

# **SOUTH CALDWELL HIGH SCHOOL**

## **SPARTAN OUTDOOR TRACK & FIELD**

### ***2021-2022 Student / Parent / Coach Handbook***

To be a member of the South Caldwell Track Team, you are expected to follow the rules and expectations outlined below. Please read all of them carefully, and then both you and your parents/guardians need to accept these terms to acknowledge your understanding and acceptance (last page).

#### **MISSION STATEMENT:**

The South Caldwell Track & Field program aims to 1) ENCOURAGE, 2) TRAIN, and 3) COMPETE. While development occurs individually, we work together, train hard, and compete as a team.

#### **PHILOSOPHY:**

- #1 - Run Injury Free, throughout season, for optimal season & year to year development
- #2 - Promote improved health and improved fitness
- #3 - Provide safe, fun, team atmosphere

#### **COMMUNICATION:**

- Google Classroom
- Talking Points
- Facebook / Twitter
- Do not contact any coach via social media or cell phone, go through our other communication tools listed above or email.

#### **COACHING STAFF:**

- Head Coach: Jason Childers ([jchilders@caldwellschools.com](mailto:jchilders@caldwellschools.com))
- Assistant Coaches: Katelin Cooke, Tim Cooke, Mitchell Pope, Cameron Wright

#### **PAPERWORK NEEDED BACK:**

- Current Sports Physical on file
- Caldwell County Athletic Participation Form
- Pledge & Testing Consent Form
- State Required Pledge Sheet
- Emergency Info Form
- Spartan Track & Field Rules, Expectations, Code of Ethics

## **CALENDAR:**

- Off season Volunteer Winter Training: December 6, 2021 - February 11, 2022
  - Practice Mon, Wed, Thur each week as designated
- Outdoor Track & Field: February 14, 2022 - May 21, 2022 (State Championship)
  - All paperwork must be turned in and sports physical current, before you may participate in any team activities / training.
  - Practice Mon-Fri, every day 3:20-4:45
- The first week of the season will be an 'evaluation' week helping to identify skills, and place athletes in correct event groups.
- Competitive meets may begin: February 28, 2022 (see schedule)

## **WHAT EVERY ATHLETE NEEDS DAILY:**

- #1 - Great pair of running / training shoes - always wear socks!
- #2 - Track & Field bag (personal, does not have to be a team bag)
- #3 - Workout clothes - EVERY. DAY. (dress for weather - layer up!)
- #4 - Towel / Stretch Band or rope
- #5 - Sunscreen recommended
- #6 - Water Bottles
- #7 - Spikes or other event specific needs
- #8 - Great work ethic & Great attitude

## **ATTENDANCE:**

- Be prompt! Attendance is taken at the START of each practice.
- Athletes are expected to attend all practices.
- Practice will be held during Outdoor season: Mon-Fri from 3:20-4:45pm.
- Morning practices on select Saturdays, Spring Break, and other holidays as announced.
- Missed practices are made up with core work.
- 1 missed practice = 15 minutes of core work to be eligible for next practice. (Excused or Unexcused).
- Being late twice (2x) is the same as 1 missed practice.
- Any missed practice should be communicated with Coach Childers (ahead of time).
- Excessive practice absences should not occur and will result in 1) meet suspension, and 2) possible team dismissal.
- Two (2) meet day absences will result in 1) meet suspension, and 2) possible team dismissal.

- Athletes may earn their way back into meet lineups but will require multiple core work sessions, and volunteer service to team.
- Please arrange transportation daily so that you are picked up within 10 minutes of the conclusion of practice.
- If you are injured, you are expected to be at practice. We will monitor daily with the help of our Athletic Training staff.

### **FIELD HOUSE / LOCKER ROOM INFORMATION:**

- The field house will serve as our changing / restroom facility.
- The stadium restrooms are usually winterized (shut down) for the winter months.
- All Track & Field Athletes are expected to keep the field house in excellent condition.
- If you see anything out of place in the field house - report it right then to a coach.
- Men's team: may ONLY use Locker Room on the left upon entrance.
- Women's team may ONLY use Locker Room on the right upon entrance.
- All track rules regarding horseplay, respect, etc.. apply to Locker Room usage.
- Bring valuables at your own risk. DO NOT EVER mess with other peoples stuff.

