



2015

TRACK & FIELD

TEAM PACKET





Welcome to the 2014 Neuqua Valley High School Boys' Track and Field Team! This season promises to be spectacular because of the extremely committed athletes who comprise this squad. The coaching staff is sure that the student-athletes will look back upon this season with fond memories of friendship, competition, and success.

This booklet details the essential information for a student-athlete to understand what is expected of him over the course of the season, from practice to competition and beyond. Contained within the next several pages, items such as goals, proper diet, training, and injuries will be discussed, along with a plethora of other topics. Please take the time to read through and understand this information, as the truly successful competitor does not merely perform well, he is also a student of the sport of Track and Field.

We eagerly anticipate working with each and every one of you as this season progresses. Good luck and let the season begin!

Mike Kennedy  
Head Coach – Middle Distance / Hurdles

James Janota  
Assistant Coach – Long Distance

Matthew Ragusa  
Assistant Coach – Jumps / Sprints

David Ricca  
Assistant Coach – Throws

Orville Sweeney  
Assistant Coach – Sprints / Jumps

Josh Blackmer  
Volunteer Assistant Coach – Sprints / Jumps

## ***Track and Field Staff Contact Information***

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Additional information about the team, such as our history, performance records, directions to upcoming meets, and the latest news and results, can be found at our website:

[www.nvtrackandfield.net](http://www.nvtrackandfield.net)

## ***Team Rules and Guidelines***

**The following information represents team rules and guidelines for success for all Track and Field team members.**

### **Goals:**

Throughout the history of this Track and Field team, the goals have always been two-fold. First, every athlete should improve his event performance over the course of the season. Through continued training and perseverance, improvement is assured for all team members. Second, every student-athlete should have fun and experience a positive team atmosphere that will aid in his quest for improvement. While additional team and individual goals may be set throughout the season, these two goals will be constant.

### **Team Practice:**

Team practice is held Monday, Tuesday, Thursday and Friday from 2:45 pm to 5:00 pm, Wednesday from 3:10 pm to 5:00 pm, and on Saturday from 8:00 am to 10:00 am. Special practice times for specific events may be called by the individual event coach. In the event of a Track and Field meet, a time schedule will be distributed with the understanding that the conclusions to Track and Field meets are dependent upon the staff of the host site.

### **Absences:**

Team practice and Track and Field meets are mandatory for all team members. Any team members needing to be excused from a practice or meet must have a parent, with *advanced* notice, inform a member of the coaching staff. The designation of an absence as “excused” will be at the discretion of the coaching staff, but religious occasions, family outings, and medial appointments are usually the only reasons for an excused absence. A team member, however, should attempt to eliminate absences from practices or meets. Detentions are considered unexcused absences. In the case of a school absence, a parent need not contact the coaching staff.

One (1) unexcused absence from a practice or meet will result in a team member’s suspension from one (1) meet. Two (2) unexcused absences from a practice or meet will result in a team member’s dismissal from the roster. Additionally, the coaching staff reserves the right to dismiss team members or engage in other disciplinary action for excessive tardiness or excused absences. The coaching staff will have individual conferences with those athletes who are not meeting the expectation of attendance. Parent contact regarding these issues will also be made.

**Spring Break: It is the expectation of the coaching staff that ALL athletes be present for practices and meets over Spring Break.**

**Eligibility:**

According to district policy, the Upstate Eight Conference, and the Illinois High School Association, a team member must be currently achieving a passing grade in five (5) classes to be considered eligible for competition. As eligibility is checked weekly, any team member not fulfilling this requirement will be considered ineligible and will not be allowed to participate in any Track and Field meets until the situation is rectified. During a period of ineligibility, a team member is still expected to attend all team functions, such as practices, meets, and other activities. Additionally, the coaching staff reserves the right to dismiss team members or engage in other disciplinary action for continued eligibility issues.

**Conduct:**

All team members are expected to act in a respectful and sportsman-like manner for all functions associated with the Track and Field team or Neuqua Valley High School. Behavior issues will not be tolerated and may result in disciplinary action ranging from meet suspension to dismissal. The Athletic Code of Conduct is to be read, understood, and signed by all team members, and the coaching staff strictly enforces its mandates.

**Health:**

A proper diet and sufficient rest are vital to maintaining health and improving performances throughout the season. A team member whose nutrition is poor and is consistently exhausted is exponentially more susceptible to illness and a lack of performance improvement.

**Proper Rest:**

Maximum growth hormone production, which is a key factor in muscle and strength development, peaks during the night if a person has reached a deep sleep phase and are sleeping regularly. Approximately 70% of growth hormone is secreted during sleep. Inadequate rest prevents the body from rebuilding and improving from daily training. Males between the ages of twelve (12) and twenty-one (21) require eight (8) to ten (10) hours of sleep per night. Athletes require more than this amount because of the rigorous physical demands placed upon them. Lack of sleep results in a slowing of glucose metabolism and increased levels of negative stress hormones. Thus, an athlete who does not rest properly will experience impaired brain function, stifled immune response, slower recovery from physical activity, and a lack of athletic improvement.

