

Math and Science Academy

Track and Field

Expectations and Guidelines

Program Philosophy

At MSA, we will **NEVER** cut an athlete for performance reasons. We believe that everyone can bring something special to our team. More importantly, if you like to work hard, have fun, and can commit to showing up regularly, you are the type of individual that we want to have in our program.

Our overall success is measured by our effort, attitude, and improvement. If you improve, you win. The skills and the attitudes learned in athletics are applicable in all aspects of life. It is an overt goal of athletics to develop students to be happy, hardworking, goal oriented and ethical adults. We have 3 tangible program goals:

- | | | |
|--|---|---|
| 1. Improve over the season | → | <i>Are we better than we were at the beginning?</i> |
| 2. Maintain a high level of participation | → | <i>Over 85% attendance the entire season.</i> |
| 3. Have Fun | → | <i>Are we enjoying ourselves?</i> |

By the end of the season we hope to say that we have accomplished all of those goals, and many more that are specific to each athlete!

As a staff we want to develop competent, confident, high character student-athletes. We believe that this is done through continuous development and improvement of our skills, instilling a passion for the sport, and creating opportunities for our team and athletes to succeed. These are the desired outcomes we hope each and every athlete experiences:

- **Educate our athletes in the sport so they can take ownership in training and general fitness.**
- **Build up positive attitudes to be used in sport and in life.**
- **Develop and display pride in ourselves, our school, and our team.**
- **Practice setting goals. Reach them. Repeat.**
- **Learn to positively deal with stressors.**

Learn, try, and have a great season!

Be a positive member of our community.

Being a member of the MSA track and field/cross country team is an honor and a privilege. It provides a chance to develop your body and mind. It is both hard work and lots of fun. All athletes need to demonstrate a positive attitude towards all school personnel, coaches, teammates, and officials.

In the surrounding communities, you are a reflection of the MSA community. You are expected to act like it at all times (even when you're not with the team). All team members must abide by MSA and MSHSL rules. Low character shenanigans like theft, hazing, the use of profanity or vulgar language, and harassment will not be tolerated at practice, meets, school, or in the general public. These things are grounds for suspension or dismissal from the team. These are the minimum standards; we, of course, expect better!

Get your (paper)work done!

Athletes must have all forms (MSHSL Eligibility Brochure, Emergency Contact Form, Waiver of Liability Agreement, and Sports Physical) by the first day of practice! All forms can be picked up from Shannon Froberg (Activities Director) or can be found on the team website and printed off. You will not be allowed to practice until ALL forms are turned in. All academic paperwork must be taken care of or you will not be allowed to practice or compete. Fees must be taken care of prior to the first meet or you will not be allowed to compete.

This thought also applies to practice and brings us to...

Attendance: Show up daily. Be on time.

We will officially meet Monday through Friday, unless otherwise directed or notified. Practices will start at 4:15pm and run until 5:45pm. All athletes are expected to arrive on time and stay for the duration of practice, as that is our time to improve fitness levels and develop skills. Failure to do this will result in an absence. High School athletes are expected to be at practice a minimum of 5 days per week for the length of their competitive season. Middle School athletes are expected to be at practice for at least a minimum of 3 days per week following spring break through their competitive season. The coaches would kindly ask that parents pick up their athletes no later than 6:00 pm. If coaches need to wait what is deemed an excessive amount of time, you may be penalized.

Athletes will be allowed 1 unexcused or 5 excused absences before mediation with the coaching staff. If you have to miss practice or a meet, it is expected that you communicate with one of the coaches no later than 11:00 am the day of. You must directly contact a coach. Do not have a friend communicate your absence!

An unexcused absence will be defined as any absence from official team practices or meets without prior communication to, AND approval from, the coaching staff. ANY unexcused absence is subject to suspension from 1 competition (the next meet).

An excused absence will be defined as any NON ACADEMIC request or notification the coaches receive prior to 11:00 am on the day of your absence, WITH approval, from official team practices or meets.

- Try to communicate with the coaches at least the day prior to your absence.
- Academic absences will be handled on a case by case basis.

Initial attendance mediation will be handled between the coaches and athlete, and may result in suspension from the next team competition. Continuous abuse of attendance policies is grounds for the coaches to take further action.

