



WEBBER

TRACK & FIELD

Boys District Champs

2005 2017
2007
2008
2011
2014
2015
2016

Parent and Athlete
Handbook

Girls District Champs

1991 2007 2017
1992 2008
1999 2010
2000 2013
2002 2014
2003 2015
2005 2016

2018

Webber Track and Field

Parent/Athlete Handbook

Welcome to this year's track and field season!! We are very excited to work with you and your child. In order for all involved to know what to expect, we have created this handbook for track and field families. In these pages, you will find information on what is expected of your son/daughter during practice, meets, and elsewhere, how you can support him/her and the coaching staff throughout this season. Thanks for your support!

Table of Contents	Page(s)
Why go out for track and field?	3
Fees	4
Practices	4
Cancelation Policy	4
Student Expectations	4
Academic Eligibility	4
If Absent	5
Athlete Attire	5
Locker Rooms	5
Injury	5
Meets	6
Middle School Order of Track and Field Events	7
Field Event Rules	8
Frequently asked questions	9
Webber School Track and Field Records	12
2018 Schedule	14

Why go out for track and field?

Three reasons why you should go out for track

1) IMPROVED ATHLETICISM

This one is especially for all those people who are playing other sports and are serious about becoming better at them. In track, our objective is to make people better athletes. Track and field events focus on athletic qualities such as speed, endurance, acceleration, quickness, power, and jumping ability. Track and field athletes are just that: they are athletes who can easily compete in any type of sport. Each of the qualities mentioned above can directly transfer to most other sports. For example, speed and acceleration are obviously important in getting to a ball or a tackle; jumping ability is also important when going after a ball whether it be a volleyball, football, or soccer ball; the player with better endurance is likely to perform better late in games. Think about how your performance in the sport that you normally play would improve if your speed, acceleration, stamina, quickness, and jumping ability also improved. During practice, we focus on improving and developing these skills through form runs, weightlifting, plyometric drills, and a variety of other activities. You can use track and field as your offseason fitness program and the bottom line is that when you return to play your favorite sport, you will be better at it because you'll be a better ATHLETE.

Ask yourself this: are you serious about getting better at the sport or sports that you normally play? We can help!

2) GETTING IN SHAPE

This one is pretty self-explanatory. If you come out for track, you are going to get into shape and what isn't good about that?? It's better than sitting on the couch and playing video games. Get ACTIVE!

3) SUCCESS

The track & field program has traditionally been one of the most successful teams at Webber. The girls and boys teams have combined for 23 District Championship Titles!

Because of the unique nature of the sport, track & field allows you to experience success in two ways: as an individual and as a team. If you are a great athlete on a team that struggles, it is easy to get frustrated with the lack of overall success. One of the great things about track is that no matter what level the whole team is performing at, you can still achieve at a level that satisfies you.

One final measure of success is what track can offer you after you graduate from high school: scholarships and the chance to compete in collegiate athletics. Over the past 15 years, numerous track athletes from Webber has been offered scholarships and/or been given a chance to run for a college team. If this is something that you are interested in, that opportunity is definitely there for you.

Fees

Webber track is a co-ed, no cut sport. Any interested 6th, 7th or 8th grader is eligible to participate. 6th, 7th and 8th grade athletes must pay the \$90.00 school district athletic fee prior to the first track practice. Students who qualify under the federal free and reduced lunch program are exempt from paying the fee. Students whose families have met the yearly maximum, or qualify for free and reduced lunch, still need to check in at the front office with Mrs. Salz so that they can be marked as paid.

Practices

Practice begin each weekday at 2:50 pm. Athletes are expected to be dressed and ready for practice at 2:50 pm. We will begin practice each day by meeting as a team in the gym for attendance and announcements. **NO ONE IS ALLOWED TO GO OUTSIDE WITHOUT A COACH PRIOR TO 2:50 pm.**

Practice will end each day around 4:30 pm. Please arrange to be picked up by 4:45 pm if you need a ride. We will practice every day, rain or shine. If the weather prohibits us from going outside we will practice inside.

Cancelation Policy

If a meet, or practice, is canceled we will always announce it before the end of the school day. The school and the district watch the weather very closely and they will make the call no later than 12 pm on the day of the meet. We will make sure the athletes have time to contact their parents/guardians if this happens. For practices, we will announce no practice days before, but usually if the weather is bad we will practice inside. Please sign up for text alerts by texting @2018webtf to 81010.

Student Expectations

Athletes must come to practice ready to work in order to reach their full potential. This means be ready mentally and physically. Track is a sport where hard work and determination produces the greatest results. We ask that you listen and give us your best effort every day. You are choosing to participate in track so get the most out of it!