### **OFF SEASON VOLUNTEER WINTER TRAINING:**

- Begins December 6, 2021 (3:20-4:45)
- Schedule: Mon (Track), Wed (Weightroom), Thur (Track)
- All rules for outdoor season apply to WINTER TRAINING.
- Adjustments may be made for severe weather conditions (see below)
- Be sure to dress in layers so you are never caught off guard about colder weather.

### **INCLEMENT / SEVERE WEATHER CONDITIONS**

- We will practice in most conditions: cold / light rain / etc...
- Prepare for the weather - follow daily / weekly forecasts.
- We will not practice outdoors during thunderstorms or heavy rain.
- Depending on training schedule, we may delay practice, move practice indoors, or potentially (but last resort) cancel practice, utilizing our communication tools for any adjustments / changes to practice schedule.

### **TEAM RULES:**

- All athletes must meet all conditions of CCS to be eligible to participate.
- All athletes are expected to conduct themselves respectfully both on campus and off. Athletes are held to higher standards and others will watch you at all times.

- All athletes are expected to respect and encourage all members of our team.
- Swearing & Profanity will not be tolerated. If you slip up, apologize immediately and work on eliminating that vocabulary.
- Horseplay, rough housing, verbal teasing have no place in track & field.
- All athletes are expected to respect teammates space, property, and effort at all times.
- Track equipment must be properly cared for and well treated at all times.
- Smaller equipment items (tape measures, watches, etc..) are easily dropped / misplaced - work as a team to maintain all equipment.

## WHILE ON THE TRACK:

- This is OUR track & field facility. It's upkeep and wellbeing is OUR responsibility (coaches & athletes).
- Be alert! We have many skill groups doing different things. Stay clear!
- **TRACK!** A runner completing an interval always takes priority. Stay clear!
- If you are passing a runner *completing their interval*, do not yell TRACK at them!
- We will utilize the infield for warm up drills / skips / stretching - bring towel if grass bothers you.
- When resting / recovering / stretching / waiting.... Keep track clear.
- You may not check, talk, or otherwise use electronic devices / phones during team practice or meets. They become a distraction and can cause minor & severe issues for our team.
- Daily music selection at practice is at Coach Childers discretion. There will be variety and there will not be profanity with the music played at practice.

## TRACK MEETS

- All athletes are expected to set up for meets and clean up after meets. This is not the coaches' job - it is everyone's job.
- We are all expected to leave every area we use (our campus & others) cleaner than we found it.
- Athletes stay for the ENTIRE MEET. We encourage everyone from beginning to end.
- All athletes are responsible for their uniform at all times.
- The team travels together by activity bus. Athletes may not drive themselves to a track meet.
- Parents may sign out their athlete AFTER the 4x400 relay is complete. Otherwise, parents may pick up their athlete at school upon return.

- Please arrange transportation plans to have a ride pick you up within 10 minutes of team return to school.
- Meet line up and event assignment is coaches discretion. Much consideration and planning goes into this throughout the season including: health, personal goals, athlete preference.
- Relay assignments are included in event assignment and will also have many considerations. All athletes are expected to participate in assigned relays.
- Although events are contested on an individual basis, the cumulative effort of all participants determines the outcome of a meet. To this end, competitors may be asked to compete in events not normally considered their “specialties”. We ask that you always give 100 percent of yourself for the TEAM.
- Athletes & Parents are NOT allowed to contact meet officials or other coaches regarding meet registration, results, or events.
- Use of electronics at a meet is grounds for disqualification and dismissal from the team.
- Athletes are expected to be at all Invitationals. Look at T&F schedule and reserve all meet days in personal calendars. Communicate any conflicts early.

## **UNIFORMS**

- Uniforms issued to athletes after successfully completing 10 practice with the team.
- Uniform is issued into the care of the athlete. Damaged or Lost uniforms will be replaced at the athletes expense.
- Track & Field meets will sometimes issue lane stickers for individual athletes to wear in races. These damage the uniform if not removed and then washing. ALWAYS remove after each event and it’s never an issue.
- Any undergarments you buy (compression shorts / tights / tops) need to be solid black. Some meets we attend will have a rule in place that our colors must match. This comes into play also on relays. As a measure to always match, please purchase black if buying your own.
- South Caldwell Track & Field (& Cross Country) have an optional merchandise order form you can order from at your own discretion. These are not required, but will allow many on our team to use the same style warm up.

