

# 2009 Breckenridge Varsity Boys Track and Field Guide



## Coaching Staff

Head Coach: Royce Humm

Assistant Coach: Kris James

Assistant Coach: Dustin Shelley

Assistant Coach: Lacie Shelley

Breckenridge Track and Field Website: [www.huskietrack.net](http://www.huskietrack.net)

## 2009 Breckenridge Track and Field Schedule

<b>Date</b>	<b>Teams/Location</b>	<b>Bus Leaves</b>	<b>Meet Starts</b>
April 11	St. Louis Invitational *	8:00 a.m.	9:00 a.m.
April 13	Breckenridge & Millington @ Freeland	2:40 p.m.	4:00 p.m.
April 15	Breckenridge & Ithaca @ St. Louis	3:00 p.m.	4:00 p.m.
April 18	Fulton Invitational *	8:00 a.m.	9:30 a.m.
April 22	Breckenridge @ St. Charles	2:45 p.m.	4:00 p.m.
April 24	Clare Invitational *	1:00 p.m.	3:00 p.m.
April 29	Carrollton & Valley Lutheran @ Breckenridge	---	4:00 p.m.
May 2	Huskie Invitational *	---	9:00 a.m.
May 6	Breckenridge & Merrill @ Michigan Lutheran Seminary	2:30 p.m.	4:00 p.m.
May 9	Alma College Invitational *	9:00 a.m.	10:00 a.m.
May 16	Regionals @ Breckenridge *	---	9:00 a.m.
May 19	TVC West Meet @ St. Louis *	2:00 p.m.	4:00 p.m.
May 26	Morning Sun Meet of Champions *	TBA	TBA
May 30	State Finals @ Forest Hills Eastern *	TBA	TBA

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\* Only selected relay teams/individuals to compete in the meets with an asterisk after them.

# Breckenridge Varsity Track and Field Guide

## Our Goals:

1. To improve on last year's team record.
2. To become TVC champions.
3. To qualify more athletes to the regional championships than any other school.
4. To work hard.
5. To have fun.
6. To learn something about ourselves.

## Our Ways of Achieving These Goals: Rules and Guidelines

### A. Practice Rules

1. You must be at all practices on time (3:15 PM), with proper equipment and prepared to workout. If coming late becomes a problem then you will not be able to compete in upcoming meets or you will be suspended from the team.
2. If you are not able to attend practice, you must notify a coach or one of the team captains. If you are unable to contact anyone please call (or have your parents call) a coach and leave a message so we know where you are.
3. Absences from practice must be excused by the coaching staff. Valid excuses for absences from practice do not include serving school detention, working at your after school job, doing homework, other club sports teams etc. If you miss a practice without being excused you may not be able to compete in the upcoming meet.
4. Attendance at practice means completing the entire workout, including warm-up and cool down, as assigned by your event coach. Leaving early and not completing the workout is considered an absence. Two (2) consecutive unexcused absences may result in dismissal from the team.
5. All team members must check out with the head coach before leaving practices. If the head coach is unavailable, you must check out with an assistant coach.
6. All team members must be dressed appropriately during practice. You should have the proper shoes, shorts, shirt, etc. to work out everyday along with some sweats for cold days. In addition, when the weather gets warmer athletes should remember to dress modestly. **WE WILL PRACTICE RAIN OR SHINE.** It never rains out a practice at Breckenridge High School!

### B. Meet Rules

1. To get credit for participating in a meet, you must compete in at least two (2) and not more than four (4) events. In the field events, you must complete all of the jumps or throws that your event coach has determined best for you and in the running events you must complete each race you enter unless you are injured during the competition.

2. During a meet you cannot pull yourself out of an assigned event unless you receive permission from the head track coach. You cannot leave a meet before the completion of the final event unless you have received permission from the head track coach.
3. Failure to show up for any meet without the prior approval of the head track coach means automatic forfeiture of attendance points. You have a meet schedule. Make sure your work schedule, academics, appointments, etc. work around it. Nothing will cause resentment, bitterness, and bad feelings more than leaving three teammates on the starting line during a relay event. If you are scheduled to compete in a meet, make sure you are there!
4. Underclothes worn under the uniform must be entirely navy blue, have only one logo showing, and adhere to all National Federation Track and Field uniform rules.

#### C. Academic Eligibility

1. Academics should be your number one priority – that is what school is all about. As a member of the team, however, you have agreed to complete your studies in the evening and weekends – not during practice time. You can accomplish both goals by organizing yourself.
2. In order to maintain your eligibility on any team at Breckenridge High School, you must maintain certain academic standards (must be passing all classes, with no F's). If you are having academic problems in any class, let the coaching staff know as soon as possible so that arrangements can be made to assist you in improving your grades. Don't wait until the eligibility reports to let the coaching staff know that you are having an academic problem. By that time, it may be too late to maintain your athletic eligibility.
3. If you are on the eligibly list, you will spend at least 30 minutes after each practice with a coach working on your academics until you are off the eligibility list.
4. If you are ineligible for three weeks in the season you will be dismissed from the team to focus on your academics.

