



2011 Girls Track & Field Pre-Season Information Sheet

OUR COMMITMENT TO YOU

1. To value you as an individual and treat you with respect.
2. To do our best to help you to improve and meet your personal goals by providing you with encouragement, feedback, and attentive and informed coaching.
3. To help you to have fun.

FIRST DAY OF PRACTICE

Feb. 7th (Monday): Captains practice if you are available to get a head start on your running.

Feb. 14th (Monday): Start date for all athletes not participating in a winter sport at our regular time.

PRACTICE TIME

Weekdays: 3:35 (gather in lobby for announcements and warm-up)

Saturdays: We will practice each Saturday morning through April as our meet schedule allows. Time will usually be at 9:00 am. These practices are NOT optional, so please plan your work schedule accordingly.

Duration: Practices will last until approximately 5:45 on weekdays, 1 1/2 hours on Saturday. Our practice time is very limited. Please **DO NOT** schedule other events until after 5:45 pm.

MISSED PRACTICES

You can't improve if you aren't here. If you know in advance you will be missing a practice or meet, you need to tell Coach Coleman at least 24 hours in advance of the missed practice (this includes Saturday practices!). This notification should be from you or your parents not friends. We will give you a workout for practices you know in advance you will miss.

Appropriate reasons to miss practice: school activities (band concert, field trip), family emergency, illness (not in school), family trips.

Unacceptable reasons to miss practice: homework or tests (you can arrange to come late to practice, but you must come), routine doctor or dentist appointments (when possible, do not schedule these for practice times), feeling poorly but came to school (if need be, we will modify the workout)- you still need to report to practice, injuries (you need to come to practice and do whatever type of workout you are able to), club sports (if you are involved in club sports you must discuss conflicts with Coach Coleman prior to the start of the season), intramural sports (don't miss a practice or meet because of intramural sports).

ATTENDANCE

Attendance is critical for improvement, and a must to be out for City High Track & Field. All absences from practice need to be cleared through Coach Coleman in order to be considered excused. One unexcused absence will require an athlete to sit out one meet, and anyone with two unexcused absences will be asked to turn in their equipment.

Soccer, Softball AND Track and Field

Both the soccer coach and I are committed to allowing kids to do both soccer and track. Soccer practice will begin 6 weeks after the start of track practice. Coach Opitz and will work out a schedule for those who intend on doing both sports. This schedule identifies which days you are to go to track practice and which days you go to soccer practice. We will also work with Coach Fickel so you can participate in softball. You will be expected to participate in hitting and light activities during the week of District and State. There are also some games or meets that you may miss to attend the other sport. If you are committed to being involved in two varsity sports at the same time this may be a challenge for you and may influence your participation in other extra-curricular or club activities.

AWARDS

For all awards, you must attend 90% of all practices and meets, and show excellent effort, and improvement.

For Varsity award, you must satisfy one of the following:

- compete in at least one varsity event in 3/4 of varsity meets.
- run a time (individual or relay) or jump/throw a distance that places or would place (in the case of a JV performer) in the top 6 in the varsity section at 5 outdoor meets that have varsity/JV competition.
- meet the Standard of Excellence for your event(s) either individually or as part of a relay.
- seniors who have competed all three or four years will earn a varsity letter.

At the end of the year awards will be given.

GOAL SHEETS

We will have goal sheets for you to fill out for the season. Please take some time and consider what you would like to accomplish this year. The coaching staff will do everything possible to help you achieve your goals.

CAPTAINS

Captains for this season will be voted on in February. Consider these young women as additional assistant coaches who you can turn to for information or advice during the season.

COACHING STAFF

We want a large number of participants and your coaches are committed to helping everyone on the team to improve to reach her goals. So, if you are injured, frustrated, wanting to try a new event, let the coaching staff know! We want to hear from you rather than from others. I will also send out e-mail updates of weekly announcements, meet results, and other information, so check your e-mail account regularly and be sure to take my e-mail off of your junk mail list.