## **SPORTSMANSHIP**

- All athletes are expected to show respect and good sportsmanship at all times; to teammates, coaching staff, other teams, other coaches, meet officials, and general spectators.

- Athletes are reminded that most of what we do is always viewed by others. We will work to be prepared in all aspects of competition. (Be humble in success, and be patient when there are struggles.)

## **PROGRAM GOALS:**

- Promote / Maintain Positive Healthy Habits
  - Academics is most important!
  - Positive thinking / positive encouragement
  - Build Individual Accountability
- Be a student of the sport!
  - Study your event
  - Learn & watch other events
  - Learn & research GREAT T&F professional athletes
- Create, foster, and maintain a positive team culture
  - Embrace hard work
  - Respect one another
  - Develop supportive friendships
- Improve your fitness & performance
  - Commitment to training & practice habits
  - Rest, Hydration, Nutrition
- Learn the value of true competition
  - Brings out YOUR BEST - not always about winning every time
  - Brings out our TEAMS BEST
  - Learn about yourself through the process
- Enjoy the experience of a supportive & encouraging TEAM ENVIRONMENT
  - Encourage each other
  - Develop supportive friendships
  - Volunteer to support your team

## **DEALING WITH INJURIES & INJURY PREVENTION:**

Almost every athlete will experience some type of injury in their career. It is important to know how to deal with them, maintain your focus, and return with proper recovery time / planning.

- Daily communication with Head Coach(es), Event Coaches and Athletic Trainer(s) concerning injury or excessive / prolonged soreness.

- While injured, if you're able to come to school, you still attend practice. Some injuries might consist of a stretching & strength building plan that is easily completed at practice.
- Always conduct proper warm-ups, and perform drills and stretches with focus and good form.
- Do your post workout cooldown and stretches - EVERY DAY.
- Ice sore spots (the sooner after workout completion, the better). Cold Water soak bath up to your hips are good as well.
- Run in quality running shoes.
- Foam Rollers and stick rollers are helpful for sore parts of your body (complete daily).
- Sleep is an important part of the healing process for your body. Make sure you sleep.
- Follow training plan for mileage / intensity INCREASES. Too much mileage / too much intensity too soon can lead to break downs in the body.
- Listen to your body: Don't ignore pain. A little soreness is OK. But if you notice consistent pain in a muscle or joint that doesn't get better with rest, see your doctor provider.

## **COMMON RUNNING INJURIES:**

### *1. Runner's Knee:*

This is a common overuse injury. Runner's knee has several different causes. It often happens when your kneecap is out of alignment. Over time, the cartilage on your kneecap can wear down. When that happens, you may feel pain around the kneecap, particularly when: Going up or down stairs Squatting Sitting with the knee bent for a long time.

### *2. Stress fracture:*

This is a small crack in a bone that causes pain and discomfort. It typically affects runners in the shin and feet. It's often due to working too hard before your body gets used to a new activity. Pain gets worse with activity and improves with rest. Rest is important, as continued stress on the bone can lead to more serious injury.

### *3. Shin splint:*

This is pain that happens in the front or inside of the lower leg along the shin bone (tibia). Shin splints are common after changing your workout, such as running longer distances or

increasing the number of days you run, too quickly. Painwise, they can be hard to distinguish from a stress fracture of the shin, but the pain is usually more spread out along the bone. Also, an xray is normal. People with flat feet are more likely to develop shin splints. Treatment includes: Rest & Stretching exercises Slow return to activity after several weeks of healing.

#### 4. *Achilles tendinopathy:*

Formerly called tendinitis, this is inflammation of the Achilles tendon. That's the large tendon that attaches the calf to the back of the heel. Achilles tendinitis causes pain and stiffness in the area of the tendon, especially in the morning and with activity. It is usually caused by repetitive stress to the tendon. Adding too much distance to your running routine can cause it. Tight calf muscles can also contribute. Treatment includes: Rest, Icing the area, and Calf stretches.