Athletes, please be mindful that being a part of the MSA track and field/cross country family means you are making a commitment. This commitment is to yourself, the coaches, your teammates, the school, and many others that have made a commitment to this family.

Lettering

To earn a varsity letter you must meet 3/5:

- 1) Consistently attend practice (no mediation or suspensions)
- 2) Score in over half of the Varsity meets, or be a member of the section team
- 3) Be a leader on our team and help younger athletes along the way
- 4) Meet letter standards/marks
- 5) Coaches discretion

**** All varsity letter runners must complete the entire season, must have good attendance, and display positive team attitude.**

Letter Standards/Post-Season Competition Marks

	Girl's	Boy's
100m	15.01	13.25
200m	32.27	27.28
400m	1:15.04	57.38
800m	2:57.67	2:12.75
1600m	6:15.27	5:19.43
3200m	13:58.01	11:38.55
100m/110m H	18.81	17.72
300m/300m H	62.44	55.86
High Jump	3' 10.0"	5' 0.0"
Long Jump	13' 3.5"	16' 0.25"
Triple Jump	24' 10.0"	32' 10.25"
Shot Put	25' 1.5"	30' 1.25"
Discus	60' 6"	88' 3.75"

*These marks were taken by averaging out results from, and taking into consideration, conference and section meet performances over the last 5 years.

Understanding Roles

1) The role of your coaches

As coaches we will do the follow things, and then some:

- Organize the meet schedule and collaborate to create lineups
- Design, implement, and communicate training plans, keep attendance records
- Provide a framework for the program to operate under
- Help parents and athletes facilitate gathering/team events/outings

2) The role of your captains

Captains are expected to be leaders in all aspects of their daily lives. They are role models within the community and school. Captains serve as a medium between their team and their coaches. This means the Captains should:

- Be a good role model
 - Honest• Dedicated• Inspiring• Respectful• Dependable
- Abide by the drug, alcohol and hazing policy set by MSHSL
- Attend/participate in all fundraisers
- Lead by example and always strive to do your best
- Recognize and help with team needs and goals
- Speak your mind in a positive manner
- Keep the team in line, both in and outs of school
- Focus on academics
- Motivate others

Captains should meet with the coaches before the season to develop mutual expectations for the team, and to understand their role as captain. Coaches will expect the captains to handle the following responsibilities:

- Arrange, communicate, and run captain's practices pre-season
 - (Summer) Morning practices with MS, Afternoon with Varsity
- Select, design and distribute OPTIONAL team apparel
- Assist at team practices

Being a captain is not a popularity contest! It should be an honor. Being a captain means that those athletes go above and beyond for their teammates. If the coaches feel that someone does not reflect the proper character in which we are after, we reserve the right to take that role away.

3) The role of your parents

As a parent you are expected to support your student, and support the coach so that they can spend the majority of their time managing the team. This means that parent should:

- Support athletes
- Encourage Development
- Let coaches do the coaching

This is how parents can participate:

- 1) If you or your child has any questions or concerns, encourage them to speak with the coaches first
 - a. Emphasize good communication
 - b. Help them plan ahead (if needed)
- 2) Provide your child with the goods or accessories that they may need throughout the season (see recommendations below)
- 3) Promote a positive lifestyle, and encourage healthy choices
 - a. School is important, as are other things that are going on in their lives. Try to make sure that they are getting around 8 hours (optimal) of sleep. It is more important that they get into the habit of going to bed at the same time every night, than the overall amount of sleep they get!
 - b. Encourage them to choose healthy options for meals over convenience. Also, remind them to stay hydrated!
 - c. Model good fitness and a healthy lifestyle for your athletes
- 4) Attend meets and be supportive of their racing and training
 - a. Encourage their attendance and effort for both races and practice
 - i. Even when they are sore, tired, didn't get the time or mark they wanted, or when they are feeling overwhelmed
 - ii. Ask them how training is going; make sure you both understand how the season is going and what the coaches are expecting.
 - b. The athletes really appreciate the support, both for themselves and for the rest of the team.
 - c. Take lots of photos!
- 5) Team events/dinners

We strongly recommend that you regularly check your email for weekly updates or last minute changes to stay informed.

Along with captains, we would like to try having parents implementing specific traditions and events, as well as any recommended changes. You are more than welcome to implement older traditions, but you also can change to meet new needs and new ideas