



2011 Girls Track & Field Pre-Season Information Sheet

OUR COMMITMENT TO YOUR CHILD

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

COACHING STAFF

| | |
|----------------|--|
| Coach Coleman: | Mid-Distance (H) 339-1029, 512-9572, coleman.terry@iccsd.k12.ia.us |
| Coach Mittman: | Distance/Mid-Distance (H) 337-6648, (C) 325-9027, t.mittman@mchsi.com |
| Coach Cooper: | Sprints, Relays (H) 354-9625, (C) 930-0051, ia.cooper1@juno.com , Nathan.Cooper@AccredoHealth.com |
| Coach Larson: | Field Events, Sprint/Hurdles (C) 631-5127, (H) 338-4390 ktriplarson@q.com |
| Coach Trefz: | Distance, Mid-Distance (C) 594-0393, thostrefz@yahoo.com |
| Coach Ritter: | Sprints, attendance (C) 936-8635, ritter.mariah@iccsd.k12.ia.us |
| Coach Mueller: | Throws, Boys Assistant (C) 530-2311, nathan-mueller@uiowa.edu |
| Coach Joseph: | Hurdles (volunteer assistant) |

EXPECTATIONS OF YOUR CHILD

- **BE A TEAM.** Track and Field is a sport with individual events, but we are a team. We expect you to be "for" each other and do what's best for the team. At meets, we want to see everyone cheering for each City High athlete competing.
- **TRAIN HARD-RACE HARD.** We expect you to give your best effort at all times. We won't evaluate you on "success", but on the effort you put forth.
- **BE RESPECTFUL.** Conduct yourself with honesty and integrity at all times. Teammates, coaches, meet officials, girls from opposing teams all deserve your respect. Disrespectful behavior is unacceptable. You, in turn, should expect the same from your teammates and coaches toward coaches and teammates.
- **FOLLOW HIGH STANDARDS IN CLASS.** Work diligently on your schoolwork. Your performance off the track is as important as your performance on the track.
- **TAKE CARE OF YOURSELF.** Drugs, tobacco, and alcohol will harm you and your performance. Eat right, sleep enough, and drink plenty of water.
- **HAVE FUN!** We will ask you to work hard, but we also expect you to play, laugh, and enjoy yourself through the season!

FIRST DAY OF PRACTICE

Feb. 14th: Start date for all athletes not participating in a winter sport

PRACTICE TIME

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

Saturdays: We will practice each Saturday morning at least through March 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

We can't improve if kids aren't here. However, everyone will miss a practice now and then. If you know in advance your child will be missing a practice or meet, your child needs to tell Coach Coleman at least 24 hours in advance of the missed practice (this includes Saturday practices!).

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 (kids can arrange to come late to practice, but they must come), routine doctor or dentist appointments (please, when at all possible, do not schedule these for practice times), feeling poorly but came to school (if need be, we will curtail workout, but kids need to report to practice), Injuries (kids need to come to practice and do whatever type of workout they are able to)

Club sports (If your child is involved in club sports, the potential conflicts need to be discussed with Coach Coleman prior to the start of the season), intramural sports (don't ever miss a practice or meet because of an intramural sport).

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 who accumulates 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.

LETTER AWARDS

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

For Varsity award, athletes 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 a minimum of 5 outdoor meets that have varsity or 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 four years will earn a varsity letter.

At the end of the year, team MVP, most improved, Most Valuable Newcomer, Iron Woman, and Little Hawk award given.

COMMUNICATION

The one thing that will break apart any group quickly is a lack of communication. We ask the girls and parents to talk with the coaches if you are feeling frustrated, angry or just unsure of something. Please understand that we are all trying to do what is best for the team and for each girl on it, and will welcome constructive feedback and questions. I will also send out e-mail updates of weekly announcements, meet results, and other information if I have an active e-mail address.

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

Athletes are required to have a current physical on file with the athletic office as well as a permission to practice form before they can practice. If it is possible, we strongly encourage girls to get a hemoglobin test as a regular part of their physical. These forms are available through the athletic office or the track web site.

