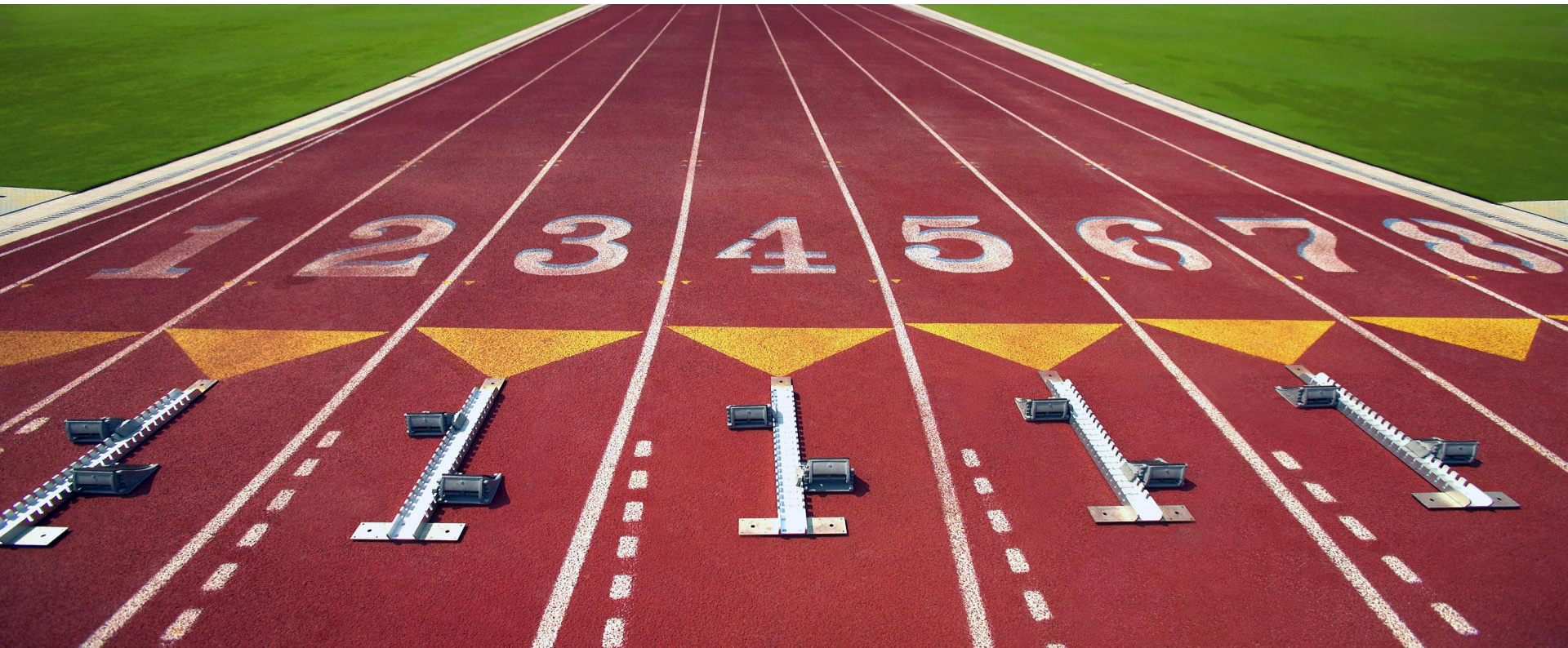


# Track 2021



# Coaches

- Coach Geist  
[janelle.geist@usd267.com](mailto:janelle.geist@usd267.com)
- Coach Linnebur  
[jill2390@att.net](mailto:jill2390@att.net)
- Coach Smith  
[katlyn.smith@usd267.com](mailto:katlyn.smith@usd267.com)
- Coach Winter  
[abby.winter@usd267.com](mailto:abby.winter@usd267.com), 316-640-1015

# Team Goals

- Practice hard daily.
- Learn a new event.
- Give 100%.
- Represent Colwich positively.
- Have fun.
- Be safe.
- Improve on times, distances, heights, etc.

# Responsibilities of Athletes at Practice

- Attend practice, make up missed practices.
- Complete drills as directed.
- Practice Monday-Friday until 5:00.
- Athletes must attend practices before they are allowed to compete.
- No siblings are allowed at practice
- We will try to get athletes over to Andale to practice. More info to follow on that schedule.
- Notify Mrs. Winter or Ms Smith if an athlete will miss practice.
- Eligibility -- runs every Thursday must have 65%
- Physicals and concussion forms -- must be on file

# Pole Vault

- Make arrangements with Mrs. Winter if you are going to compete in pole vault.
- Pole vaulters need to make arrangements with Mrs. Winter, Mr. Stone and Coach Schmidt for additional practice at Andale High School.
- Athletes that pole vault will need to practice with Coach Schmidt at least 3 days a week.
- Athletes need to be committed to pole vault early and for the entire season.

# Practice and Meets: Safety First

- Remember to clear track if someone is asking for you to do so.
- Remember to use all equipment safely and as intended.
- Stay clear of the throwing areas. Always be watching the thrower.