**Proper Nutrition:**

Recovery from physical exertion is maximized when the body obtains adequate levels of minerals, complex carbohydrates, and proteins. These nutrients are not found in candy or fast food. Healthy, regular, and, often times, smaller meals are most effective for a maximized metabolism. Meals are most beneficial when consumed less than one (1) hour after a training session. It is especially important for athletes to eat a healthy, well-balanced breakfast because this will activate the metabolism much earlier in the day and actually help a person lose weight and maintain proper physical health. Additionally, the

frequent consumption of fluids, such as water or sports drinks, during the day will maintain hydration and allow an athlete to achieve peak performances.

### **Injuries:**

It is the responsibility of team members to inform a member the coaching staff if injuries occur. The Track and Field team will practice and compete in a rigorous manner, and a distinction should be made between injury and mere soreness or discomfort. Because the coaching staff are not trained medical personnel, they will likely direct team members to meet with the athletic training staff of Neuqua Valley High School or, in extreme cases, consult a physician. Often times, the athletic training staff or physician will suggest a particular regimen of rehabilitation. It is imperative that injury diagnosis and therapy be communicated to parents and the coaching staff to facilitate proper understanding of the injury situation.

### **Track and Field Meets:**

The coaching staff has structured the schedule for the current season to offer as many opportunities for team members to compete as possible. However, due to the large size of the team and limitations often placed on entries for specific Track and Field meets, team members can expect to not be entered at each outing. When a team member is not assigned for competition, he can expect to either still attend the meet to assist the coaching staff or participate in a team practice.

### **Time Management:**

While other aspects of life, such as family or academics, will often take precedence over Track and Field, team members should understand that a commitment to this team carries with it privilege and responsibility. Track and Field should be allotted its proper time and respect in association with these other daily tasks.

### **Training Attire:**

Athletic attire, such as t-shirts, shorts, and running shoes, is acceptable for the training in which the Track and Field team will engage. In the winter months, practice may still be held outdoors due to the lack of available facilities. For occasions such as this, warm-up clothing, such as sweatshirts, sweat pants, hats, and gloves, is required. A team member should always be prepared for all weather conditions, inclement or otherwise, to facilitate proper training.

### **Lockers:**

After the initial tryout period, lockers will be assigned to team members. Sharing of lockers may be necessary to accommodate the large size of the team. Only the specifically assigned locker for a team member may be used, and lockers designated for other athletic teams are strictly off limits. To prevent theft, team members should lock their belongings in their locker and should not bring any valuable items, such as large amounts of money or electronic devices, to school.

**Awards:**

Team awards for continued participation and success with the Track and Field team are distributed at the conclusion of the season at the annual banquet. The following are requirements for a team member to receive a designated award.

**Freshman Numeral:**

A Freshman Numeral is awarded to any Freshman who has competed in at least four (4) meets prior to the outdoor Frosh / Soph Upstate Eight Conference Championship but did not participate in that meet.

**Sophomore Letter:**

A Sophomore Letter is awarded to any Freshman who has competed in at least four (4) meets prior to the outdoor Frosh / Soph Upstate Eight Conference Championship and did participate in that meet. Additionally, the Sophomore Letter is awarded to any Sophomore who has competed in at least four (4) meets prior to the outdoor Frosh / Soph Upstate Eight Conference Championship.

**Junior Varsity Letter:**

A Junior Varsity Letter is awarded to any Junior or Senior who has competed in at least four (4) meets prior to the outdoor Varsity Upstate Eight Conference Championship but did not participate in that meet.

**Varsity Letter:**

A Varsity Letter is awarded to any team member who has competed in at least four (4) meets prior to the outdoor Varsity Upstate Eight Conference Championship. Additionally, a Varsity Letter is awarded to any team member who has participated in Track and Field for four (4) years or any team member named to the roster for the IHSA State series.

**Participation Award:**

A Participation Award is given to any team member who does not fulfill the above requirements.

**Additional Award Information:**

Team members that already have been awarded Sophomore, Junior Varsity, or Varsity Letters do not receive duplicates, but rather inserts (pins). The coaching staff reserves the right to withhold or grant awards in special or warranted circumstances. Finally, team members must attend the banquet to receive their awards or inform a coach as to their absence and arrange a special time to collect their awards.

## ***Competition Protocol and Etiquette***

**The following information is essential for individual and team success in Track and Field meets.**

### **Meet attire:**

- The only acceptable attire is the NVHS issued uniform of competition shorts / singlet and warm-up suits.
- Other NVHS attire or blue & gold colored clothing is permissible as well, but not for competition purposes.