Academic Eligibility

In order to participate in track meets, athletes must be academically eligible. Eligibility will be checked weekly. If a student has a .49 or lower, they will sit out a meet. Students can also become ineligible for out of school suspensions, in school suspensions, or any other inappropriate behavior.

If Absent

If you are absent from a practice, or need to leave early, please bring a note from one of your parents or have them email Coach Long at mlong@psdschools.org. Unexcused absences could result in meet ineligibility or dismissal from the team. Remember, if you are on the track team we are responsible for you every weekday from 2:50-4:30 pm so we need to know where you are. We want every athlete to benefit from track and field at Webber, so we will work with students and parents if there is a conflict with another sport.

Athlete Attire

In order to participate in our practices, please make sure your child has the following items: shorts, t-shirts, sunscreen, sweat pants, sweatshirts, water-proof pants/jacket, mittens, hat, GOOD running shoes, a water bottle, and event specific competition shoes/spikes, but not needed to compete. Please label everything with their names. Webber track uniforms will be issued prior to the first meet and will be collected the day after the district track meet, washed! Fines will be issued if uniforms are damaged or missing. You may only wear your track uniform at track meets. Do not wear them to school or out in public. It is your responsibility to take care of your uniform/equipment. If you choose to wear your own shorts at meets they must be **all black**. Also, all undershirts must be black. Please wash uniform in cold water and air dry them. This helps with wear on the uniform.

Locker rooms

No one will be allowed back into the locker room before the end of practice. If you have to leave early you must bring everything you need to take home with you outside. The locker rooms will be locked from 2:50-4:30 pm. Make sure that you lock up your clothing, backpack and personal belongings in the locker room (locks will be provided). Webber is not responsible for lost or stolen items if they are not locked up. If something does not fit into your locker see one of the coaches about storing your large items in one of the coaches' offices. Rule is, "if you don't want to lose it, lock it up!"

Injury

We want every student to be healthy but we understand that athletes will get injured during the season, whether it is in track or outside of track. Track does consist of running, jumping and throwing and to improve we will work hard on conditioning. Many students are stunned, especially the first week or two, how sore they are. Many athletes are not used to this feeling and feel that they are "injured" and cannot participate. We teach them that the soreness is just the muscles getting use to the activity and will take time to improve. We do want the athletes to push themselves, but not hurt themselves, so they have to be the judge of that. Participating in the pre-season workout will help athletes be more prepared for the season!

Ways to prevent injury:

1. **Wearing proper attire for practice and meets:** Wearing warm-ups while warming up and in-between events is HIGHLY encouraged.
2. **Wearing proper shoes:** A good pair of running shoes goes a long way and is designed for running.
3. **Warming up properly:** We warm-up as a team every practice and meet. Sometimes an athlete will need to add event specific stretches to prepare for that event. Stretching often at night also helps.
4. **Take care of yourself:** Eating healthy and drinking lots of water helps the body to perform well. Also, every athlete should get plenty of sleep, giving the body time to recover.
5. **Talk to your doctor:** We require all athletes to have a physical on file for that year already, but talking to your doctor beforehand about any concerns is recommended. It may prevent an injury down the road.

If you believe you are injured:

1. **Tell a coach right away:** Do not make it worse by continuing to run, jump or throw. Some athletes try to “tough it out” when they are actually making it worse.
2. **Treat it:** Take care of yourself. Always follow this rule of **R.I.C.E!** **R**est, **I**ce, **C**ompression and **E**levate!
3. **See your doctor:** Some injuries are more serious than they appear. Have a doctor look it over.

Meets

As soon as the district gives us bus pick-up times we will let you know when athletes will be dismissed from their classes for meets. Remember, it is the student’s responsibility to turn in work and get future assignments from their respective teachers before leaving for a meet. In field events, we will start at 3:15 pm. The rest of the meet events will begin at 3:30 pm. The meets end when the last event is completed. There is not a set time for meets to end. If riding home with a parent from a meet, your parent must personally tell one of the coaches, send an email or a note. Only your parents may take you home unless a note, giving permission for you to ride home with another parent, is given to Coach Long or the designated coach responsible for student check-out at the meets.