Coach Coleman: (H) 339-1029, 512-9572, coleman.terry@iccsd.k12.ia.us

Mid-Distance

Coach Mittman: (H) 337-6648, (C) 325-9027, t.mittman@mchsi.com

Distance/Mid-Distance

Coach Cooper: (H) 354-9625, (C) 930-0051,

ia.cooper1@juno.com, Nathan.Cooper@AccredoHealth.com

Sprints, Relays

Coach Larson: (C) 631-5127, (H) 338-4390 ktriplarson@q.com

Field Events, Sprint/Hurdles

Coach Trefz: (C) 594-0393, thostrefz@yahoo.com

Distance, Mid-Distance

Coach Ritter: (C) 936-8635, ritter.mariah@iccsd.k12.ia.us

Sprints, attendance

Coach Mueller: (C) 530-2311, nathan-mueller@uiowa.edu

Throws, Boys Assistant

Coach Joseph: (C) 561-704-5191, lucy.joseph17@gmail.com

Hurdles

COMMUNICATION

Communication on a large team is critical. Below are several means that we will use to keep in contact with you throughout the season.

Track Web Site: <http://www.cityhighruns.org>

Track Facebook Page: <http://www.facebook.com/pages/City-High-Girls-Track-Field/114391378626295>

Email: Look for email communication at least once per week.

PHYSICALS & PERMISSION TO PRACTICE FORMS

You are required to have a current physical on file with the athletic office before you can practice. If you are unsure you have a current physical, check in the athletic office. If you need to get a physical make an

appointment as soon as possible. Also, you and your parents are required to fill out the permission to practice form attached to the school Parent-Athlete Manual.

NUTRITION

As active young women, it is important that you eat well. You have no need to diet and should eat healthy meals three times a day. Also keep well hydrated throughout the day. You will feel better and perform better.

In addition, the use of drugs, tobacco, or alcohol will impair your performance and can do permanent harm to you. It is expected that you will abide by all ICCSD policies regarding drugs, tobacco, and alcohol. The substance policy at CHS is a 365 day policy. Be aware of this and make good decisions.

EQUIPMENT

Track and Field is a sport that doesn't require much in terms of equipment. The only thing you really need to pay attention to are your shoes. Start the season with shoes that don't have too much mileage on them. You should have a pair of shoes that were designed specifically for running. Old or improper shoes will cause injuries. I recommend going to Running Wild in the Clocktower Plaza in Coralville. They are knowledgeable and will get you into a new pair of shoes at a reasonable price.

During the early part of the season you will also want to make sure you are properly dressed for the weather. In almost all cases we will go outside and practice, even if it is only for a little while. Hats, gloves, sweat pants, and multiple layers should be brought each day. Also, listen to the weather forecast to help your planning. Don't miss out on practice because you forgot to bring the proper clothing.

You will also receive uniform shorts and top, as well as competition sweats issued from the school. Please keep track of these throughout the season, especially at meets. It is important that you take good care of the equipment you are given! The cost for replacement of all of these items is in excess of \$200. At the end of the year there will be specified dates for you to turn in your equipment. If you do not turn in your equipment at this time or make arrangements to do so at another time, a \$5 late fee will be charged.

All members of the team will be fortunate to be able wear new competition sweats this season. It is important that you treat these new comps with care. DO NOT abuse them or they will be taken away. There should be very few times when you need to wash them, but if you need to follow the directions on the label: NO BLEACH, NO DRYER, MILD SOAP. I would hate for someone to have to pay for these simply because they didn't read the directions.

OTHER MISCELLANEOUS STUFF

- Academic eligibility will be determined at the end of the trimester. State rules state that any failing grades will result in missing 30 days of the season.
- Cell phones will not be used at meets until the meet is over. Coaches will have a phone for use if needed. Also the use of iPods and other electronics will not be permitted on the track and in some instances may not be allowed on the infield.
- Weights and Plyos will continue through February 11th. Open gym on Sunday at 7pm.
- You should be training. Ideas are on the web site or see your event coach.
- Dream Big! See yourself as a winner and you will become one!

IMPORTANT DATES

The dates for our meets are on the attached sheet, but other important dates for you or your parents are listed below:

- Parent Meeting: Sunday, February 20th at 6:00pm
- Spring Break: March 12-20. We have two meets over this time, so check your schedules.
- Senior Night: March 29th (Tuesday) during the Sherwood Relays

City High Girl's Track & Field

Standards of Excellence

**Anyone who achieves the levels of performance listed below will be eligible for a varsity letter for the season.

Event	Performance	
100	13.3 open	4x1: 53.5 s. med: 1:58.0
200	27.5 open	s. med: 1:58.0 4x2: 1:54.0
400	62.5 open/relay	
800	2:30 open/relay	
1500	5:15	
3000	11:30	
100 H	16.5	Shuttle: 1:10.0
400 H	1:11.0	
Shot Put	34 ft.	
Discus	105 ft.	
Long Jump	16 ft.	
High Jump	5 ft.	