### **Transportation:**

- All team members will travel together to and from meets via the school bus.
- Team members are expected to remain in attendance for the entirety of the meet, regardless of their assigned event.
- After the conclusion of the meet, a team member may leave with his parent(s) or legal guardian(s). According to district policy, team members may not be transported by parents of other teammates, relatives, or friends, regardless of written permission.

### **Behavior:**

- Whether traveling to, returning from, or during competing in Track and Field meets, the utmost in mature behavior is expected. Proper sportsmanship is to be practiced at all times.
- During the traveling portion of competition days, talking quietly with teammates, completing homework, or listening to music via headphones is acceptable.
- Team members should remain in and around the area of competition for the entire meet.
- Show support for teammates by cheering for them during events, even if the event is not one in which you participate.
- Be mindful of competition areas and your proximity to them.

### **Warm-up and cool-down:**

- Upon arrival to a Track and Field meet, all participants will warm-up as a team. Each squad (sprints, distance, etc.) has their own individual warm-up routine, so each athlete should familiarize himself with warm-up expectations.
- NVHS issued Track and Field warm-up suits should remain on during this entire process. Muscles need to be "warm" for proper performance; thus, sweating is good.
- A warm-up must also be completed thirty (30) to forty-five (45) minutes prior to competing in an actual event. Be mindful of time and the order of events.

- Athletes will also cool-down following their individual events and additionally as a team following the conclusion of the final event of the meet.

### **Competition:**

- It is the responsibility of the athlete to know when and in what events he is competing.
- All athletes should familiarize themselves with the official order of events for each Track and Field meet. This does tend to change from meet to meet, especially for the indoor season.
- Understand what is expected of you in competition, such as number of laps to be run, relay exchanges, equipment needed, etc.
- Always finish an event to the utmost of your ability.
- Remember the team's goals of having fun and improving!

### **Nutrition:**

- Bring food to each Track and Field meet to facilitate proper nutrition and hydration. Do not rely on the school sponsoring the event, teammates, or coaches for food.
- Water, Gatorade, or other sports drinks are acceptable items for proper hydration. Fruit, granola bars, and other healthy snacks are acceptable items for proper nutrition.
- Allow proper time for digestion before competition.
- Do not gorge yourself after your assigned events have been completed. You may be asked to fill in for a teammate due to injury or other extenuating circumstances.

## ***Typical Event Schedule – Indoor Season***

### **Field Events:**

Pole Vault

High Jump

Shot Put

Long Jump, usually followed by Triple Jump

### **Preliminaries (if necessary):**

55 Meter High Hurdles

55 Meter Dash

3200 Meter Run (often this will be the Frosh / Soph race, heat #1, or the slow heat)

55 Meter Low Hurdles

### **Finals:**

4 x 800 Meter Relay

4 x 160 Meter Relay

3200 Meter Run

55 Meter High Hurdles

55 Meter Dash

800 Meter Run

400 Meter Dash

600 Meter Run (not typically contested in all indoor meets)

55 Meter Low Hurdles

1600 Meter Run

200 Meter Dash

4 x 400 Meter Relay

## ***Typical Event Schedule – Outdoor Season***

### **Field Events:**

Pole Vault

High Jump

Shot Put, usually followed by Discus

Long Jump, usually followed by Triple Jump

### **Preliminaries (if necessary):**

110 Meter High Hurdles

100 Meter Dash

3200 Meter Run (often this will be the Frosh / Soph race, heat #1, or the slow heat)

200 Meter Dash

### **Finals:**

4 x 800 Meter Relay

4 x 100 Meter Relay

3200 Meter Run

110 Meter High Hurdles

100 Meter Dash

800 Meter Run

4 x 200 Meter Relay

400 Meter Dash

300 Meter Intermediate Hurdles

1600 Meter Run

200 Meter Dash

4 x 400 Meter Relay

## ***Track and Field Event Descriptions***

The following information is mostly for newcomers to Track and Field, but it can also aid any team member in becoming a true student of the sport. Many events are contested during a Track and Field meet, and the following descriptions of these events will assist in discerning one from another. For convenience, the event descriptions are listed in the official order for Track and Field meets.

### **General "Track" Information:**

Competition tracks for the indoor season can range from 150 to 200 meters in length. The length simply depends upon the available space for the facility, but the best ones are 200 meters. While this variance can often times be confusing, knowing the size of the indoor track will assist in understanding how many laps a competitor is to run. All outdoor competition tracks are 400 meters in length. This will undoubtedly eliminate any confusion a competitor may have.

### **Running Events**

#### **4 x 800 Meter Relay:**

Also called the "4 by 8," in this middle distance event a relay team of four (4) competitors each runs 800 meters, or a half-mile. Each competitor runs two (2) laps outdoor and up to five (5) laps indoor. A baton is used for this relay event.