# Injuries

- Injured Athletes will be expected to bring a doctor's note stating when they may return to practice and competitions.
- Parents will be notified if an athlete receives a serious injury at practice/meet.

# Meet Schedule

- Tuesday April 6 Kingman 1:00
- Thursday April 8 Garden Plain 2:00
- Thursday April 15 Andale (our meet) 1:00
- Thursday April 22 Andale 1:30
- Monday May 3 Conway Springs 1:30
- Thursday May 6 CPMSL @Belle Plaine 11:00



# Meet Information

- All participants are limited to seven meets during the season.
- Athletes may participate in four events at a meet.
- Athletes may not participate in more than two events over 800 meters.
- **Athletes will be asked to try new events.**

# Meet Entries

- Athletes will be assigned to events by coaches.
- It may happen that you are assigned to an event that you did not choose.
- Participants are always expected to try their best.
- If you scratch yourself from an event please understand that you will not be attending the next track meet.

# Meet Schedule

(May be slightly different for each meet.)

## Field Events

Long Jump  
Triple Jump  
High Jump  
Pole Vault  
Discus  
Shot Put

## Running Events

3200 M 8<sup>th</sup> only  
75 M Hurdles  
100M  
1600 M  
400M Relay (4x1)  
400 M  
800 M Relay (4X2)  
800M  
200 M Hurdles  
200M  
1600 M Relay (4x4)

# Changes to Schedule



- Athletes will be notified as soon as possible concerning changes to practice or meet schedules.
- Be prepared to attend meets just in case weather clears.



# Responsibilities of Athletes at Meets

- Do your best.
- Remain in track uniform the entire meet. (that includes your mask)
- Check into your event on time.
- Help your teammates listen for first and second call.
- Do not scratch yourself from an event!
- Congratulate all participants at the finish line.
- DO NOT argue with the timer or event personnel.
- Keep camp clean and all areas of the track clean, do not complain when asked to help clean up.
- **Stay in camp when not involved in competition.**
- Cheer on team members.
- Electronic equipment is the responsibility of the owner.
- Sign out with a coach before leaving the track with parents.
- If the athlete needs to leave with someone other than their parent arrangements must be made with Mr. Stone twenty-four hours in advance.

# Inclement Weather

- Be prepared - weather changes constantly
- Umbrellas
- Blankets
- Rain Gear
- Ponchos/trash bags
- Sunscreen

# Lunch and Snacks

- We will eat at school before leaving for the first 5 track meets.
- Students should bring healthy snacks to eat at the meet.
  - Fruit, peanut butter, nuts, water, milk.
  - No soda pop or energy drinks, candy.
- For the league meet athletes will need to bring a lunch as the meet starts at 11:00.

# Transportation Home

- Practices at Andale -- All athletes will ride bus back to Colwich, unless prior approval has been given to stay at Andale or ride home with a sibling.
- Track meets at Andale -- All athletes will need to be picked up at the track meet as these are considered “home” meets. A bus will not bring athletes back.
- Track meets other than at Andale -- All athletes will need to ride bus back to Colwich or have a parent sign the athlete out at the meet with any of the coaches. (Prior approval is necessary to ride home with an adult who is not the parent.)



# Responsibilities of Athletes on Bus

- Board the bus as instructed.
- Be in full uniform, including sweats.
- Do not use any cameras on the bus.
- Do not use cell phones until directed.
- Do not eat on the bus.
- Remember to be courteous to the bus driver.
- Remove all items from the bus when arriving at the meet as the bus will not be staying all day.



# Uniforms

- Four pieces of apparel will be issued:
  - sweat top and bottom
  - competition top and bottom
  - \$45 to replace each item
- Uniforms will be worn the **entire** track meet.
  - Sweats must be worn unless weather is warm or during competition.
  - Uniforms need to be tucked in.
  - May wear black compression tights / tops under uniform.
- Coaches will collect uniforms before athletes leave the final league track meet. Bring a change of clothes

# Relay Team Undergarments

- The following legal combination
  - No members with any visible under garments.
  - One member with visible under garment and three without visible under garment.
  - Two members with visible undergarments and two without visible under garments Visible undergarments must be the **same color**.
  - Three members with visible undergarments and one without visible under garments. Visible under garments must be the **same color**.
  - **ALL** four members with visible under garment Visible under garment must be the **same color**.
  - **Black under garments have worked the best in the past.**

# We Need Help with Our Meet

- Hosting April 15th meet at Andale.
- Need:
  - 12 helpers for Long and Triple Jump
  - 6 helpers for High Jump
  - 3 helpers for Pole Vault
  - 12 helpers for Disc and Shot
  - 8 timers for running events
  - 8 pickers for running events

# Eligibility

- Students are expected to stay eligible, making at least a 65% in all classes.
- Eligibility will run on Thursday for the following week.
- If ineligible, the student will not practice until the grade is above the 65%.
- The student will not attend any meets during that one week period.

# Confirmation of Information

With this coronavirus season, this powerpoint will serve as our parent meeting. We appreciate you signing a note and returning it with your athlete including parent names, best phone number and best email address to reach you with information.

Or email this info to:  
[abby.winter@usd267.com](mailto:abby.winter@usd267.com)