#### 5. *Muscle pull:*

This is a small tear in your muscle, also called a muscle strain. It's often caused by overstretching a muscle. If you pull a muscle, you may feel a popping sensation when the muscle tears. Treatment includes RICE: rest, ice, compression, and elevation. Muscle pull commonly affects these muscles: Hamstrings, Quadriceps, Calf, Groin.

#### 6. *Ankle sprain:*

This is the accidental stretching or tearing of ligaments surrounding the ankle. It often happens when the foot twists or rolls inward. Sprains typically get better with rest, ice, compression, and elevating the foot.

#### 7. *Plantar fasciitis:*

An inflammation of the plantar fascia. That's the thick band of tissue in the bottom of the foot that extends from the heel to the toes. People with tight calf muscles and a high arch are more prone to plantar fasciitis. Although it may be linked to adding activity, plantar fasciitis can also happen without any obvious reason. Treatment includes: Calf stretches, Rest, Icing the bottom of the foot Wearing good shoes at all times (even at home or on the beach).

#### 8. *IT (iliotibial) band syndrome:*

This syndrome causes pain on the outside of the knee. The IT band is a ligament that runs along the outside of the thigh, from the top of the hip to the outside of the knee. IT band syndrome happens when this ligament thickens and rubs the knee bone, causing inflammation. Treatment includes: Cutting back on exercise, Heat and stretching before exercise, Icing the area after activity.

### 9. Blisters:

These are fluid-filled sacks on the surface of the skin. They are caused by friction between your shoes/socks and skin. To help prevent blisters: Start using new shoes gradually. Wear socks with a double layer. Proactive neosporin, other first aid gels, on areas prone to blisters.

## **SPARTAN ATHLETICS / SPARTAN TRACK & FIELD FUNDRAISING:**

Parents - we need your help! We want the best for our student athletes and the best requires fundraising. Each season (Fall, Winter, Spring) we are given opportunities to volunteer with Spartan Athletics as a Sport Family. Track & Field can easily be the largest sport on campus, and our parent volunteer team should mirror this. Please volunteer frequently, and get involved with our Spartan Athletics Fundraising as it helps ALL SPARTANS.

Also - we are looking to host one Track & Field Invitational, and one Cross Country Invitational each season, and will need the help of our parents & friends of the program to host these events.

## **TEAM AWARDS:**

Team awards at the end of the season will be determined by a combination of cumulative scoring from the 2022 Track & Field Meet Schedule, input from event coaches, and athlete voting.

## **TRAINING SECRETS**

- #1 - Be passionate - fall in love with your training & work relentlessly for your goals!
- #2 - Develop and Maintain a Positive Attitude - believe in yourself and your training!
- #3 - Consistency & Patience - Fitness gains come over time! Believe in the training!
- #4 - Set Goals and Write Them Down - Work toward your goals relentlessly!
- #5 - Eat Healthy! - 3 Meals a day with healthy snacking is recommended.
- #6 - Hydrate - Hydration is everyday, every week - not just meet days!
- #7 - Sleep - Sleep is important for your body to recover and recharge. Sleep!

# 2020-2021 NCHSAA Regional Qualifying Standards

	<u>1A Girls</u>	<u>2A Girls</u>	<u>3A Girls</u>	<u>4A Girls</u>
Shot	30' 1"	32' 0"	32' 6"	33' 6"
Discus	90' 0"	92' 0"	98' 0"	100' 0"
LJ	15' 0"	15' 6"	16' 0"	16' 6"
TJ	32' 0"	33' 6"	34' 6"	34' 6"
HJ	4' 10"	4' 10"	5' 0"	5' 0"
PV	7' 6"	8' 0"	8' 6"	9' 0"