#### **4 x 1 lap relay (indoor event only):**

Also called the "4 by 1," in this sprint event a relay team of four (4) competitors each runs one (1) lap of an indoor track. A baton is used for this relay event.

#### **4 x 100 Meter Relay (outdoor event only):**

Also called the "4 by 1," in this sprint event a relay team of four (4) competitors each runs 100 meters. A baton is used for this relay event.

#### **200 Meter Intermediate Hurdles (indoor event only):**

In this sparingly contested sprint event, a competitor races 200 meters and leaps over five (5) evenly spaced hurdles which are thirty-six (36) inches in height.

#### **3200 Meter Run:**

Also called the "two mile," this distance race is the longest of all events. Each competitor runs eight (8) laps outdoor and up to twenty-two (22) laps indoor.

#### **55 Meter High Hurdles (indoor event only):**

In this sprint event a competitor races 55 meters and leaps over five (5) evenly spaced hurdles which are thirty-nine (39) inches in height.

**110 Meter High Hurdles (outdoor event only):**

In this sprint event a competitor races 110 meters and leaps over ten (10) evenly spaced hurdles which are thirty-nine (39) inches in height.

**55 Meter Dash (indoor event only):**

In this sprint event a competitor races the 55 meter straightaway of an indoor track.

**100 Meter Dash (outdoor event only):**

In this sprint event a competitor races the 100 meter straightaway of an outdoor track.

**800 Meter Run:**

Also called "the half" or "half-mile," in this middle distance event an individual runs two (2) laps outdoor and up to five (5) laps indoor.

**4 x 200 Meter Relay:**

Also called the "4 by 2," in this sprint event a relay team of four (4) competitors each runs 200 meters. A baton is used for this relay event.

**400 Meter Dash:**

Also called "the quarter," this middle distance / sprint event sees an individual race one (1) lap outdoor and up to three (3) laps indoor.

**600 Meter Run (indoor event only):**

In this sparingly contested middle distance event, a competitor races up to four (4) laps indoor.

**55 Meter Low Hurdles (indoor event only):**

In this sprint event a competitor races 55 meters and leaps over five (5) evenly spaced hurdles which are thirty (30) to thirty-three (33) inches in height.

**300 Meter Intermediate Hurdles (outdoor event only):**

In this sprint event a competitor races 300 meters and leaps over eight (8) evenly spaced hurdles which are thirty-six (36) inches in height.

**1600 Meter Run:**

Also called "the mile," in this distance event each competitor runs four (4) laps outdoor and up to eleven (11) laps indoor.

**200 Meter Dash:**

In this sprint event a competitor races 200 meters, which is half the distance of an outdoor track or up to slightly more than one (1) lap of an indoor track.

**4 x 400 Meter Relay:**

Also called the "4 by 4," in this middle distance / sprint event a relay team of four (4) competitors each runs one (1) lap outdoor and up to three (3) laps indoor. A baton is used for this relay event.

### Field Events

**Long Jump:**

A competitor uses the acceleration runway to gain maximum speed and leap for distance into a sandpit.

**Triple Jump:**

A competitor uses the acceleration runway to gain maximum speed and leap successively three (3) times for distance into a sandpit.

**High Jump:**

A competitor uses the acceleration area to gain speed to leap for height over a crossbar and onto a padded landing pit.

**Pole Vault:**

Using a fiberglass or carbon fiber pole, a competitor uses the acceleration runway to gain maximum speed and leap for height over a crossbar onto a padded landing pit.

**Shot Put:**

In this throwing event a competitor stands in a ring and hurls a 12-pound implement for distance.

**Discus Throw:**

In this throwing event a competitor stands in a ring and hurls a 1.6-kilogram, frisbee-like implement for distance.

***IHSA Track and Field  
Class AAA Boys State Qualifying Standards***

<b>Event #</b>	<b>Event</b>	<b>F.A.T. Standard</b>
1	4 x 800 Meter Relay	7:58.04
2	4 x 100 Meter Relay	:42.64
3	3200 Meter Run	9:29.04
4	110 Meter High Hurdles	:14.74
5	High Jump	6 - 5
6	100 Meter Dash	:10.94
7	Pole Vault	13 - 9
8	800 Meter Run	1:57.24
9	Shot Put	52 - 11
10	4 x 200 Meter Relay	1:29.64
11	Discus Throw	156 - 6
12	Long Jump	22 - 3
13	400 Meter Dash	:49.94
14	Triple Jump	44 - 10
15	300 Meter Intermediate Hurdles	:39.84
16	1600 Meter Run	4:22.04
17	200 Meter Dash	:22.24
18	4 x 400 Meter Relay	3:23.74