#### D. Sickness/Injuries

1. All injuries must be reported to the coaching staff. If it is serious enough you will be expected to see your family physician or a sports medicine physician, which we can refer to you. If you need to miss practice because you are sick, let a coach or captain know before you leave school. If this is not possible call or have a parent or guardian call a coach and leave a message of your illness.
2. Because of problems in the past with the spread of viruses (colds, flu, mono) among the team, all athletes will be expected to provide their own water and food to meets and practice. All athletes are strongly encouraged not to share water bottles, jugs, etc. with any other member of the team.

#### E. Behavior

1. No indulging in alcohol or drugs. You will be automatically dismissed from the team if you are found to have been involved in this activity.
2. Finally, no one person is above the team. Fighting, “trash talking” to teammates or opponents, mouthing off, refusing to do the workouts, leaving meets early, showing disrespect for any adult, coach, members of an opposing team, or your fellow team members will not be tolerated. Everybody on the team is important – no matter how fast they run-and deserves your respect and encouragement. If any of the above becomes a problem, you will receive one warning and after that, you will be removed from the team.

#### F. Uniform Rules

1. You must wear the complete Breckenridge High School track uniform at all meets. This includes the singlet, shorts, and sweats assigned to you.
2. To be eligible to receive your Varsity Letter, you must turn in your uniform to the head coach at the end of the season.
3. If your uniform is not turned in at the end of the season, your report card or diploma will be held back until the uniform is turned back in or paid for.
4. The following is from the National Federation Track and Field rules book concerning uniforms:

##### *SECTION 3 COMPETITOR'S UNIFORM (ART. 1-4)*

*ART. 1 ... The competitor's uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:*

- a. Each competitor shall wear shoes.*
- b. Each competitor shall wear a full-length track jersey or one-piece uniform issued by the school*
  - 1. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.*
  - 2. The jersey and shorts may have the school identification and the jersey may have the competitor's name.*
  - 3. The jersey shall not be knotted or have a knot-like protrusion.*
  - 4. A single manufacturer's logo/trademark, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on each item of apparel.*
  - 5. The American flag, not exceeding 2 x 3 inches, is permitted.*
  - 6. Bare midriff tops are not allowed.*
  - 7. The jersey must hang below or be tucked into the waistband of the shorts or briefs when the competitor is standing erect. (CIF requires jersey to be tucked in).*
- c. Each competitor shall wear track short and/or one-piece uniform issued by the school.*
  - 1. The shorts may have the school identification.*
  - 2. Loose-fitting, boxer-type shorts are permitted for boys and girls and closed-leg briefs/shorts are acceptable for girls.*
  - 3. The waistband of a competitor's shorts shall be worn above the hips.*

*d. Visible Undergarments*

- 1. Any visible shirt(s) worn under the uniform must be unadorned (except for manufacturers logo) and of a single color and hue.*
- 2. Visible garments worn under the jersey and shorts do not have to be the same color.*
- 3. French or high-cut apparel shall not be worn in lieu of shorts.*

*ART. 2 ... Additional restrictions for relay races and cross country competition.*

- a. In relay and cross country competition, each team member shall wear the same color and design of school uniform although the length of the short may vary.*
- b. If worn by more than one team member (two or more) that apparel must be the same color, but not necessarily the same length.*
- c. Any visible garment(s) worn under the jersey and other visible apparel worn under the shorts must be unadorned and of a single (and the same) color.*  
*Visible garments worn under the jersey and/or the shorts do not have to be the same color. If worn by more than one team member (two or more) that apparel must be the same color, but not necessarily the same length.*

*ART. 3 ... Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.*

*ART. 4 ... Jewelry shall not be worn, except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible.*

*PENALTY: (All articles) For an illegal uniform the competitor is disqualified from the event.*

5. You are responsible for any equipment or uniforms assigned to you. If your uniform is lost or stolen you must reimburse the Breckenridge Track Team the following amounts:

<b>Equipment</b>	<b>Amount</b>
Singlet (top)	\$30.00
Shorts	\$20.00

In addition you will be held monetarily responsible for any equipment, such as shot puts, discuses, or starting blocks, which you lose or flagrantly break. All equipment and uniforms must be returned to the head coach within five (5) days of the completion of your track and field season. Uniforms must be washed before they are returned.

6. **General Athletic Apparel Care:** All athletic garments should be laundered immediately after they have been worn. Do not allow perspiration soaked garments to lie in a pile or rest on top of each other for any period of time—garments that cannot be laundered immediately after wearing should be hung individually on plastic or wooden hangers. Do not soak or wash in sink— this will cause the colors to bleed. Be sure garments are completely dry before storing— store in cool, dry places, away from direct sunlight & fluorescent light to prevent mildew or yellowing. Do not dry clean or iron garments— dry cleaning and ironing can discolor athletic uniform fabrics and damage imprinting.

## Breckenridge Track and Field Guide Acknowledgement

I have read and fully understand the goals, rules, and expectations of the Breckenridge Varsity Boys Track and Field Team.

Student-Athlete: \_\_\_\_\_

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

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

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