Middle School Order of Track and Field Events

6th 7th, 8th Grade

Running Events:

100M Low Hurdles (30") 8 Flights	Girls
100M Intermediate Hurdles (36") 8 Flights	Boys
100M	Girls
100M	Boys
1600M	Girls
1600M	Boys
400M Relay	Girls
400M Relay	Boys
400M	Girls
400M	Boys
200M Low Hurdles 5 Flights	Girls
200M Low Hurdles 5 Flights	Boys
800M	Girls
800M	Boys
200M	Girls
200M	Boys
800M Medley Relay (100,100,200,400)	Girls
1600M Relay (400 x 4)	Boys

Notes:

75M Low Hurdles: 8 Hurdles
82M Intermediate Hurdles: 8 Hurdles
200M Low Hurdles: 5 Hurdles
1600M Relay – Boys (400 Stagger) – 1st in Lanes 2-3-4 can cut
800M Medley – Girls (400 Stagger) 100-100-200 stay in Lanes 1,2,3

Field Events:

Shot (Boys).....	Discus (Girls)
Discus (Boys).....	Shot (Girls)
Long Jump (Boys).....	Triple Jump (Girls)
Triple Jump (Boys).....	Long Jump (Girls)
High Jump (Girls – 3'6").....	High Jump (Boys - 4)
Discus (Boys & Girls).....	2 Lbs, 3.27 oz (1K)
Shot (Boys & Girls).....	8 Lbs (4K)

Field Event Rules

HIGH JUMP:

Starting Height- Girls 3'6"; Boys 4'
Limit of 8 boys and 8 girls per school
3 attempts per height

Tie Breaking Procedures:

- *Competitor with fewer misses at that height
- *If still tied; competitor with the fewest misses throughout competition, up to and including the height last cleared.
- *If still tied; award both athletes same place.
- *After bar is raised it cannot be lowered again.
- *One hour per girls and one hour per boys

LONG/TRIPLE JUMP:

limited 20 competitors per school
2 attempts per athlete
Best of 2 attempts will be recorded for athlete

Each jump shall be measured perpendicularly to the scratch line or its extension and from that point in the pit touched by the person or apparel of the jumper which is nearest the scratch line or its extension.

Judge shall hold the tape in such a way that the readings will be at the takeoff board.

Measurements shall be recorded to the nearest lesser $\frac{1}{4}$ inch.

SHOT/DISCUS:

Unlimited number of competitors per school
3 throws per athlete
Best throw is recorded

Discus Measurement shall be from the nearest edge of the first mark made by the discus to the edge of the throwing circle nearest such mark, measured along an extended radius of the circle.

Measurements shall be recorded to the nearest lesser inch or even number.

Shot Measurement shall be recorded from the nearest edge of the first mark made by the shot to the inside edge of the stopboard nearest such mark, measured along the extended radius of the circle.

Measurements shall be recorded to the nearest lesser $\frac{1}{4}$ inch.

Frequently asked questions

What should my child have for practicing each day?

In order to participate in our practices, please make sure your child has the following items: shorts, t-shirts, sweat pants, sweatshirts, water-proof pants/jacket, mittens, hat, GOOD running shoes, a water bottle, and event specific competition shoes/spikes, but not needed to compete. Please label everything.

What kind of shoes should my child have for the season?

Your child will be participating in one of three areas: distance, sprints, or throws. If he/she is a thrower, a comfortable tennis shoe with a very smooth flat bottom is appropriate. For all runners (distance and sprinters), we suggest you go to a local athletic store, like the Runners Roost or Altitude Running, and have an employee evaluate your child's bare feet. They will look for the form of the foot and suggest a shoe based on that information and the events in which he/she plans to participate. A general rule of thumb for middle school runners is to look for a shoe with tons of support – not just the best looking shoe! We have seen many seasons cut short due to bad training shoes.

When do you practice? When should I plan to pick my child up?

We usually practice at 2:50 each day and are finished with practice by 4:30. (In the early season, there MAY be indoor practices)

As coaches, we will communicate with our event athletes to let them know if we are cancelling or changing times. Please make sure you are here to pick up your student athlete no later than 4:45pm if they need a ride.

What does my child need for meet days?

On meet days, athletes need to be prepared for ANY kind of weather – after all, we do live in Colorado! For each meet, they need their uniform, warm/water-proof clothing to wear over their uniform, a hat, mittens, sunscreen, healthy snacks and water.

What if my child is upset about something that happened during practice or at a meet?

If athletes are upset, please encourage them to speak with a coach. This teaches children responsibility and initiative. If speaking with the coach does not clear up the issue, we are glad to meet with you and your child.

What other expectations are placed on my child during this season?

We expect all athletes to stay at every meet until it's completion, and clean up camp prior to leaving! (Usually, this means until after the 4x400 relay)

What about meets? Who competes, where are they, when should we go to watch our son/daughter???

When we have a meet, we give each athlete a line-up no later than the day prior to the meet. In many meets this year, we will have unlimited entries, meaning we'll make sure everyone who is in good standing competes. However, in some meets, we will be limited to a few athletes. In this case, we will still try to find a spot for as many athletes as possible. However, athletes need to realize that they must earn that spot through their performances and dedication. COACHES DECIDE WHO DOES AND DOES NOT COMPETE – please do not question our judgment. We will do our best to ensure that each athlete has an opportunity to compete, assuming he/she is putting in the effort during practices.

