alissa Blumreich

hurdles

Volunteer Coaches:

Coach Fischer

hurdles, pole vault

Jason Schlueter

shot put, discus

Cassidy Pethke

hurdles, pole vault

Please stay up to dates with all practice times, meets and other events relating to the 2018 track season by frequently checking the track and field bulletin board and track webpage found under the New London School District website www.newlondon.k12.wi.us. Click on the High 9-12 tab, then athletics, then track. If any issues arise throughout the day students can stop by anytime before school or during the school day to Coach Yerkey's office found in the PE/tech ed hallway.