NUTRITION

As active young women, it is important that your daughters eat well. They have no need to diet and should eat healthy meals three times a day. They should also keep well hydrated throughout the day.

In addition, the use of drugs, tobacco, or alcohol will impair performance and can do permanent harm. It is expected that athletes will abide by all ICCSD policies regarding drugs, tobacco, and alcohol. The substance policy at CHS at recently been changed to a 365 day policy. Students should 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 really needed is a good pair of shoes. Kids should try to start the season with shoes that don't have too much mileage on them. Shoes that were designed specifically for running are a must. Old or improper shoes will cause injuries eventually. I would recommend going to Running Wild in the Clocktower Plaza in Coralville. They are very knowledgeable and will get you into a new pair of shoes at a reasonable price. City High Athletes will also get a small discount (10%) on shoes purchased here.

During the early part of the season we will go outside and practice everyday, 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. Kids shouldn't miss out on practice because they forgot to bring the proper clothing.

Athletes will also receive running shorts, running top, and competition sweats issued from the school. The cost for replacement of all of these items is in excess of \$200.

All of our athletes will be fortunate to be able to wear new competition sweats this season. It is important to treat these new comps with care. There should be very few times when you need to wash the comps. If you need to wash them, follow the directions on the label: NO BLEACH, NO DRYER, MILD SOAP.

2011 GIRL'S TRACK & FIELD

(We are still seeking additional meets for JV and 9/10 competition)

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|-------------|------------------|--|------|----------|
| Tuesday | March 1 | Wartburg High School Invitational (Varsity) Wartburg College, Waverly, IA | Away | 3:00 PM |
| Tuesday | March 1 | Rock Island Invitational (JV) | Away | 4:00 PM |
| | | <u>Augustana Pepsico Center- RUNNING EVENTS</u> | | |
| Wednesday | March 2 | Rock Island Invitational (JV) | Away | 4:00 PM |
| | | <u>Augustana College- FIELD EVENTS</u> | | |
| Tuesday | March 8 | Demon Invitational (Varsity & JV) University of Iowa | Away | 5:00 PM |
| Monday | March 14 | ISU Classic (Varsity) Iowa State University | Away | 4:30 PM |
| Tuesday | March 15 | MVC Indoor (ALL) UNI Dome | Away | 4:30 PM |
| Tuesday | March 29 | Sherwood Relays (ALL) | Home | 4:30 PM |
| | | SENIOR NIGHT INTRODUCTIONS | | |
| Thursday | April 7 | Lancer Invitational (Varsity & JV) North Scott High School | Away | 4:30 PM |
| Saturday | April 9 | West Des Moines Valley Relays (Varsity & JV) West Des Moines Valley High School | Away | 12:00 PM |
| Tuesday | April 12 | Clinton Invitational (Varsity) Clinton High School | Away | 4:30 PM |
| Thursday | April 14 | West Branch Relays (JV) West Branch High School | Away | 5:00 PM |
| Thursday | April 21 | Forwald/Coleman Relays (Varsity) Home | Home | 4:30 PM |
| Monday | April 25 | CRANDIC (9 th & 10 th) Kingston Stadium, Cedar Rapids | Home | 4:30 PM |
| Thu. – Sat. | April 28, 29, 30 | Drake Relays (Selected Varsity) Drake Stadium, DesMoines | Away | |
| Monday | May 2 | CRANDIC (JV) Linn-Mar High School | Away | 4:30 PM |
| Friday | May 6 | MVC Divisional Meet (V & JV) Loras College, Dubuque | Away | 5:00 PM |
| Monday | May 9 | Little Hawk JV Invitational (JV) Home | Home | 4:30 PM |
| Thursday | May 12 | District (Varsity) Home | TBA | 4:00 PM |
| Thu. – Sat. | May 19, 20, 21 | State Track Meet Drake Stadium, DesMoines | Away | |
| Fri., Sat. | June 10, 11 | Senior All-Star Spotlight Meet (Invited Seniors) Platteville Wisconsin | Away | |