	<u>Hand-Held F.A.T.</u>		<u>Hand-Held F.A.T.</u>		<u>Hand-Held F.A.T.</u>		<u>Hand-Held F.A.T.</u>	
4x800	11:10.0	11:10.24	10:50.0	10:50.24	10:30.0	10:30.24	10:15.0	10:15.24
100 HH	17.8	18.04	17.0	17.24	16.8	17.04	16.0	16.24
100 M	13.0	13.24	12.9	13.14	12.3	12.54	12.3	12.54
4x200	1:54.0	1:54.24	1:51.0	1:51.24	1:50.0	1:50.24	1:48.0	1:48.24
1600 M	6:00.0	6:00.24	5:50.0	5:50.24	5:40.0	5:40.24	5:35.0	5:35.24
4x100	53.5	53.74	52.5	52.74	51.5	51.74	51.0	51.24
400 M	1:05.0	1:05.24	1:03.5	1:03.74	1:00.0	1:00.24	1:00.0	1:00.24
300 H	53.5	53.74	51.0	51.24	50.0	50.24	48.5	48.74
800 M	2:45.0	2:45.24	2:38.0	2:38.24	2:30.0	2:30.24	2:27.0	2:27.24
200 M	27.5	27.74	27.0	27.24	25.3	25.54	25.3	25.54
3200 M	13:15.0	13:15.24	13:00.0	13:00.24	12:15.0	12:15.24	12:00.0	12:00.24
4x400	4:35.0	4:35.24	4:30.0	4:30.24	4:20.0	4:20.24	4:15.0	4:15.24

	<u>1A Boys</u>	<u>2A Boys</u>	<u>3A Boys</u>	<u>4A Boys</u>
Shot	44' 0"	45' 0"	47' 0"	48' 0"
Discus	125' 0"	130' 0"	132' 0"	135' 0"
LJ	20' 0"	21' 0"	21' 0"	21' 6"
TJ	41' 0"	42' 0"	43' 0"	44' 0"
HJ	6' 0"	6' 0"	6' 2"	6' 2"
PV	10' 0"	11' 0"	12' 0"	12' 0"

	<u>Hand-Held F.A.T.</u>		<u>Hand-Held F.A.T.</u>		<u>Hand-Held F.A.T.</u>		<u>Hand-Held F.A.T.</u>	
4x800	9:00.0	9:00.24	8:50.0	8:50.24	8:35.0	8:35.24	8:25.0	8:25.24
110 HH	16.1	16.34	15.9	16.14	15.5	15.74	15.3	15.54
100 M	11.0	11.24	11.0	11.24	10.7	10.94	10.6	10.84
4x200	1:34.0	1:34.24	1:32.5	1:32.74	1:32.0	1:32.24	1:31.0	1:31.24
1600 M	4:50.0	4:50.24	4:45.0	4:45.24	4:35.0	4:35.24	4:35.0	4:35.24
4x100	45.0	45.24	44.5	44.74	43.8	44.04	43.5	43.74
400 M	53.5	53.74	52.5	52.74	50.5	50.74	50.5	50.74
300 H	43.5	43.74	42.0	42.24	41.5	41.74	41.5	41.74
800 M	2:09.0	2:09.24	2:05.0	2:05.24	2:01.0	2:01.24	2:01.0	2:01.24
200 M	23.3	23.54	22.9	23.14	22.0	22.24	22.0	22.24
3200 M	10:45.0	10:45.24	10:37.0	10:37.24	10:09.0	10:09.24	10:05.0	10:05.24
4x400	3:39.0	3:39.24	3:38.0	3:38.24	3:34.0	3:34.24	3:32.0	3:32.24

# SOUTH CALDWELL TRACK & FIELD SCHOOL RECORDS

## **MEN**

4x800	8:02.82	2006	Matt Holman, Josh Gambrell, Ryan Stultz, Caleb Kincaid
4x400	3:28.99	2005	Matt Holman, Chase Eckard, Caleb Kincaid, Ryan Stultz
4x200	1:32.49	2018	Malakei Sumner, Samuel Craig, Jonathan Cloninger, Spencer Piercy
4x100	44.10	2016	Caleb Starnes, Samuel Craig, Carl Guess, Kaynmon Maddox
3200	9:45.70	2005	Chase Eckard
1600	4:15.20	2004	Chase Eckard
800	1:54.98	2006	Matt Holman
400	50.77	2014	Jake Hall
200	22.50	1997	Glenn Hicks
100	10.84	1997	Glenn Hicks
300H	38.73	1997	Glenn Hicks
110H	14.90	1997	Glenn Hicks
Triple Jump	43-9	2021	Jaxsen Willkerson
Long Jump	22-4	1978	Ben Julian
Pole Vault	14-6	2019	Carter Lewis
High Jump	6-2	2007	Trae Wilson
Discus	153-0	2002	Mitchell Pope
Shot Put	60-3	2002	Mitchell Pope