If you are interested in watching the team, we will give location information, approximate times of events, and directions to anyone who wants them. Please stay outside the track and do not watch from the infield. This distracts the athletes doing events and it is hard to coach our athletes.

We LOVE our fans! Webber usually has the biggest fan group in the stands – let's keep it that way!

How can I be supportive of my child, the team and the coaching staff?

1. Be a fan of everyone at meets! Get to know the names of athletes and who does what event. Cheer them on!
2. **Volunteer at a meet!** It makes the meet run so much easier and its really easy.
3. Respect fans, coaches and athletes from other teams.
4. If you have an issue with the program the COACH needs to be the first to know. Our program relies on its positive reputation. Please be committed to that!
5. Encourage your child to care about the team - be a good sport and set a positive example for them.

What should happen if my child needs to miss a practice?

Please send a note with him/her or an e-mail letting us know why they are missing and your contact information so we can verify if needed. **A missed unexcused practice can result in missing the next meet.** We will decide this on a case-by-case basis. Again, we will work with students if they have conflicts with other sports.

How can I contact the coaches?

If you need to contact the coach, please use one of the following:

Marc Long	Head Coach and Long Distance	mlong@psdschools.org
Pat Underwood	Sprints and relays	jpuwhu@frii.com
Paul Poduska	Jumping Events	ppoduska@psdschools.org
Deanne Erskine	Running Events/Medical	deanne@psdschools.org
Jeff Bibbey	Throws	jbibbey@psdschools.org
Mark Carrol	Hurdles	mcarroll@psdschools.org
Patrick Kind	Athletic Director	pkind@psdschools.org

WEBBER TRACK & FIELD RECORDS

BOYS

<u>Event</u>	<u>Name,Time,Distance,Year</u>
82m Hurdles	Matt Williams 12.40 (2012)
100m Hurdles	Jake Doering 16.65 (2017)
100m	Michael Liss 11.62 (2005)
1600m	*Ezra Aldern 4:47.46 (1999)
400 m relay	A. Burns,D. Naugle, E. Hunt, L. Hunter 47.33 (2014)
400m	*Ezra Aldern 53.79 (1999)
200m Hurdles	Dominic Gallelli 25.74 (2017)
800m	*Ezra Aldern 2:10.24 (1999)
200m	Dalton Schroeder 24.27 (2015)
1600m Relay	Sean Kidd, Matthew Kinerson Joseph Kinerson, Evan Morgan 3:54.21 (2016)*
Long Jump	Dominic Gallelli 19'4" (2017)
Triple Jump	Ryker Avens 39'11" (2017)
High Jump	Justin Purdy 5'10" (2001)
Shot Put	Max McDonald 52'1" (2011)
Discus	Travis Bundy 155'5 ½" (2002)

*=district record

GIRLS

Event	Name,Time,Distance,Year
72m Hurdles	Carly Lester 10.96 (2011)
100m Hurdles	*Audrey Biggerstaff 16.29 (2017)
100m	*Amanda Lawler 12.41 (2000)
1600m	Lauren Cathey 5:25.74 (2003)
400 m relay	* F. Noeldner, A. Jimenez, A. Giesenhagen, A. Ayres-Perry 52.28 (2010)
400m	*Amanda Lawler 58.45 (1999)
200m Hurdles	*Carly Lester 29.33 (2011)
800m	Lauren Cathey 2:28.91 (2003)
200m	Amanda Lawler 25.74 (2000)
800m Relay	Hewell, MacIntyre, Weiser, Lawler 3:56.65 (2000)
Long Jump	Madison Williams 17'4" (2013)
Triple Jump	Ariel Curtis 35'1 1/2" (2003)
High Jump	Erika Musante 5'2" (2007)
Shot Put	Gabby McDonald 38'7 1/2" (2014)
Discus	Gabby McDonald 113'9" (2014)

*=district record

WEBBER'S TRACK SCHEDULE 2018

1st day of practice 4/2/18

Meets start at 3:30 pm, with the exception of District meets

Wednesday April 25

CLP/Lincoln/Wellington @PHS

Blevins/Lesher/Boltz/Kinard @FRHS

Resurrection/Webber/Preston @FCHS

Wednesday May 2

Lesher/CLP/Kinard/Preston @ FRHS

Blevins/Lincoln/Ressurrection @ FCHS

Wellington/Boltz/Webber @PHS

Wednesday May 9

Blevins/CLP/Boltz/Resurrection @ FCHS

Kinard/Lincoln/Preston @ PHS

Webber/Wellington/Lesher @FCHS

Tuesday May 15

Webber/CLP/Lesher/Lincoln @ FCHS

Kinard/Ressurrection/Boltz @ FRHS

Preston/Wellington/Blevins @ PHS

DISTRICTS

Tuesday May 22

French Field

Time 2:00pm