## **WOMEN**

4x800	9:48.90	2007	Tara Wilson, Holly Annas, Katelin Cooke, Adrian Cooke
4x400	4:13.00	2002	Caroline Jett, Hannah Atwood, Lauren Thomas, Deanna Rudisill
4x200	1:49.60	2002	Hannah Atwood, Adrianna DiBernardi, Caroline Jett, Lauren Thomas
4x100	52.64	2017	Avery Lewis, Lyrec Evans, Casandra Bonds, Bria Turner
3200	11:41.80	2007	Tara Wilson
1600	5:18.89	2008	Tara Wilson
800	2:21.11	2003	Deanna Rudisill
400	59.22	2001	Caroline Jett
	59.22	2007	Britney Bartle
200	26.50	2007	Britney Bartle
100	12.83	2017	Bria Turner
300H	46.28	1998	Virginia LaCombe
110H	15.40	2002	Adrianna DiBernardi
Triple Jump	37-01.75	1998	Virginia LaCombe
Long Jump	16-10.75	1996	Virginia LaCombe
Pole Vault	9-0	2010	Mary Thomas
High Jump	5-8	1998	Virginia LaCombe
Discus	110-3	2008	Jazmine Wilson
Shot Put	37-2	2008	Jazmine Wilson

## SOUTH CALDWELL TRACK & FIELD / XC TEAM CHAMPIONSHIPS

### MENS TRACK & FIELD

1978 - Conference Champions  
1995 - Conference Champions  
2000 - Conference Champions  
2016 - Conference Champions

### WOMENS TRACK & FIELD

2001 - Conference Champions

### MENS CROSS COUNTRY

1993 - Conference Champions  
1995 - Conference Champions  
2005 - Conference Champions

### WOMENS CROSS COUNTRY

1998 - Conference Champions  
1999 - Conference Champions  
2001 - Conference Champions  
2006 - Conference Champions  
2007 - Conference Champions

## SOUTH CALDWELL TRACK & FIELD STATE CHAMPIONS

YEAR	EVENT	ATHLETE	SEASON
1997	300H	Glenn Hicks	Outdoor
1998	Triple Jump	Virginia LaCombe	Indoor
1998	High Jump	Virginia LaCombe	Outdoor
2002	Shot Put	Mitchell Pope	Indoor
2002	Shot Put	Mitchell Pope	Outdoor
2004	1600	Chase Eckard	Outdoor
2005	1600	Chase Eckard	Indoor

## **SPARTAN TRACK & FIELD ATHLETE CODE OF ETHICS:**

- I will train seriously and become a student of my event & sport
- I commit setting and maintaining academic goals during the course of Track season
- I will attend all practices and competition track meets and display a positive attitude.
- I will not participate in activities that will be detrimental to my health or success (including: smoking, drinking, drugs, fighting in or out of school)
- I will refrain from receiving ANY SCHS School Administration disciplinary actions.
- I will maintain Eligibility and Attendance in class as required by CCS & NCHSAA
- I will be considerate of teammates and other teams when attending competition meets.
- I will demonstrate good sportsmanship at practice, and meets.
- I will respect my coaches, fellow athletes, parents and meet officials.
- I will not use profanity or make derogatory comments about others at practice, or competition meets.
- I will not challenge or protest the rulings of starters, judges or referees, but will bring all complaints or issues to the coaches for resolution.

## **SPARTAN TRACK & FIELD RULES & EXPECTATIONS:**

Athlete: by signing I have read, understand, and agree to the Team Rules, Expectations & Code of Ethics for the Spartan Track and Field Team.

Athlete name (please print): \_\_\_\_\_

Athlete grade level:\_\_\_\_\_

Athlete signature: \_\_\_\_\_

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

Parent: by signing I have read, understand and agree that my athlete understands and follows the Team Rules, Expectations, & Code of Ethics for the Spartan Track and Field Team.

Parent name (please print): \_\_\_\_\_

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

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